

From PrEP Desert to PrEP Oasis:

Addressing the barriers to PrEP access for young gay, bisexual, and other men who have sex with men

Background

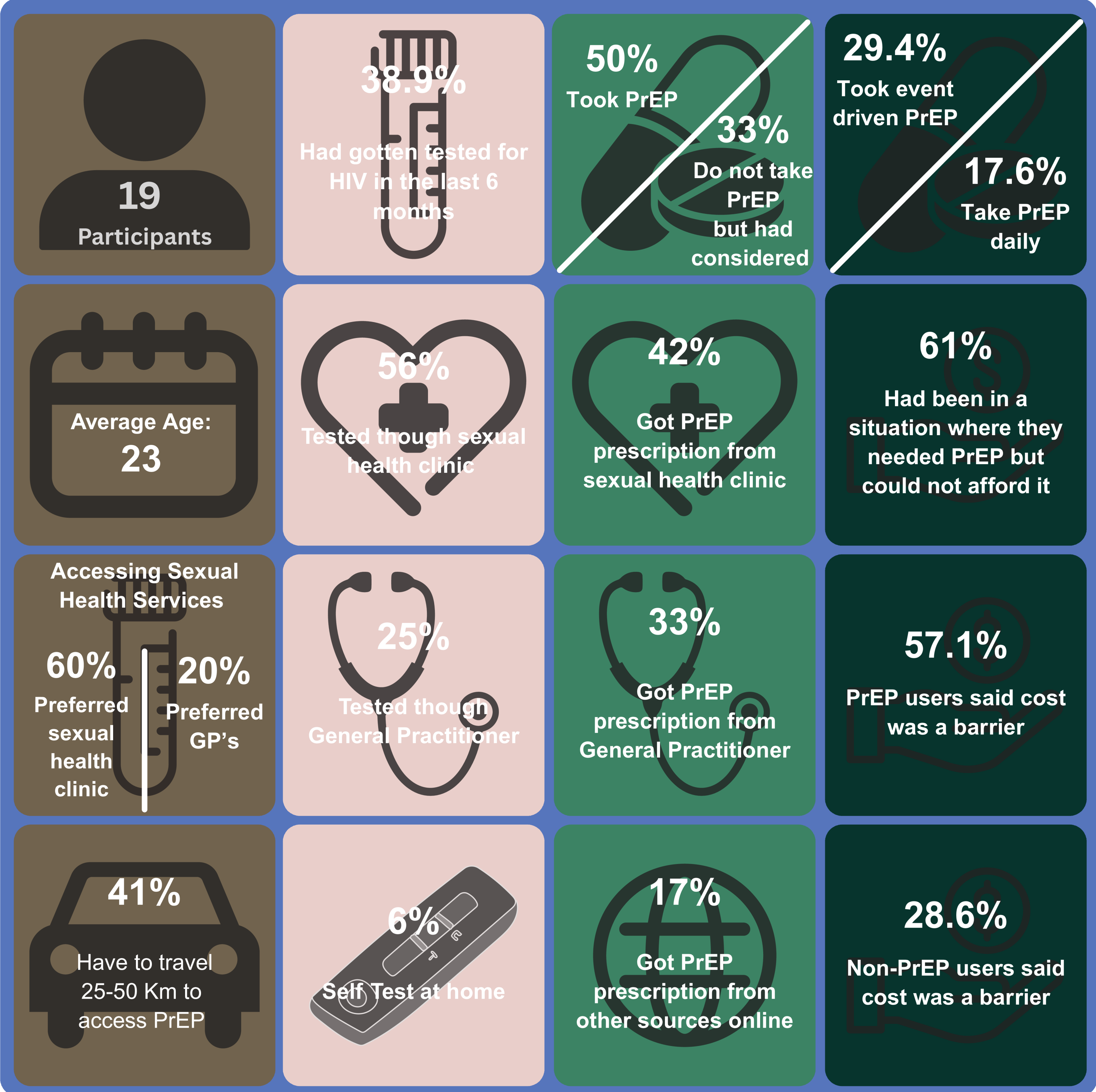
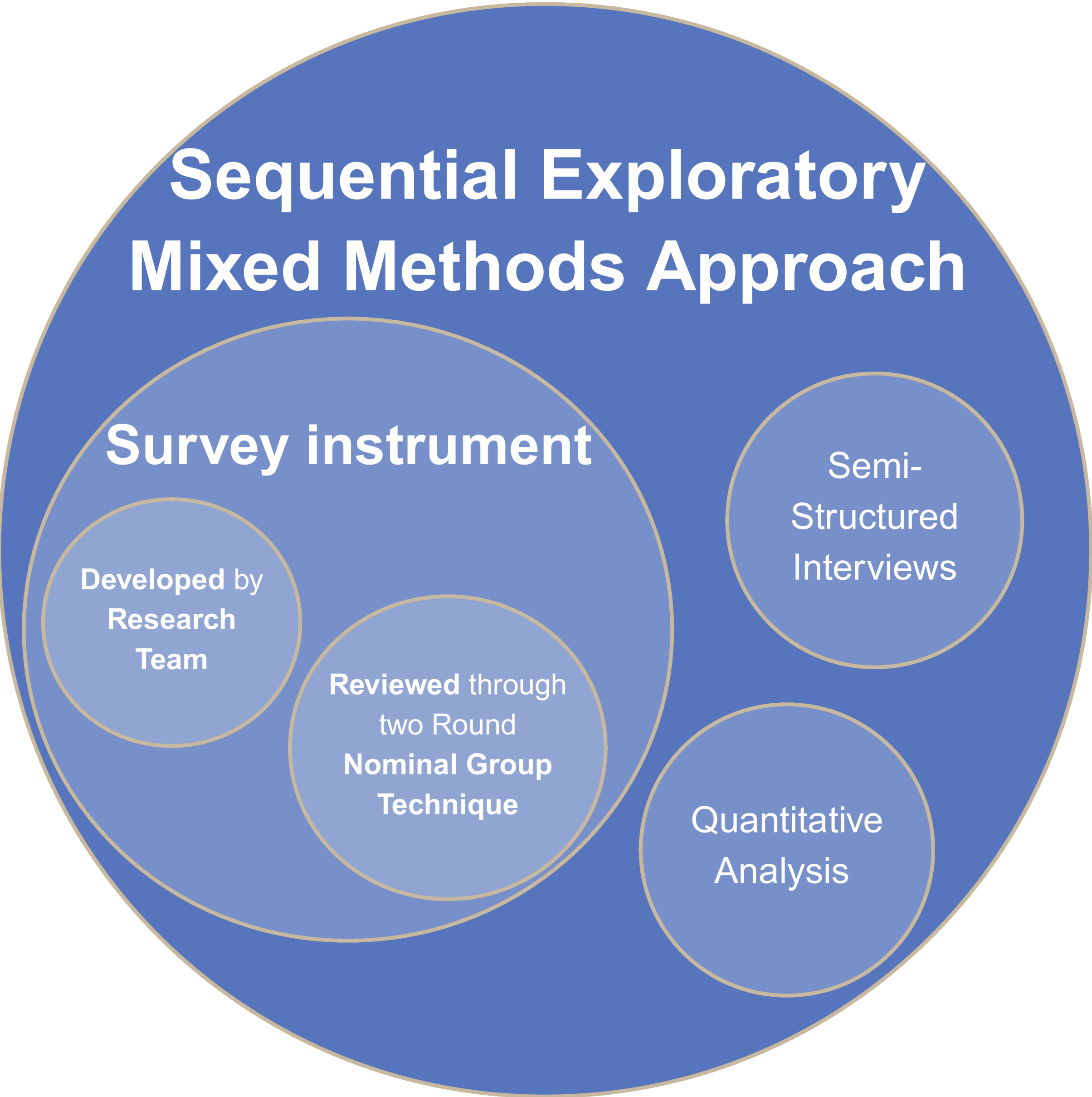
PrEP
Proven effective against HIV
Uptake in YGBMSM in rural NSW is low

