February 8, 2018

Addressing STDs in the era of PrEP and Undetectable=Untransmittable

Darpun Sachdev, MD LINCS Medical Director San Francisco City Clinic STD Update 2018 February 8th, 2018



SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH



Overview

- What we know about STDs among people living with HIV and HIV-negative people in SF
- How can we optimize all sexual health outcomes along the continuum of care in SF
- HIV testing in 2018



San Francisco "Getting to Zero"

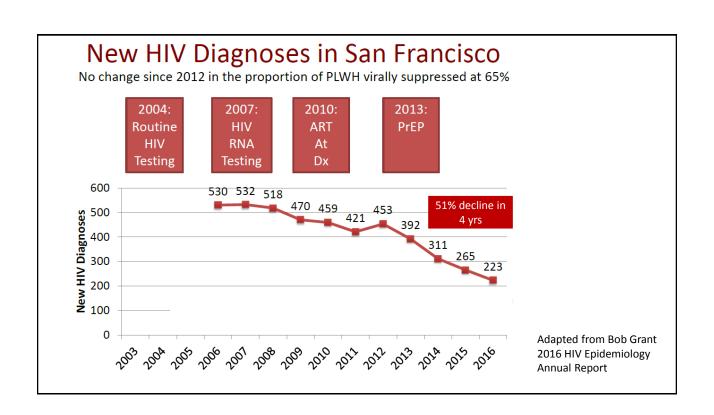
Zero new HIV infections
Zero HIV deaths
Zero stigma and discrimination

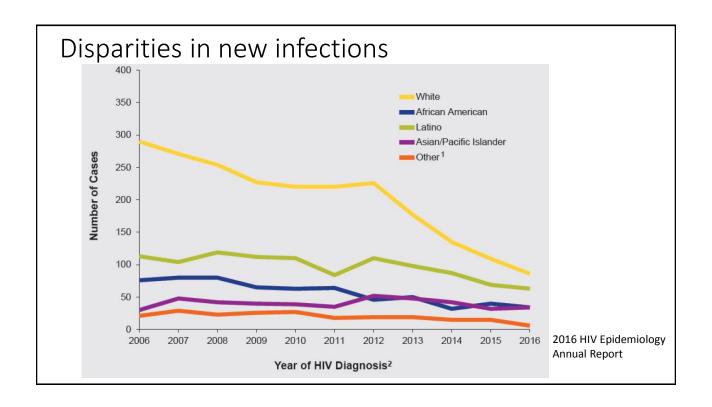


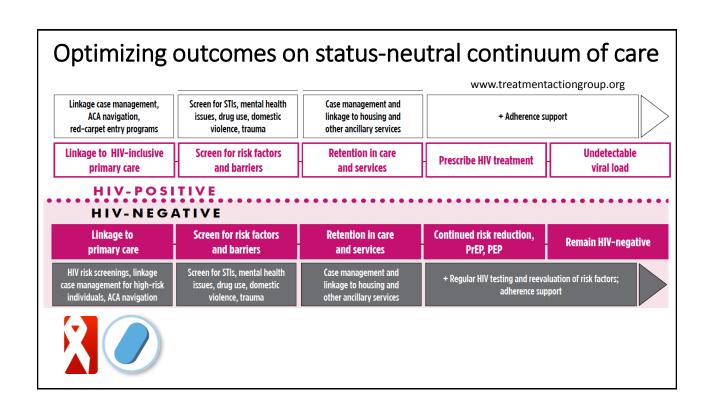


Signature Initiatives:

- 1. City wide coordinated PrEP program
- 2. Rapid ART start
- 3. Patient centered linkage, engagement, retention in care







STD/HIV Clinical Update: San Francisco California Prevention Training Center February 8, 2018

- An HIV+ MSM with an undetectable viral load x 3 years and excellent adherence to HIV medications presents for a physical.
- He is an exclusive top and prefers condomless sex
- 3-site STD testing was negative 2 weeks ago
- He has a new HIV-negative boyfriend, not on PrEP
- Asks "Can my boyfriend get HIV from me if I am undetectable?"

How do you reply?

The same patient returns 2 weeks later with dysuria and is found to have gonococcal urethritis. You inform him that his partner should also be tested and treated for GC ASAP.

He asks if there is any chance he could have transmitted HIV to his HIV-negative boyfriend (still not on PrEP.) They had sex 24 hours ago.

How do you reply?

