



# SEXUAL HEALTH *Update*

Provided by your Sexual Health Clinics

## HIV Pre Exposure Prophylaxis ('PrEP') in focus: *What every GP needs to know.*

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### PrEP: The Nuts and Bolts

**HIV Pre Exposure Prophylaxis ('PrEP') is an exciting, game changing development in HIV prevention. After a decade of stagnation, new HIV diagnoses are beginning to decline and GPs are at the front line of HIV biomedical prevention. PBS listed as of April 2018, PrEP involves individuals at significant risk of HIV infection taking a specific, daily antiretroviral medication (co-formulated Tenofovir 300mg and Emtricitabine 200mg) to vastly reduce their risk of acquiring HIV. Significantly more effective at preventing HIV infection than condom use alone, PrEP must be taken regularly as part of a comprehensive HIV, STI and Blood-borne virus risk reduction strategy.**

### GPs AT THE FRONTLINE

'Doing PrEP well' starts with a targeted, opportunistic assessment of HIV & STI risk. PrEP should be recommended for individuals at high risk of HIV acquisition and considered among those at medium risk, where 'risk' relates to current, specific factors in the past 3 months and for the next 3 months. The ASHM PrEP Decision Making Tool and PrEP Guidelines are key resources for making this assessment. HIV risk is dynamic and may change with life circumstances. Providing PrEP involves regularly reviewing tolerability, adherence and routine test results but also reviewing whether PrEP is still desired and appropriate. Before PrEP is commenced, GPs should first ensure no HIV risk exposures have occurred in the previous 72 hours that would warrant Post-Exposure Prophylaxis (Consult the 2016 ASHM PEP Guideline, HealthPathways or the NSW PEP Hotline-1800737669).

### DOING PrEP WELL: COUNSELLING POINTS

Over the past decade the safety and efficacy of PrEP has been well established in clinical trials and large demonstration/implementation studies across the world. For safety (as PrEP is not adequate HIV treatment) all individuals require an HIV test at the time of commencing PrEP. Although generally well tolerated (common side effects are often short lived), nephrotoxicity can occur. Potential interactions with existing medications should also be checked. Other counselling points include the importance of daily adherence (which is strongly linked to efficacy) and that optimal protective PrEP levels take time to build up (generally 7 days for rectal tissue). PrEP will involve baseline and 3 monthly HIV & STI tests and renal function monitoring, with GPs able to prescribe at 3 monthly intervals. PrEP is contraindicated in those with significant renal impairment (eGFR < 60ml/min) and where there is active hepatitis B specialist consultation is strongly advised. For those ceasing, PrEP may need to be continued for a period after the last risk exposure. See ASHM's comprehensive PrEP guidelines for further information.

### Challenges and rewarding opportunities

PrEP may be the key reason an individual with a range of complex health needs presents to their GP. Some may have clear risk-factors for infection but others will hail from diverse backgrounds, beyond traditional 'at-risk' population groups. For these individuals, clinicians must seize opportunities to 'unearth' what may be undisclosed risk.

When offered as part of a comprehensive sexual health promotion and HIV/STI prevention strategy, PrEP can open the door to culturally appropriate sexual health counselling and education, regular STI checks, appropriate immunisation (viral hepatitis, HPV) and a range of other services from contraception and cervical screening to safer injecting equipment and access to mental health services. PrEP can also form platforms for broader discussions that GPs have in their everyday practice, from travel health to prevention/screening activities for cardiovascular and metabolic disease, kidney disease and bone health.

The two-page ASHM 'PrEP Decision Making Tool' is a fantastic place to quickly familiarise yourself with PrEP. For more advice and support contact the Sexual Health Info Link or speak to your local Sexual Health Service.

### References & Resources

#### ASHM Australian HIV Pre Exposure Prophylaxis (PrEP) Clinical Guidelines (2017)

Available for download via:  
<http://www.ashm.org.au/HIV/PrEP/> or via

[http://viruseradication.com/journal-details/Australasian\\_Society\\_for\\_HIV\\_Viral\\_Hepatitis\\_and\\_Sexual\\_Health\\_Medicine\\_HIV\\_pre-exposure\\_prophylaxis\\_clinical\\_guidelines\\_Update\\_April\\_2018/](http://viruseradication.com/journal-details/Australasian_Society_for_HIV_Viral_Hepatitis_and_Sexual_Health_Medicine_HIV_pre-exposure_prophylaxis_clinical_guidelines_Update_April_2018/)

