What is the extent of repeat prescriptions for post-exposure prophylaxis for HIV after sexual exposure amongst MSM over five years in Brighton and Hove?

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Background

- High prevalence of HIV in Brighton & Hove (7.8/1000) (1)
- 1/8 MSM in Brighton & Hove have HIV (2)

Aims:
- To determine the rate of repeat PEPSE
- To identify the common factors inherent in multiple PEPSE presentations

Methods

Participants:

- MSM
- Any age
- Attending for PEPSE - following sexual exposure to HIV
- In Brighton & Hove
- More than once
- Between May 2009-May 2014
Methods

Procedure:
- GUM/HIV patient database in Brighton & Hove searched
- Number of patients who received PEPSE then number who received it more than once
- Information collected from notes of patients attending for repeat PEPSE

Data analysis:
- Using Excel functions to calculate Spearmann’s rank correlation coefficients & p values
Results
Extent of repeat PEPSE prescriptions

- 929 MSM received PEPSE once
- 107 (11.5%) received PEPSE more than once
  - 329 episodes of repeat PEPSE prescriptions in total
Results

Behavioural factors

- 63.5% of patients did not know the status of their partner

- 25.2% of patients used condoms
  - Of those using condoms 94% reported incorrect use
    - 84.3% condom break
    - 9.6% condom slip
    - 3.6% condom reused
    - 2.4% condom removed
Results

Behavioural factors

• 43.9% patients had at least one recorded psychiatric diagnosis
  ○ Most common were depression (24.3%) & anxiety (20.6%)

• Risk reduction discussion
  ○ More likely to have been carried out at earlier PEPSE prescriptions
  ○ Likelihood of risk reduction discussion being carried out associated with a lower number of PEPSE prescriptions
Results
Alcohol & Recreational Drugs

- 65.5% of people attending for repeat PEPSE reported using alcohol, recreational drugs or both.
Results
Alcohol & Recreational Drugs

- People attending for PEPSE <6 times were more likely to be under the influence of alcohol
- People attending for PEPSE 6 or more times were more likely to be under the influence of recreational drugs
- Recreational drug use was significantly associated with increasing numbers of PEPSE prescriptions
  - Correlation coefficient: 0.491 (p=0.04)
- Mephedrone use associated with repeat attendance for PEPSE
Results
Alcohol & Recreational Drugs

Percentage of episodes under the influence of alcohol, recreational drugs, both or neither.

- % episodes under the influence of alcohol
- % episodes under the influence of recreational drugs
- % episodes under the influence of both
- % episodes not under the influence of alcohol or recreational drugs

Number of PEP prescriptions
Discussion
Behavioural factors

- Everyone needs to practice safe sex as discussion of HIV status is frequently avoided

- Interventions: negotiating condom use and safer sex
  - Increased communication skills
  - Motivational interviewing
  - Non-negotiable sexual behaviour policy
  - Discussion before sexual contact
  - Encouraging safe sex without explicitly discussing it
Discussion

Behavioural factors

- Involve mental health professionals & GP as mental health problems found to be a factor in sexual risk taking behaviour

- Risk reduction discussion
  - All patients should receive this discussion
  - Can identify those who would benefit from further risk reduction strategies
  - Further risk reduction strategies to tackle issues that might be contributing to risk taking behaviour or triggering it.
Discussion
Alcohol & Recreational Drugs

● Discuss drug & alcohol use
  ○ Receive targeted intervention aimed at reducing use from specialist teams
● Education re: risks associated with ‘Chemsex’
● Interventions targeting mephedrone use
● Stick to one substance or to just alcohol
Patients who became HIV positive

- 7 patients became HIV positive (6.5%)
- PEPSE failure not implicated in these cases
  - Acquired following continued risk taking behaviour

- Factors associated with risk of sero-conversion
  - Low completion rate
  - Higher rates of unprotected receptive anal intercourse
  - Low referral rates for further risk reduction
  - Recreational drug use
Conclusion

- Repeat PEPSE use shown to be an issue requiring attention amongst this population due to the high rate of repeat attendance

- Specific areas for intervention
  - Education re: negotiating safer sex & risk reduction
  - Involvement of mental health teams, alcohol/substance misuse teams & primary care
  - Further research - qualitative interviews
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