Despite STD incidence, Undetectable= Untransmittable works



Study	Population	Condomless Sex Acts	Transmissions within Partnership
PARTNER	888 couples, 38% MSM	58,000	0
Opposites Attract	343 couples, 100% MSM	17,000	0

Rodger et al. JAMA 2016; 316: 171-81, Bavinton et al, IAS 2017: TUAC0506LB



6-17% dx with STD

>20%/yr STD incidence ~10% HIV-neg MSM w/rectal STD

Dear Colleague: September 27, 2017







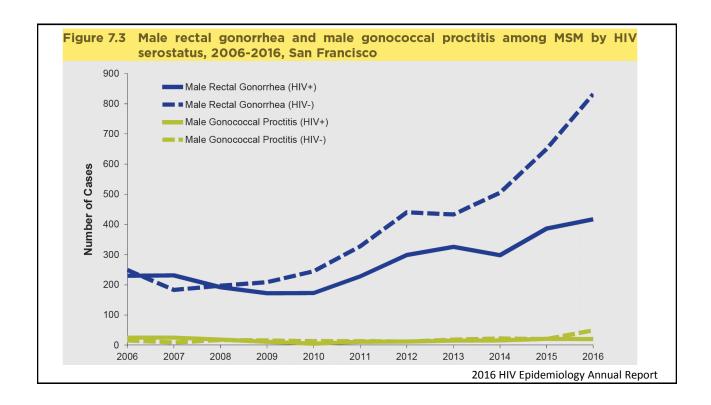
What's your approach to discussing HIV status with partners?

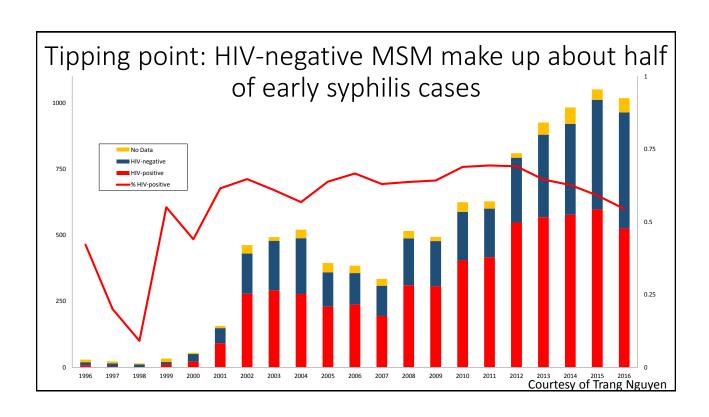
INFORMATION FROM CDC'S DIVISION OF HIV/AIDS PREVENTION

When ART results in viral suppression, defined as less than 200 copies/ml or undetectable levels, it prevents sexual HIV transmission. Across three different studies, including thousands of couples and many thousand acts of sex without a condom or pre-exposure prophylaxis (PrEP), no HIV transmissions to an HIV-negative partner were observed when the HIV-positive person was virally suppressed. *This means that people who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitted the virus to an HIV-negative partner.*

Emphasis Added

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Who may benefit from PrEP?



Who

- Men who have sex with men (MSM)
- Trans women
- People who inject drugs
- Heterosexual men and women

Risk

- Recent history of syphilis or rectal STD (high priority)
- Anal sex without condoms
- Multiple sexual partners
- HIV+ sex partner
- HIV+ injection partner
- Shares needles or equipment
- Transactional relationships

Anyone who asks for PrEP

Prep Basics



PrEP is safe and can reduce your risk of HIV by more than 90%.



It takes at least 1 week on PrEP before you'll be protected for anal sex, and 3 weeks for vaginal sex.



Take 1 pill once a day. Finding a routine is essential.



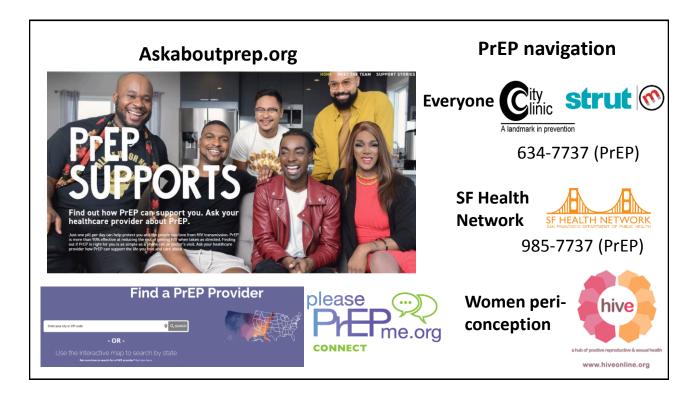
Get tested for HIV and STDs every 3 months.