“PrEP Deserts”
Areas where people must travel over 30 minutes to access PrEP

Challenges
Stigma confidentiality concerns, and low health literacy.
Limited healthcare Infrastructure and transport
Pharmacy reluctance to stock/dispense PrEP
Lack of LGBTQ+ inclusive care and socioeconomic disadvantage

Key Terms	
PrEP	Pre-Exposure Prophylaxis
HIV	Human Immunodeficiency Virus
GBMSM	Gay, Bisexual, and other Men who have Sex with Men
YGBMSM	Young GBMSM (aged 18-25)
LGBTQ+	Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and others

Methods



Conclusions & Recommendations

Expand Sexual Health Services
With flexible hours and youth-friendly, discreet environments.

Train Rural GPs
Training in inclusive care and PrEP guidelines to reduce stigma and improve confidence

Prioritise Bulk Billing
For sexual health consultations and PrEP access.

Support pharmacists
Promote routinely stocking and discreetly dispensing PrEP.

Promote peer-led education
Normalise PrEP and reduce fear.

Implement mobile clinics and telehealth
Reach those in PrEP deserts.

NEW RESEARCH



csu.edu.au/research/prep-empowerment-project

Authors

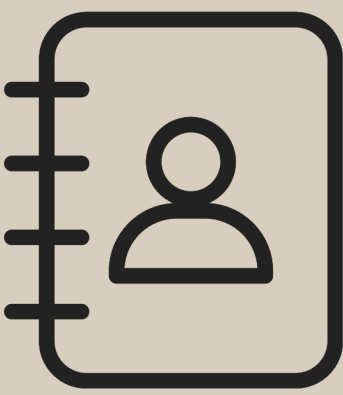
B. Sengstock
School of Nursing, Paramedicine and Healthcare Sciences; Rural Health Research Institute

S. Maria
School of Nursing, Paramedicine and Healthcare Sciences

P. Irwin
School of Nursing, Paramedicine and Healthcare Sciences

P. S. Micalos
School of Dentistry and Medical Sciences

C. Keniry
School of Rural Medicine



Dr Brian Sengstock

Ph: (02) 5534 1526

Email: bsengstock@csu.edu.au

Post: 7 Major Innes Rd, Port Macquarie NSW 2444

Poster Published 1-Sep-25

This project was funded by the Charles Sturt Rural Health Research Institute from funding provided by the Commonwealth of Australia represented by the Department of Health

(Grant Activity 4-DGEJZ10/4-CW7UT14),



Charles Sturt University

Charles Sturt University - TEQSA Provider Identification: PRV12018 (Australian University). CRICOS Provider: 00005F.