

**2021 UPDATED GUIDELINES
FOR THE PROVISION OF
ORAL PRE-EXPOSURE
PROPHYLAXIS (PrEP) TO
PERSONS AT
SUBSTANTIAL RISK OF
HIV INFECTION**



Zooming In: A journey to HIV Free Generation

South African Association of Campus Health Services Conference
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Venue: Ingwenyama Lodge
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Outline

- Introduction and Background
- HIV Prevention Strategies
- What is PrEP
- Differences between PrEP, PEP and ART
- Provision of PrEP
- Conclusion

Introduction

Zikhala Kanjani Strategy 2022-2025

They say its happening at the toilets,
buses, residences

Zikhala Kanjani without:

- using a condom
- knowing HIV status
- PrEP
- taking your ARVs
- contraceptives

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Why HIV prevention now?

- **South Africa has the largest HIV epidemic in the world**
- **Notable decreased of people living with HIV in South Africa from 14.0% in 2017 to 12.7% in 2022 - SABSSM VI (27 November 2023)**
- **7.8 million people aged 15 to 49 living with HIV in 2022**
- **4.7 million people in South Africa on antiretroviral treatment (ART)**
- **Despite this, there were approximately 121 000 new HIV infections in 2018/9**
- **WHO recommends that HIV negative people at a substantial risk of HIV infection should be offered HIV pre-exposure prophylaxis (PrEP)**

An insight on key points of HIV prevention

Low viral load suppression (VLS)

- 15 -24 years young men and women 73.5% & 68.2% respectively
- Unsuppressed men 25 -34 years (66,3%) & 35-44 years (76,3%)

Key points on HIV prevention:

U=U

PEP

PrEP

VMMC

Behavioral changes

SABSSM VI (27 November 2023)



UNAIDS, 2023

It is not a one way: What is PrEP?

Exciting news: New baby on the block
“PrEP injectable”

- Use of antiretroviral drugs by HIV-negative people who are at substantial risk of acquiring HIV before potential exposure to HIV to prevent getting HIV – WHO
- The current preferred regimen in South Africa is oral Tenofovir (TDF) and Emtricitabine (FTC) as a fixed-dose combination.

What is the differences between PrEP, PEP and ART

Pre-Exposure Prophylaxis	Post-Exposure Prophylaxis (PEP)	Anti-retroviral treatment (ART)
ARV medication taken by HIV-negative persons before exposure to HIV to prevent HIV acquisition	ARV medication taken within 72 hours after exposure to HIV and continued for 28 days to prevent HIV acquisition	Lifelong treatment with ARV drugs for people with HIV to minimize the effect of HIV by increasing the CD4 count and reducing the viral load

How do I take PrEP drugs



7 days of daily dosing of PrEP drug to reach adequate tissue levels. During this period, other protective precautions should be used, such as abstinence or condoms.

Check for last potential HIV exposure in individuals wanting to stop taking PrEP. PrEP should be continued for **7 days after** the last potential HIV exposure in those wanting to cycle off PrEP.

CONCLUSION

Ending AIDS epidemic and as global health threat by 2030 is part of Sustainable Development Goals (SDG)

Let us partake in this journey to realize vision 2030: An HIV Free Generation

“Ziyakhalake Manje”



References

1. Department of Health, Guidelines for the provision of Pre-Exposure Prophylaxis (PrEP) to persons at substantial risk of HIV Infection; National Department of Health;2019.
2. www.avert.org/global-hiv-and-aids-statistics