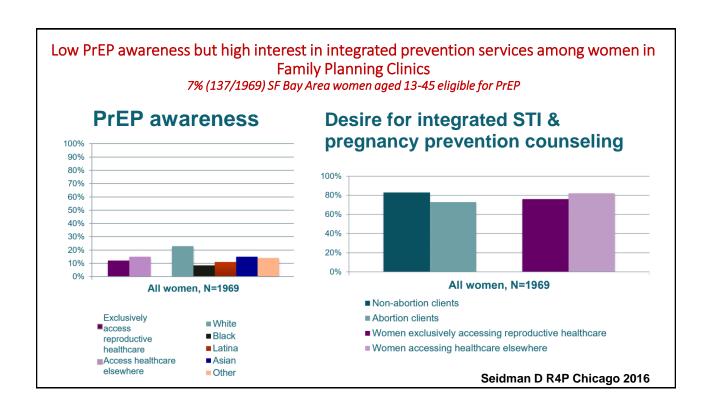


Tell your provider if you plan to stop (or restart) PrEP.



Download at: http://www.sfcityclinic.org/services/prep.asp

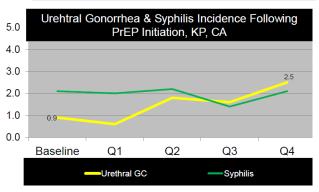




Impact of PrEP on STD risk

- STD incidence among MSM PrEP users is high
- PROUD study 73% baseline prevalence, no difference in STD incidence if on PrEP v. deferred PrEP
- PrEP Demo 26% baseline prevalence, no increase in follow up
 - Quarterly STD testing beneficial for MSM (>1/3 STDs missed if testing only q6 mo)
- Kaiser SF- 50% STD in 12 months (5.5% syphilis), increase over time
- If PrEP is taken daily, STDs do not impact PrEP efficacy

STI Incidence in PROUD			
	Immediate	Deferred	Adjusted RR
Any STI	57%	50%	1.07 (0.78-1.46)
Gonorrhea	39%	37%	0.86 (0.62-1.2)
Chlamydia	30%	22%	1.27 (0.89-1.8)
Syphilis	11%	9%	1.29 (0.79-2.1)



Adapted from Golden CROI 2017 McCormick Lancet 2016, Liu JAMA Int Med 2016, Cohen CROI 2016, Volk, CID 2015, Marcus JAIDS 2016

Be on the lookout: Sexual transmission of HCV

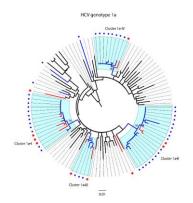
- HCV included in "Emerging Issues" section of the CDC STD guidelines
- Acute HCV may be asymptomatic, even with high levels of hepatic inflammation
- Screen HIV+ MSM for HCV annually
 - Re-infection post tx or clearance CAN occur
- When starting PrEP, check HCV Ab and consider screening routinely

During PrEP follow up

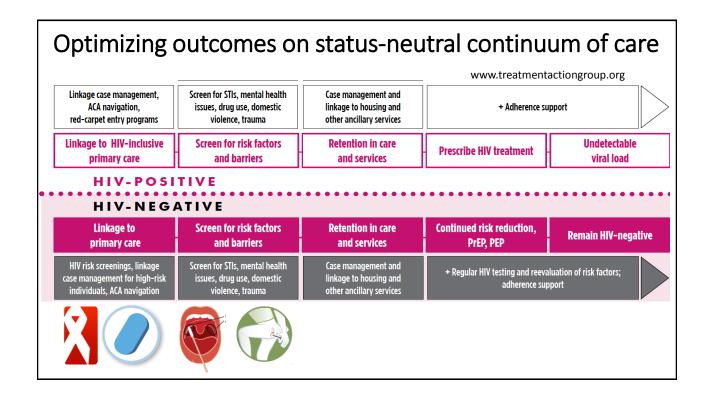
HCV incidence rate: 0.7-1.3/100p-year

In Amsterdam PrEP demo project

 4.8% with HCV antibodies prior to PrEP start



Hoornenborg AIDS 2016, CROI 2017





- Screen, screen, screen (and treat)
 - q3 month x 3 sites
 - Self-collection





- Promote LINCS partner services
- •STD post-exposure prophylaxis in the future?

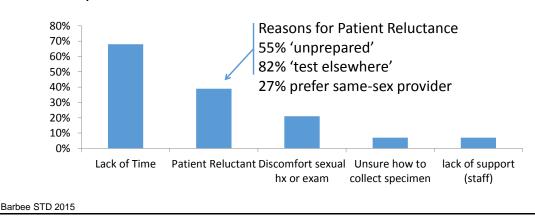
The last time you saw a patient in primary care atrisk for STDs, but did not perform <u>extragenital</u> testing, what was the primary reason?

