



# SEXUAL HEALTH *Update*

Provided by your Sexual Health Clinics

## HIV PRE-EXPOSURE PROPHYLAXIS IN PRACTICE

**Kate Ross**, Project Officer, National Policy and Education  
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine

- Pre-exposure prophylaxis (PrEP) is the use of antiretroviral drugs by HIV-negative individuals to prevent HIV infection.
- Clinical trials have shown PrEP is safe and effective.
- As of 6 May 2016 Truvada is licensed by the Therapeutic Goods Administration (TGA) for use as PrEP.
- Patients who are prescribed PrEP need regular monitoring and support.

### EFFECTIVENESS

PrEP consists of tenofovir disoproxil fumarate (TDF) and emtricitabine (FTC) and is marketed as 'Truvada' by Gilead. Both clinical trials and real-world use have shown that when taken daily, PrEP is highly effective at preventing HIV. The effectiveness of PrEP has been shown in research with men who have sex with men, heterosexuals and injecting drug users. Based on research findings, the US Food and Drug Administration approved PrEP in June 2014.

### WHO PrEP IS FOR?

PrEP is meant to be used for people who are at high risk of acquiring HIV. The Australasian Society of HIV, Viral Hepatitis and Sexual Health Medicine (ASHM) provides advice when recommending PrEP:

[www.joomla.ashm.org.au/arv/images/Australian\\_National\\_PrEP\\_Guidelines.pdf](http://www.joomla.ashm.org.au/arv/images/Australian_National_PrEP_Guidelines.pdf)

### SIDE EFFECTS

In the first few weeks of use, PrEP users may experience headache, abdominal pain, and weight loss.

In the long term, a small percentage of people may experience a loss of bone mineral density (BMD). The significance of this is uncertain as studies found no increase in bone fractures during the following 1-2 years. In addition, the loss of BMD was reversible when PrEP was stopped; however longer term data is needed.

A decrease in kidney function has been observed in a small proportion of participants in PrEP studies and in some cases required them to stop taking PrEP. Kidney function usually improves on stopping tenofovir.

### PrEP IN AUSTRALIA

Truvada is not currently subsidised by the Pharmaceutical Benefits Scheme (PBS) for preventative use. An application is underway for a PBS listing. Patients seeking PrEP in NSW can do so by participating in clinical trials (e.g. EPIC, see below), purchasing off-label from an Australian pharmacy (about \$13,500 a year) or importing generic drugs from overseas (about \$1,300 a year).



### EPIC NSW

EPIC NSW is a clinical trial giving PrEP access to 3,700 individuals at high risk of HIV infection. Enrolment began in March 2016.

For more information, visit [www.endinghiv.org.au/nsw/stay-safe/epic/](http://www.endinghiv.org.au/nsw/stay-safe/epic/)

### PRACTICAL RESOURCES FOR GENERAL PRACTITIONERS TO PRESCRIBE PrEP

ASHM is developing guidance material to support General Practitioners to provide off-label prescriptions for PrEP. The materials are available at [www.ashm.org.au/hiv/hivpre](http://www.ashm.org.au/hiv/hivpre)

For further information please contact ASHM at [HIVprescriber@ashm.org.au](mailto:HIVprescriber@ashm.org.au) or call 02 8204 0777

### Further information, key websites, and resources for GPs and patients:

[www.hpv.org.nz](http://www.hpv.org.nz) // [www.thebottomline.org.au](http://www.thebottomline.org.au) // [www.hpvaccine.org.au](http://www.hpvaccine.org.au) // [www.sti.guidelines.org.au](http://www.sti.guidelines.org.au) // [www.immunise.health.gov.au](http://www.immunise.health.gov.au)

## Check It Out

### STI testing guidelines for MSM Sexual Health Updates and more ...

[www.stipu.nsw.gov.au/stigma](http://www.stipu.nsw.gov.au/stigma)



# STI TESTING GUIDELINES FOR MSM

Sexually Transmitted Infection (STI) Testing Guidelines for Men Who Have Sex with Men (MSM) have been developed to encourage regular STI screening of MSM, including those with HIV, who do not have symptoms of STIs.

The 2014 guidelines can be downloaded at:  
<http://stipu.nsw.gov.au/stigma/sti-testing-guidelines-for-msm/>



## HIV TESTING WEEK 1-7 JUNE

1-7 June is NSW HIV Testing Week and aims to raise awareness of the importance of HIV testing. Increased testing improves the chance of early diagnosis, which leads



to better individual health and reduced chance of onward transmission. HIV Testing Week was first held in 2013 in response to a 24% increase in HIV notifications from 2011 to 2012.

