

# Talk PrEP™

## A guide to HIV prevention conversations



Actor portrayals.

### You play a crucial role in protecting individuals from HIV by simply starting a conversation about PrEP

In fact, 85% of men and women expressed an interest in talking to their provider about sexual health.<sup>1\*</sup>

Discussing PrEP with all sexually active adults and adolescents is recommended by the CDC and many global and national guidelines, as PrEP is not limited to an individual's gender identity, sexual orientation, relationship status, or race.<sup>2-6</sup>

#### A framework for PrEP discussions

The 5 Ps were developed by the CDC to guide dialogue between providers and the individuals in their practice. The framework can help facilitate the understanding of an individual's chances of acquiring STIs, including HIV. It can also help you identify who may need or want PrEP and cultivate encouragement for individuals to play an active role in their sexual health.<sup>7</sup>



#### Reminders before starting a PrEP talk






- **Assess your comfort level** on discussing sex with individuals of all backgrounds, and **avoid making any assumptions** (based on age, appearance, relationship status, etc). This will establish the groundwork for a positive conversation<sup>8</sup>
- **Gather an individual's pronouns, sexual orientation, and gender identity** to build mutual respect and understanding<sup>8</sup>
- **Use neutral terms** like "partner," and **mirror the vocabulary** an individual uses to keep the conversation focused on sexual health<sup>8,9</sup>
- **Let the individual know that sexual health conversations are an important part of overall health.** These conversations are a part of routine care, meant for everyone, and remain confidential<sup>3</sup>

\*In a study of 500 men and women over 25 years old.<sup>1</sup>

CDC=Centers for Disease Control and Prevention; STIs=sexually transmitted infections.

# A conversation guide based on the CDC 5 Ps

**The goal of the 5 Ps is to improve an individual's health**—not to solicit full disclosure of sexual practices. Each category plays a key role in having a positive conversation.<sup>7</sup> The following questions can help you get the conversation started. Additional questions can be asked to take an individual's specific situations or circumstances into account.

 <b>1 Partners</b> <sup>7</sup>	<p><b>To assess the risk of getting an STI, including HIV, it is important to determine the number and gender of an individual's sex partners.</b></p> <ul style="list-style-type: none"><li>• Are you currently having sex of any kind?</li><li>• In recent months, how many sex partners have you had?</li></ul>
 <b>2 Practices</b> <sup>7</sup>	<p><b>Asking about sex practices can help determine necessary testing and if an individual may need or want PrEP.</b></p> <ul style="list-style-type: none"><li>• I need to ask some more specific questions about the kinds of sex you have had over the last 12 months to better understand if you are at risk for STIs</li><li>• What kind of sexual contact do you have, or have you had?</li></ul>
 <b>3 Protection from STIs</b> <sup>7</sup>	<p><b>Discussing an individual's STI protection habits can start a conversation about PrEP for HIV prevention.</b></p> <ul style="list-style-type: none"><li>• Do you and your partner(s) discuss STI prevention?</li><li>• If you use prevention tools, what methods do you use (eg, condoms)?</li><li>• Are you aware of PrEP, a medicine that can help prevent HIV? Have you ever used it or considered using it?</li></ul>
 <b>4 Past history of STIs</b> <sup>7</sup>	<p><b>An individual's STI history can help evaluate the chances of acquiring HIV.</b></p> <ul style="list-style-type: none"><li>• Have you ever been tested for STIs and HIV? Would you like to be tested?</li><li>• Has your current partner or any former partners ever been diagnosed or treated for an STI? Do you know the HIV status of your partner(s)?</li></ul>
 <b>5 Pregnancy intention</b> <sup>7</sup>	<p><b>It is important to understand pregnancy intention to determine what information or protection is needed.</b></p> <ul style="list-style-type: none"><li>• Do you think you would like to have (more) children at some point?</li><li>• How important is it to you to prevent pregnancy (until then)?</li><li>• Do you need any information on birth control?</li></ul>

## Quick ~TIPS~

› Modify questions to consider an individual's gender identity, race, ethnicity, and culture.<sup>7</sup>

› Ask specifics, using the individual's own language.<sup>9</sup>

› Emphasizing benefits of HIV prevention can empower individuals toward action.<sup>9</sup>

› If an individual seems offended or reluctant to answer, rephrase the question or explain why it's important.<sup>8</sup>

› **Click here, or scan QR code, for more questions to guide your conversation**



**PrEP medication does not prevent other STIs and is part of a comprehensive strategy to help prevent acquisition of HIV.<sup>10</sup>**

CDC=Centers for Disease Control and Prevention; STIs=sexually transmitted infections.

# Talk PrEP™



Start the PrEP conversation. Help stop the spread of HIV.

Click here, or scan QR code, to see how your peers are discussing sexual health >



**References:** **1.** Taking routine histories of sexual health: a system-wide approach for health centers. National LGBTQIA+ Health Education Center. Published February 15, 2016. Accessed October 4, 2024. <https://www.lgbtqihealtheducation.org/publication/taking-routine-histories-of-sexual-health-a-system-wide-approach-for-health-centers/> **2.** US Preventive Services Task Force; Owens DK, Davidson KW, Krist AH, et al. Preexposure prophylaxis for the prevention of HIV infection: US Preventive Services Task Force recommendation statement. *JAMA*. 2019;321(22):2203-2213. **3.** Centers for Disease Control and Prevention. US Public Health Service: Preexposure prophylaxis for the prevention of HIV infection in the United States—2021 Update: a clinical practice guideline. Accessed October 4, 2024. <https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2021.pdf> **4.** National HIV/AIDS strategy for the United States 2022-2025. The White House. 2021. Accessed October 4, 2024. <https://www.whitehouse.gov/wp-content/uploads/2021/11/National-HIV-AIDS-Strategy.pdf> **5.** Centers for Disease Control and Prevention. HIV prevention in the United States: mobilizing to end the epidemic. Published October 2021. Accessed October 4, 2024. <https://www.cdc.gov/hiv/pdf/policies/cdc-hiv-prevention-bluebook.pdf> **6.** Global HIV Programme: Pre-exposure prophylaxis (PrEP). World Health Organization. Accessed October 4, 2024. <https://www.who.int/teams/global-hiv-hepatitis-and-stis-programmes/hiv/prevention/pre-exposure-prophylaxis> **7.** Reno H, Park I, Workowski K, Machefsky A, Bachmann L. A guide to taking a sexual history. Centers for Disease Control and Prevention website. Updated January 14, 2022. Accessed October 7, 2024. <https://www.cdc.gov/std/treatment/SexualHistory.pdf> **8.** Discussing sexual health with your patients. Centers for Disease Control and Prevention. Published September 2022. Accessed October 4, 2024. <https://www.cdc.gov/hivnexus/media/pdfs/2024/04/cdc-lsht-prevention-brochure-clinicians-quick-guide-discussing-sexual-health-your-patients.pdf> **9.** GOALS framework for sexual history taking in primary care. New York State Department of Health AIDS Institute. Updated December 4, 2023. Accessed October 7, 2024. <https://www.hivguidelines.org/guideline/goals-framework/> **10.** Centers for Disease Control and Prevention. HIV Nexus: CDC resources for clinicians. Updated August 20, 2024. Accessed October 4, 2024. <https://www.cdc.gov/hivnexus/hcp/prep/index.html>