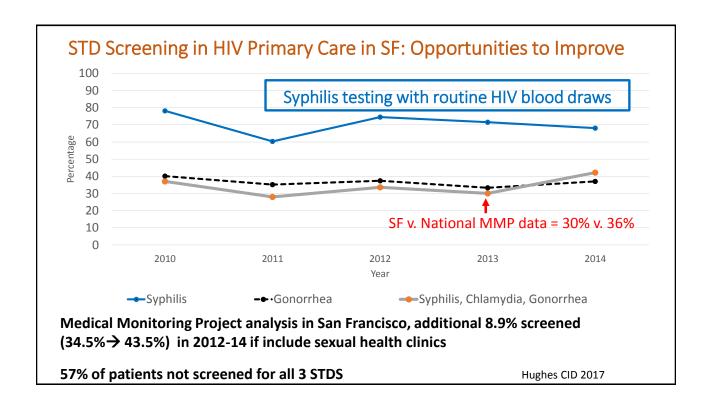
- Lack of time
- Patient reluctance
- Discomfort with sexual hx or exam
- Unsure of how to collect specimen
- Lack of support staff
- Pt recently screened at STD clinic
- No swab/kit available

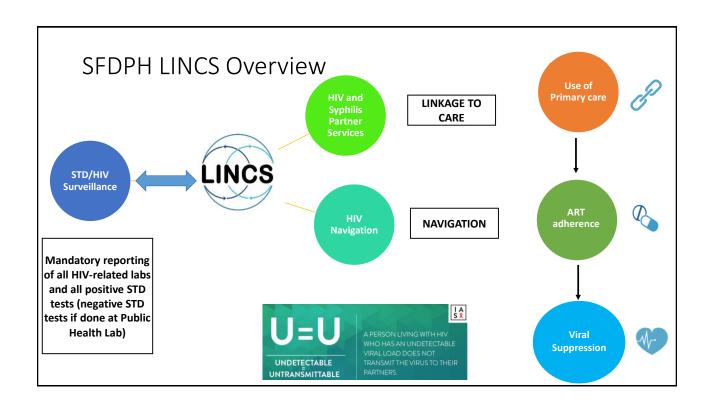


What are the barriers to STD testing in HIV care settings?

 Large urban HIV Clinic – 28% patients reported seeking tests elsewhere because it was easier, anonymous, could be more frequent.



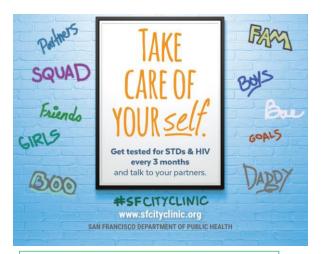




Encourage patients to participate in LINCS partner services

- Free program that helps patients notify partners and confidentially offer free HIV and STD testing, treatment and linkage to care, including PrEP
- LINCS provides partner services to SF residents diagnosed with HIV and syphilis
 - Women are a priority

Syphilis titer or treatment hx: 487-5519 Rebecca.shaw@sfdph.org



Our field workers will ensure patients with syphilis get treatment!!

LINCS is your link to sexual health

Have you been tested for syphilis?

- If you have syphilis, getting treated today will help keep you healthy, and will prevent the spread to your partners
- We recommend testing for STDs every 3 months

Are you or your partners interested in PrEP?

- PrEP is a daily pill that prevents HIV by more than 90%
- We have a team who can help you get PrEP regardless of insurance status

Living with HIV and haven't seen a doctor in 6 months? Newly diagnosed?

Our team can help you:

- Get into HIV care
- Stay healthy on medications to keep your viral load low so you don't transmit HIV

I got treated for syphilis, why should I talk to the health department?

- Prevent reinfection and forward transmission
- Help partners get PEP/PrEP/back into HIV care!

WHAT IS PARTNER SERVICES?

It can be difficult to tell your partners you have HIV or an STD. Our specialists can contact partners and get them free testing and treatment, while protecting your privacy.

To get LINCed, call us at 98-LETS-LINC | www.sfcityclinic.org

LINCS is the citu's team ensuring access to comprehensive sexual health services

Does post-exposure doxycycline prophylaxis prevent STDs?

1:1

• Open-label Ipergay (on-demand PrEP) study (Molina CROI 2017) -41% acquired STDs **Decrease CT by 70%**

Open-Label Study of Ipergay (n=232)Randomization

HIV-negative high-risk MSM enrolled in the open-label **Ipergay extension study** No contraindication to doxycycline

On Demand PEP Doxycycline 200 mg (~24 hours after sex, up to 72 hours, max 6 pills/week)

No PEP

and syphilis by 73%

No change in GC

Median pills 6.8/mo

25% PEP v. 14% GI SE 7% d/c in PEP arm

Unclear impact on GC resistance

 Only 32% of GC specimens were culturepositive (2 in PEP arm)

Molina Lancet 2017

Counseling in 2018

- Engage clients in a conversation about their sexual health goals
- Emphasize that PrEP and antiretroviral therapy do not prevent other STDs
- U=U and PrEP prevent HIV even in the setting of STDs
- Recommend q3mo STD screening
- Talk about partners
- Don't forget about HIV PEP

