

Overcoming the Dichotomy of Daily and Event-Driven Oral PrEP Regimens for Cis MSM: Lessons Learned from Community Support Programs in France

S. Morel^{1,2}, D. Rojas Castro^{2,3}, R.M. Delabre², B. Spire³, J.-M. Molina^{4,5}, D. Michels^{1,2}



Contact: smorel@aides.org

Both Daily and Event-Driven PrEP Coexist in France

Regarding oral pre-exposure prophylaxis for HIV (PrEP) for MSM, two intake regimens have demonstrated their effectiveness through biomedical trials: the daily and the event-driven regimens. Since 2009 in France, community-based organization AIDES mobilized the MSM community around PrEP use as a new HIV prevention tool. AIDES has offered constant community support to new PrEP users since the early stages of the ANRS IPERGAY trial (2012-2016) and then with PrEP rollout from 2016 with French guidelines allowing both regimens for MSM. As from May 2017 this also includes the 17 hospitals units and free STI clinics of the ANRS PREVENIR study.

PrEP & Sexual Health Counselors

Trained community workers and volunteers were available after each medical appointment and during 6 months after PrEP initiation. They offered repeated counseling sessions to users, focusing on HIV, STIs and drugs risk reduction, PrEP adherence and global sexual health.

Daily and Event-Driven are Confusing Notions

The community worker teams, benefiting from bimensal professional practice analysis and supervision sessions, identified three crucial situations for PrEP users, generating most of the questions during follow-up, either during counselling sessions or on social media support groups:

- how to start and stop PrEP.
- how to adjust PrEP to their evolving sex life.
- how to react when a dose is missed or not taken on time.

These questions suggest that the guidelines and educational materials are neither clear for users and professionals, nor adapted to the evolving needs of PrEP users, particularly at times in their life where switches between regimen are needed. To simplify, community workers chose to promote notions around starting and stopping PrEP use that is independent of the chosen regimen.

Oral PrEP is now a Self-Sufficient Concept

The research concepts of daily and event-driven PrEP for MSM have been inserted into worldwide guidelines and educational materials without having been translated into real life situations. They could be merged into a “start and stop” concept that has been introduced in July 2019 WHO MSM PrEP guidelines. This concept would be much easier to explain by PrEP providers and would make PrEP autonomously adjustable by its users. Further exploration and understanding of how individuals use PrEP and the feasibility and acceptability of concepts such as “stop and start” for users (and providers) are necessary to empower users.

Identified essential PrEP adherence questions

- How do I start and stop PrEP?
- How do I adjust PrEP to evolutions in my sex life?
- How do I react when I missed/delayed an intake?

Differentiated answer

- If using daily PrEP
- If using event-driven

Real life enters in collision with research concepts

- as both include :
- daily intake
 - starting use point
 - stopping use point
 - long periods use
 - short periods use

Differentiated answer generates confusion

Unified answer

start stop

- 2 pills + + 1 + 1
- Follow the first answer and adjust to your life
- Depends on the number of pills taken in the last 7 days



1. AIDES, Community-based research unit, Pantin, France. * 2. Coalition PLUS, Community-based Research Laboratory, Pantin, France. * 3. Université d'Aix Marseille, INSERM, IRD, SESSTIM, Sciences Économiques & Sociales de la Santé & Traitement de l'Information Médicale, INSERM 1252, Marseille, France. * 4. Maladies Infectieuses, Hôpital Saint-Louis, Assistance Publique Hôpitaux de Paris, Paris, France. * 5. INSERM UMR 941, Université de Paris Diderot, Sorbonne Paris Cité, Paris, France.