## 'PrEP in practice: Guidance for GPs'

is a new online learning module (OLM) that supports GPs to prescribe pre-exposure prophylaxis (PrEP).



**Duration:** 40 to 60 minutes

**CPD:** RACGP QI & CPD points to be determined

**Target Audience:** GPs who frequently engage patients at higher risk of HIV (i.e. men who have sex with men, people with a trans experience, high risk heterosexuals, partners of people living with HIV)

For further information regarding HIV resources or upcoming PrEP training, please contact:

**ASHM HIV Prescriber Team**

E: [HIVprescriber@ashm.org.au](mailto:HIVprescriber@ashm.org.au)  
 T: (02) 8204 0777

### Learning Outcomes

After completing this e-learning activity participants will be able to:

1. Describe emerging PrEP research and its relevance to Australian practice
2. Determine which patients should be recommended to start PrEP
3. Safely prescribe and manage patients on PrEP
4. Discuss other preventive behaviours with patients who are prescribed PrEP

To access the PrEP in Practice OLM, go to the ASHM Learning Management System at <https://lms.ashm.org.au> and register for your login. The PrEP in Practice OLM can be found in the HIV Courses menu.

## WANT TO BE MORE GAY FRIENDLY?

**Becoming more gay friendly in your workplace** is an online module that explores stigma and discrimination, sexual health screening, common STIs, and specific issues faced by gay men and men who have sex with men (MSM).

**Duration:** 1 hour

**CPD:** RACGP 2 Category 2 QI&CPD points

**Target Audience:** GPs, health professionals



**LINK:** [www.stipu.nsw.gov.au/stigma/becoming-more-gay-friendly/](http://www.stipu.nsw.gov.au/stigma/becoming-more-gay-friendly/)

## GAY FRIENDLY GP LIST

If you are interested in being listed as a gay friendly GP, please contact Elissa Magner on 9382 7444 or [elissa.magner@health.nsw.gov.au](mailto:elissa.magner@health.nsw.gov.au)

## SUBSCRIBE

We extend an invitation to GPs, practice nurses and relevant clinicians to receive this free twice-yearly newsletter and updates on sexual health. To subscribe please email your name, job title and workplace to: [solomon.wong@sswhs.nsw.gov.au](mailto:solomon.wong@sswhs.nsw.gov.au)

# SEXUAL HEALTH SERVICES



### Sydney Sexual Health Centre

[www.sshc.org.au](http://www.sshc.org.au)  
 Sydney Hospital  
 Macquarie Street, Sydney  
 ☎ 9382 7440

### Short Street Centre

St George Hospital  
 Short Street, Kogarah  
 ☎ 9113 2742

### SouthZone Sexual Health Centre

430 The Kingsway, Caringbah  
 ☎ 9113 2742

### The Albion Centre

[www.thealbioncentre.org.au](http://www.thealbioncentre.org.au)  
 150 Albion Street, Surry Hills  
 ☎ 9332 9600

### Clinic 180

180 Victoria Street, Kings Cross  
 ☎ 9357 1299



### RPA Sexual Health

[www.slhd.nsw.gov.au/communityhealth/sexualhealth.html](http://www.slhd.nsw.gov.au/communityhealth/sexualhealth.html)  
 16 Marsden Street, Camperdown  
 ☎ 9515 1200



### Clinic 16

[www.clinic16.com.au](http://www.clinic16.com.au)  
 20 Herbert Street, St Leonards  
 ☎ 9462 9500

**SEXUAL HEALTH link**  
 INFO  
 1800 451 624



[www.playsafe.health.nsw.gov.au](http://www.playsafe.health.nsw.gov.au)



STIs in Gay Men Action Group

This newsletter is an initiative of the STIs in Gay Men Action Group (STIGMA). It is written for general practitioners, practice nurses and relevant clinicians in inner Sydney.

Partners include:

South Eastern Sydney Local Health District, Sydney Local Health District, Northern Sydney Local Health District, Ministry of Health, ASHM NSW, Eastern Sydney Medicare Local, Inner West Sydney Medicare Local, Sydney North Shore and Beaches Medicare Local, Centre for Social Research in Health, The Kirby Institute, Australian Federation of AIDS Organisations (AFAO), Positive Life NSW and ACON.