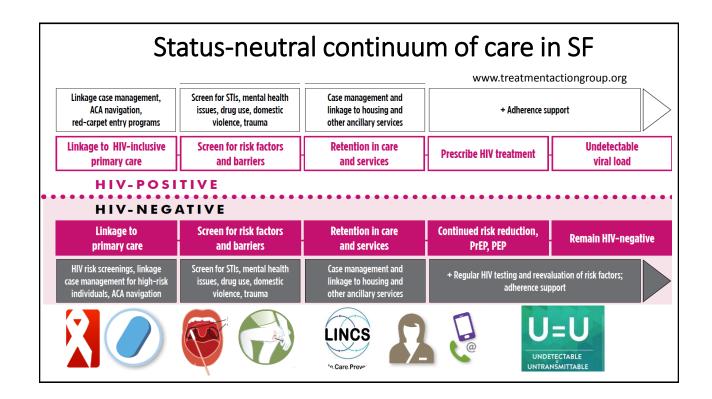


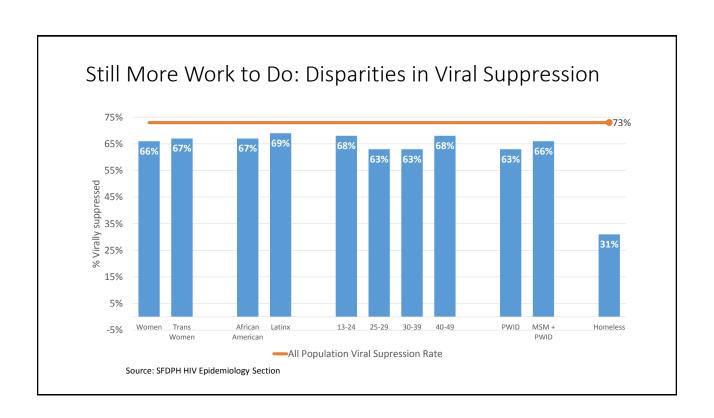
Health and sex belong together.

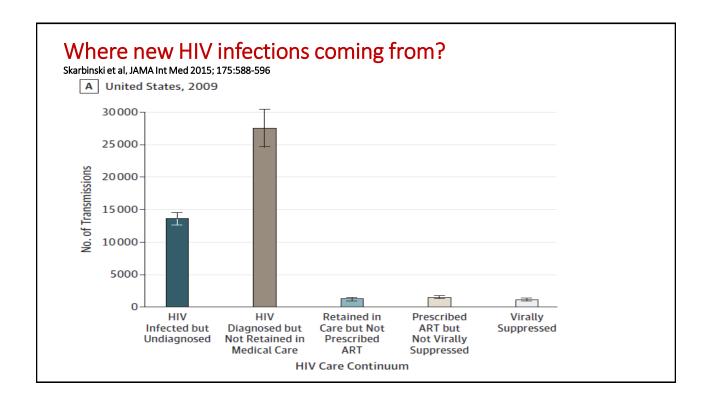
Small steps can make a big difference in the bedroom. That's what Healthysexual is all about.

www.healthysexuals.com

YouTube







What is HIV Navigation?

A service to assist out-of-care, HIV+ clients re/connect with HIV care and treatment.

Navigators can help clients access **insurance**, **benefits**, **and other support services** based on their individual needs.

Navigation usually offers **mobile services** in the community for a **limited period of time**.

Who is "out-of-care"?

Retention focus

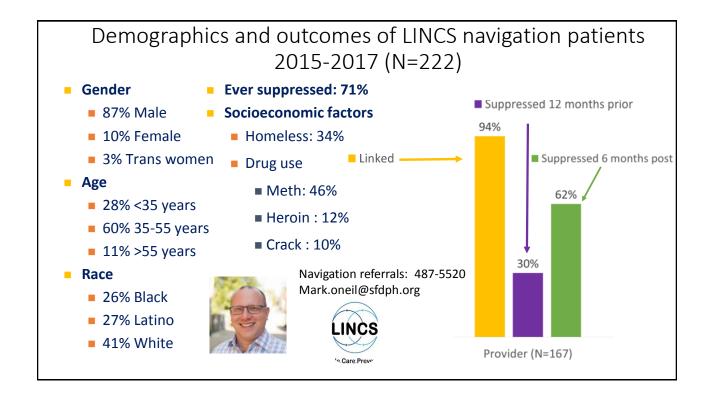
No visits with an HIV medical provider in the **past 6 months** and/or no appointments scheduled

