




Baseline preferences for daily and non-daily PrEP dosing in the EPIC-NSW study

S Vaccher, J Amin, R Guy, F Jin, C Selvey, I Zablotska, J Holden, K Price, B Yeung, G Levitt, E Ogilvie, A McNulty, D Smith, DA Cooper, AE Grulich, BR Bavinton, on behalf of the EPIC-NSW research group

Australasian HIV&AIDS Conference | 26 September 2018

Acknowledgments: Thanks to the study participants; all clinics, researchers, community organisations, government employees and other partners involved in EPIC-NSW; and the funders.

Disclosures: EPIC-NSW is funded by the NSW Ministry of Health. Gilead Sciences provided part of the study supply of TDF/FTC.

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BACKGROUND, AIMS & METHODS



Background

- Daily pre-exposure prophylaxis (PrEP) is highly effective at preventing HIV.
- There is also increasing evidence for and interest in non-daily PrEP dosing.
- Australian PrEP clinical guidelines updated in April 2018 included a change to the recommendations regarding choice of daily or on-demand PrEP use.
- EPIC-NSW is a study examining PrEP use among individuals at high risk of HIV, with all participants recommended to take daily PrEP.

Study objectives

- At baseline, what proportion of EPIC-NSW participants expressed a preference for daily, compared to non-daily PrEP?
- What factors were associated with baseline PrEP dosing preference in this cohort?

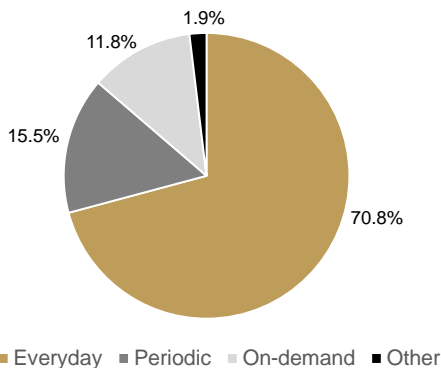
Methods

- Optional 5-minute online behavioural and demographic survey sent to all consenting participants at the time of their baseline study visit.
- By 31 October 2016, 3,700 participants had enrolled in EPIC-NSW, and 2,718 (73%) had completed their baseline survey.
- Chi-squared tests were used to compare preference for daily vs non-daily PrEP use.

RESULTS



“What would be the ideal way you would want to take PrEP?”



- 29% of participants expressed a preference for non-daily PrEP dosing.
- Younger participants (<30 years) were more likely to prefer daily PrEP, compared to participants aged ≥ 30 years (77% vs 70%, $p=0.001$).
- Participants who reported any condomless sex (CLAI) in the past week also preferred daily PrEP, compared to those who did not report CLAI (73% vs 69%, $p=0.009$).
- University-educated participants were more likely to prefer non-daily PrEP, compared to participants who were not university-educated (33% vs 24%, $p<0.001$).
- There was no change in baseline dosing preference over the study enrollment period ($p>0.05$).

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CONCLUSIONS & IMPLICATIONS



- Almost one-third of EPIC-NSW participants expressed a preference for non-daily PrEP use at baseline.
- Supports previous Australian research suggesting that a sizeable minority of gay and bisexual men are interested in non-daily PrEP dosing regimens.
- Lack of knowledge and easily accessible information about non-daily dosing options; changing guidelines may encourage further uptake
- More education of clinicians and PrEP users is needed to allow informed decision-making about PrEP use during ‘seasons of risk’.

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