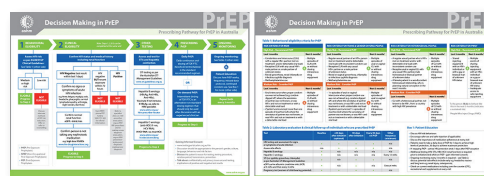


#### AFAO & ASHM: PrEP Factsheet

Available via: [www.ashm.org.au/HIV/PrEP/](http://www.ashm.org.au/HIV/PrEP/)



#### ASHM Decision Making in PrEP Tool:



Accessible for free download via:  
[https://ashm.blob.core.windows.net/ashmpublic/ASHM\\_DecisionMakingPrEP\\_FA-Screen\\_final.pdf](https://ashm.blob.core.windows.net/ashmpublic/ASHM_DecisionMakingPrEP_FA-Screen_final.pdf)

## STI/HIV TESTING TOOL

The STI/HIV Testing Tool for GPs and other primary care clinicians has been updated.

The tool shows how to:

- Offer routine STI/HIV testing in different consultations
- Conduct a brief risk assessment (sexual history)
- Conduct routine STI/HIV testing
- Conduct contact tracing
- Access available resources and additional support
- Order hardcopies at <https://stipu.nsw.gov.au/order-resources>



## HEPATITIS A UPDATE

### Hepatitis A

- Notifications of hepatitis A acquired in NSW have increased recently; cases have been reported in men who have sex with men (MSM)
- MSM are a high risk group for hepatitis A
- Routinely recommend vaccination to MSM
- Test patients who have symptoms of acute viral hepatitis for hepatitis A IgM
- Notify suspected cases of acute viral hepatitis to your local public health unit immediately so that timely prophylaxis for contacts can be provided



## STI MANAGEMENT CASE STUDIES

**STI management in general practice: Key Features** is an online education module that looks at how to discuss sexual practice, STI and HIV risk with an aim to increasing STI and HIV testing in practices. A wide range of case studies examine ways of approaching STI and HIV testing and treatment and promoting safe sexual practice.

**Duration:** 1 hour. **CPD:** CPD: RACGP **C2:** 2pts **ACCRM:** 1pt.

**Target audience:** GPs, health professionals.

<https://thinkgp.com.au/education/sti-management-general-practice-key-features>



## LEARN ABOUT: CONTACT TRACING

**STI management in general practice: Contact Tracing** is the second part of a two-part series (see above box). This module identifies opportunities to initiate a discussion with patients, provides advice and methods in relation to the STIs for which contact tracing is recommended.

**Duration:** 1 hour. **CPD:** RACGP **C2:** 2pts **ACCRM:** 1pt.

**Target audience:** GPs, health professionals.

<https://thinkgp.com.au/education/sti-management-general-practice-contact-tracing>



## NEWLY UPDATED: AUSTRALIAN STI MANAGEMENT GUIDELINES

The latest update of Australian STI Management Guidelines for use in Primary Care provide asymptomatic screening recommendations and management of diagnosed STIs.

[www.sti.guidelines.org.au](http://www.sti.guidelines.org.au)



## Invitation THE GAY FRIENDLY GP LIST

Some GPs have nominated themselves on the Gay Friendly GP list:

<https://stipu.nsw.gov.au/stigma/gay-friendly-gps/>

We would like to invite any interested GPs to be on this list so that we may refer gay men to GPs with particular interest in and knowledge of working with gay men.

Please contact Elissa Magner, email: [elissa.magner@health.nsw.gov.au](mailto:elissa.magner@health.nsw.gov.au)



## WANT TO BE MORE GAY FRIENDLY?

**Becoming more gay friendly in your practice** 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 **C2:** 2pts

**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/)

## 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@health.nsw.gov.au](mailto:solomon.wong@health.nsw.gov.au)

## SEXUAL HEALTH SERVICES



Health  
South Eastern Sydney  
Local Health District

### 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



Health  
Sydney  
Local Health District

### 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



Health  
Northern Sydney  
Local Health District

### Clinic 16

[www.clinic16.com.au](http://www.clinic16.com.au)

20 Herbert Street, St Leonards

☎ 9462 9500



Health  
Western Sydney  
Local Health District

### Western Sydney Sexual Health Centre

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

Western-Sydney-Sexual-Health-Centre

### Parramatta clinic: Level 1 Jeffrey House

162 Marsden Street Parramatta

☎ 9843 3124

### Mount Druitt Clinic: Kelly Close Services (back of Community Health building)

Kelly Close Mount Druitt

☎ 9881 1206

SEXUAL HEALTH  
INFO **link**  
1800 451 624

We provide specialist support to nurses, doctors, counsellors and other professionals who are caring for people with sexual health problems.



PRODUCED BY

STIs in Gay Men Action Group