Viral suppression-focus

Not taking HIV meds (ART) or taking them inconsistently

tiny.cc/HIVNavigationOptionsInSF

EffectiveInterventions Goals of Data to Care in SF Using surveillance data to identify HIV-Data to Care diagnosed persons who are not in care, link them to re-engage persons who have fallen out of care Surveillance EMR list filtered identifies if patient Patient referred to **EMR-list** to LINCS eligibility has moved, died or LINCS navigation criteria has a viral load in SF in past 12 months Surveillance Patient referred to identifies priority Not-in-LINCS navigation patients meeting care list LINCS criteria Data feedback loop to Surveillance if pt moved/died



Overview

- What we know about STDs among people living with HIV and HIV-negative people in SF
- How can we optimize outcomes along the statusneutral continuum of care in SF
- HIV testing in 2018

Case: Febrile illness

- 32 yo Latino man, monogamous with wife, + meth, no IDU presents to urgent care
- Cc: Headache/low back pain post bike accident
- Presented with: fever, fatigue, rash, pharyngitis, sore throat
 - + Monospot
 - Transaminitis: AST/ALT 245/212
- HIV Ag/Ab POSITIVE
- Geenius HIV 1/2 Differentiation NEGATIVE

What do you do next?

Case

- HIV Ag/Ab POSITIVE
- Geenius HIV 1/2 Differentiation NEGATIVE
- Viral load (ordered separately): 1.6 million
- Acute HIV PHAST called
- Antiretrovirals started (RAPID start), but patient did not have phone and did not follow up
- LINCS reached out to offer partner services (testing and PEP/PrEP to female partner)
- Linked to Ward 86 with LINCS HIV navigator

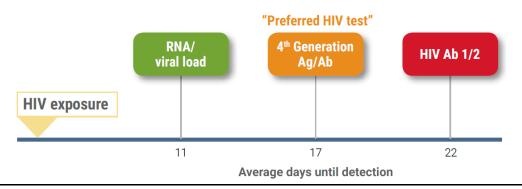
Flu-like symptoms = Keep acute HIV on your differential and order HIV viral load with HIV Ag/Ab

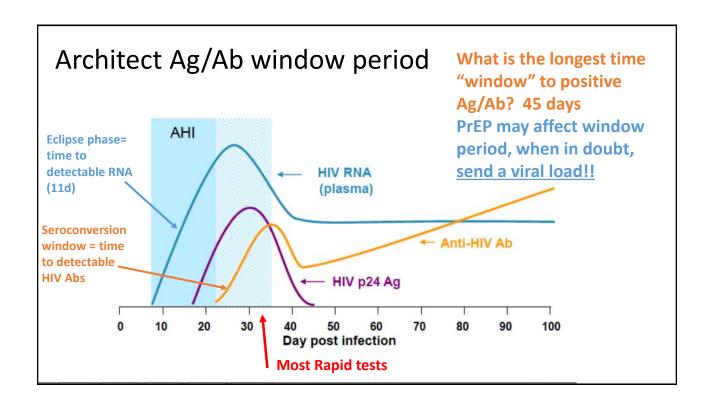
Risk factors associated with HIV

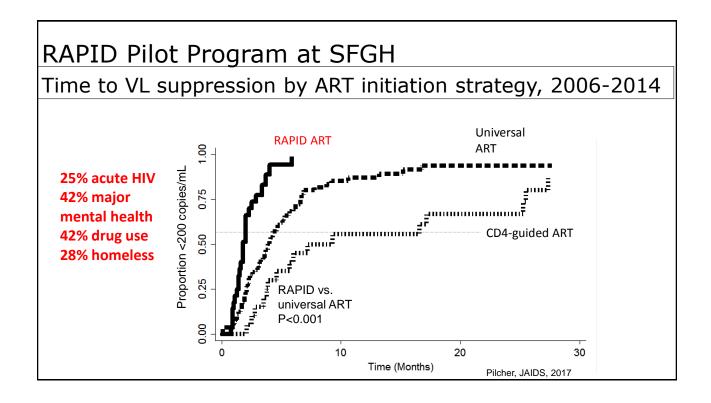
- Any history of condomless sex
- Known HIV exposure
- · Any h/o IDU or meth
- Suspected or confirmed STD
- Any history of sex work
- Incarceration
- PES visits

HIV testing

- Order HIV Ag/Ab (window period of 2-4 weeks post infection)
 - If positive, automatic reflex to confirmatory Geenius (HIV 1/2 differentiation assay)
 - Negative/Indeterminate: False positive or ACUTE. Need to order HIV viral load (PCR)
 - · Positive: HIV-infected
- If high suspicion for acute HIV, <u>order HIV viral load</u> with HIV Ag/Ab
 - Consider presumptive HIV treatment







Test, immediately link, and start HIV treatment

Metric	Median days			
	2013	2014	2015	2016 Q2
Diagnosis -> Care	8	7	7	5
Care -> ART	27	16	6	0
Diagnosis -> VL <200	133	91	75	51

- Integrase inhibitors
- Changing clinician norms to start ART prior to genotype results
- Rapid linkage to care programs





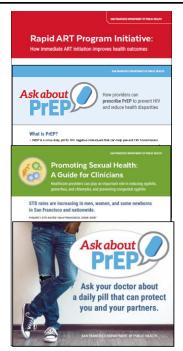
RAPID CARE OPTIONS IN SF tinyurl.com/RapidOptionsInSF

RAPID Contacts

Citywide LINCS: 415-487-5506 (Erin Antunez)

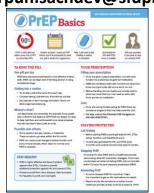
Ward 86 PHAST team: pager 415-443-3892 (Mon-Fri 8-5) or leave detailed message

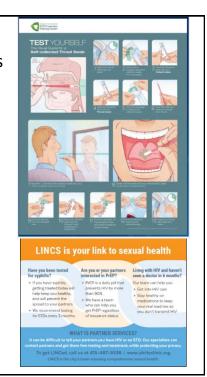
on 415-206-2460 (Lizzy Lynch, PHAST nurse)

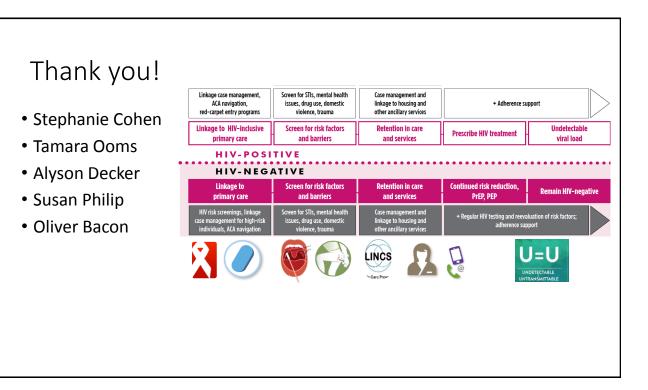


Email for more information!

- SF focused training brochures and short tailored education
- Self-testing posters
- Palm cards
- PrEP info darpun.sachdev@sfdph.org







Case discussion: HIV testing in 2018

- 33 year-old MSM in an open relationship with boyfriend on east coast who has 1-2 partners every few months presented to SFCC for routine STD screening
- Started on PrEP March 2017
- 4th generation Ag/Ab test NEGATIVE
- RPR positive → bicillin
- Last HIV-Ab negative ~November 2017
- Pool viral load POSITIVE, viral load copies 82

PrEP-failure?

- Instructed to STOP TDF/FTC
 - Pt <u>continued</u> TDF/FTC "talked to my friends and they told me it was probably a false positive"
- Retested with PMD 7 days later, 4th gen still NEGATIVE
 - HIV RNA 360
- Enrolled in acute seroconverter study at ZSFG
 - Reported flu-like sx in November
 - Intermittent use "5 days/week" in November

Questions to ask pt with possible "PrFP failure"

- Did you have any flu-like symptoms since you last HIV test?
- Since your last HIV test, have you missed any daily doses
- Did you ever take PrEP only around the time you were going to have sex? (on-demand)
- When was the last time you took Truvada?

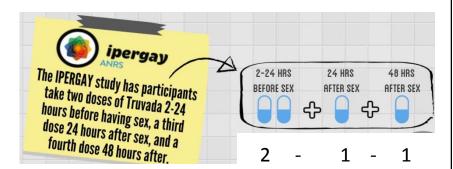
Questions for Panel

- How would you create an initial regimen in the setting of possible PrEP failure?
- Are you more concerned about resistance from the intermittent PrFP use?
- Why start ART immediately?
- What would make you delay ART?

What is on-demand PrEP?

Non daily PrEP terms

- Intermittent
- Event/sex driven
- As-needed



What it's not?

- Not a morning after pill
- · Not disco dosing

http://www.nejm.org/do/10.1056/NEJMdo005041/full/

What's changed?

A new analysis of IPERGAY study evaluated 269 patients (134 person-yrs) who took on-demand PrEP less frequently (<15 pills/month) AND reported using PrEP systematically or often during sexual intercourse¹

	Person years	# HIV infections	HIV incidence rate/100 py (95% CI)	Р
Placebo	64.8	6	9.3 (3.4- 20.1)	
TDF/FTC	68.9	0	0.0 (0.0-5.4)	0.013

	IPERGAY RCT	2017 Sub-analysis
Median # sex acts/month	10	5
Median # pills taken/month	15	9.5

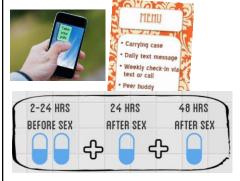
1. Antoni G, et al. IAS 2017. Paris, France. Poster #TUAC0102

Adherence to on-demand PrEP v. daily PrEP

	On-demand PrEP	Daily PrEP
Decision to take PrEP	Assessment on a day-to-day basis	Assessment of "periodic" risk
Adherence cue	Planned Sex Q	Daily habit
Unique barriers	- Unplanned sex- Desire to 'pick and choose' with certain partners	Aversion to daily pillTaking PrEP when not having sex

Modified from Haberer IAPAC

Practical Considerations of On Demand PrEP (MSM only, off-label)



Emphasize emergency PEP (28 days) and condoms if missed doses

Continue q3mo HIV and rectal/pharyngeal/urine STD testing

NOT INTENDED FOR

- •Cis- or trans-women
- Decreasing (renal/bone) toxicity

Patterns of sex

- Have infrequent (<once/week) sex event
- Ability of sex planning / have control over planning for sex with sexual partners

Pros

- Fewer doses
- Alternative for individuals who do not want to take a daily pill

Cons

- Need to carry tablets at all times (pre/post-sex dose)
- · Complicated regimen (Need 2 hours window pre-sex)
- Need to use this strategy uniformly with all sex acts, don't pick and choose with certain partners
- Potential for resistance if seroconvert with partner off PrEP then take on-demand dosing with other sexual partners
- Loss of forgiveness of TDF/FTC with on-demand dosing: consider the implications of switching
- · Data do not suggest decreased side effects

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A plug for PEP in the PrEP era

Prescribing Post-exposure Prophylaxis (PEP)

Three antiretroviral drugs are recommended for PEP regimen:4

Tenofovir DF (300 mg)/Emtricitabine (200 mg) daily + Raltegravir 400 mg BID

Tenofovir DF/Emtricitabine daily + Dolutegravir 50 mg daily

- Potential HIV exposure within 72 hours and patient has not taken PrEP for past 7 days
- Provide a 28-day supply of PEP, and then transition seamlessly to PrEP
- There is no evidence that PEP "masks" HIV seroconversion

Acute Infection with a Wild-Type HIV-1 Virus in a PrEP User with High TDF Levels

MSM 50 years of age at time of starting daily PrEP

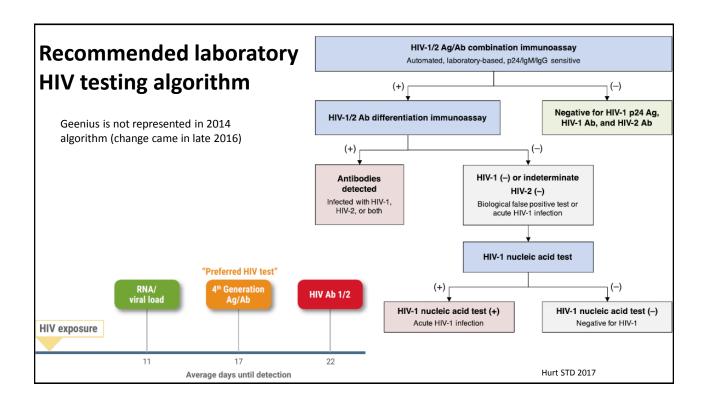
- ▶ HIV negative prior to PrEP and 1, 3 and 6 months after starting PrEP
- Reported excellent adherence

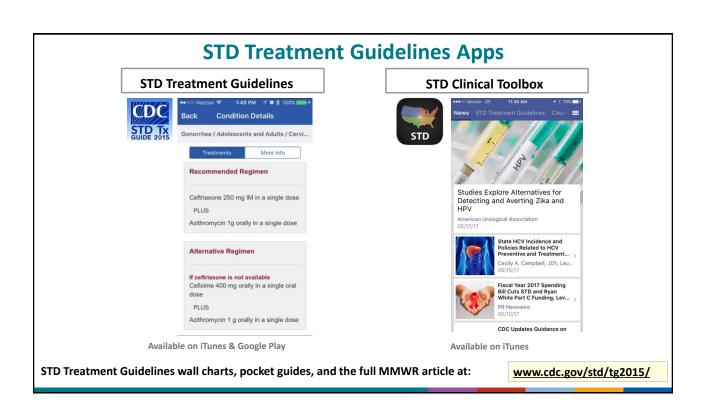
During PrEP use

- 3 episodes of STIs
- ▶ 38 to 70 anal sex partners per month

8 months after PrEP start

- PrEP interrupted
- ► HIV RNA detectable 3 weeks after PrEP interrupted
- Undetectable HIV RNA achieved with ART
- No mutations detected
- Underscores the importance of regular HIV testing and awareness of atypical patterns of HIV seroconversion





The NNPTC provides:

- Clinical training
- STD clinical consultations
- Resources and tools for STD Treatment

Visit: www.nnptc.org







