



**Training of Centre For Right To Health (CRH)
Peer Educators on HIV Prevention Tools with
Emphasis on PrEP
27th April, 2017**

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Date and Venue

On the 27th of April, 2017, Oluwatosin, Assistant Program Officer for NHVMAS, was graciously hosted by Centre for Right to Health (CRH) in Uyo, Akwa Ibom. During their review meeting, NHVMAS was given some time to speak to their peer educators on existing and new HIV prevention with emphasis on Pre Exposure Prophylaxis (PrEP). The training was implemented at the CRH office, which CRH share with SFH at No. 20 D-line Area Ewet Housing Estate Uyo, Akwa Ibom.

NHVMAS Training team

The members of the training team:

1. Alaka Oluwatosin

Agenda

1. Introduction of self
2. Existing HIV prevention tools
3. New HIV prevention tools
4. Basic facts about PrEP

Participants

Eighteen participants and 2 coordinators were present at the training.

Introduction

The meeting started at 10:45 am. All participants introduced themselves, stating their first names and a native food recommendation for the facilitator. Mr. Oluwatosin then gave a brief overview of the purpose of the training to prepare the minds of the peer educators on what to expect



Existing HIV prevention tools

This session was facilitated by Oluwatosin. He showed participants pictures of different existing prevention tools. Participants were required to pick anyone of the tools and discuss about it. Some highlight on the discussion of HIV existing tools include:

Male Medical circumcision

- A great percentage of men in Nigeria are circumcised. This reduces the chances of males contracting HIV.
- The foreskin of an uncircumcised penis harbors several bacteria which can increase vulnerability of the woman to HIV infection.

Post Exposure Prophylaxis

- It requires taking ARV for 4weeks
- It is taken when there has been a one-time exposure of an individual to the virus. E.g rape, health worker occupational hazard,
- Must be used within 72 hours after exposure or contact
- Use 24 hours after exposure- Best
- Use 48 hours after exposure- Better
- Use 72 hours after exposure: Good

STI Management:

STI creates "holes" in the penis/vagina through thereby creating microscopic openings and increasing vulnerability. It is very important that it is treated properly to reduce the risk of HIV.

Behaviour Change:

- Delay sexual debut (the earlier one starts, the more likely he/she is to have multiple sexual partners.
- Reduce sex partners to the barest minimum
- Correct and consistent use of condom

Lubricants:

- Does not protect against HIV infection
- Reduces friction during sexual intercourse
- It is very helpful during anal sex to lubricate the rectum and for vagina sex to prevent dry sex
- For men who do not like to use condom, drop a little quantity of lubricant inside the condom before wearing it. It works magic.

New Prevention Tools

The participants were made to understand that a lot of studies are being conducted on microbicides and vaccines. Before long, answers would be gotten.

Vaccine: A vaccine is a substance that is use to provide immunity against an infection. HIV vaccine is used to protect an individual from coming down with the virus.

Microbicide: A microbicide is a substance, that can be applied rectally or vaginally which has the ability to protect against STIs and HIV.

Treatment as prevention: Some say it is using one stone to kill two birds. It is a situation whereby a person living with HIV is placed on ART treatment not only to keep them healthy and inhibit its progression to AIDS, but to significantly reduce the risk of transmitting the virus to an uninfected partner by about 96%. It works by suppressing the viral load so much so that it becomes undetectable.

Facts about PrEP



Candidates for PrEP

People at substantial risk of acquiring HIV due to their risky behavior are potential candidates of PrEP. This includes:

a) Men who have sex with men (MSM) who have

- An HIV-positive sexual partner
- Recent bacterial STI
- High number of sex partners
- History of inconsistent/no condom use

b) Heterosexual women and men

- HIV-positive sexual partner
- Recent bacterial STI
- High number of sex partners
- History of inconsistent/no condom use
- Commercial sex work
- High-prevalence area or network

How It works

PrEP is taken only by individuals who are HIV negative as a pill of Truvada a day (combination of Tenofovir and emtricitabine). PrEP stops HIV from taking hold and spreading throughout your body. It is highly effective for preventing HIV if used as prescribed, but it is much less effective when not taken consistently.

Other important talking point about fact about PrEP

- It does not protect against other STIs and pregnancy
- It is used by people who are HIV negative but at substantial risk of HIV
- It offers over 90% protection if used consistently
- It requires you attend hospital every three months to get a HIV test to rule out any HIV infection
- It should be taken same time everyday
- Renal assessment must be conducted to ensure that the kidneys are working normally and are in good shape.

Discontinuing PrEP

Positive HIV result, Acute HIV signs or symptoms, non-adherence to usage, development of renal diseases, infection with hepatitis A or B, lowered risk behavior are all possible reasons for an individual to discontinue PrEP.

Discussions

Question: *"If I am wearing a condom, and in the course of having sex, I also engage in oral sex, will I still be protected from acquiring HIV?"*

Answer: *PrEP offers protection irrespective of the mode of entry of the HIV virus. PrEP is only protective when used consistently prior to exposure to the virus.*

Question: *"Where can we buy Truvada"*

Answer: *PrEP can be bought at a good pharmacy upon prescription by your doctor. You can speak to your doctor about your plan to use PrEP.*

Question: *If someone has unprotected sexual intercourse with someone whose status he is unsure of, does he take PrEP or PEP*

Answer: *PrEP is not something you take each time you get exposed as it will not be effective. PrEP is for people at ongoing substantial risk. If the exposure is a one time exposure, PEP is recommended. If having unprotected sex is something you enjoy and engage in most times, then you may consider using PrEP.*

Question *"How soon will PrEP become protective after I start taking it?"*

Answer: *If used everyday, it takes at least 3days before it can reach a protective level for those who engage in anal sex and 5 days for those who engage in vagina se. It is important to take Truvada consistently every day because your level of HIV protection from PrEP may decrease with missed doses of the medication.*

Question *"If one starts PrEP, can he or she stop using condoms?"*

Answer: *Condoms are the only tool that protects against both HIV and certain other sexually transmitted infections (STIs) while preventing pregnancy when used correctly and consistently. For people who do not use condoms every time they have sex, PrEP can provide effective protection against only HIV. Using condoms correctly and consistently while taking PrEP will provide the maximal protection against HIV and STIs. The choice to use either of the two is a personal decision that should be made upon information acquisition.*

Question: *"Is PrEP Safe?"*

Answer: *Truvada which is the brand name for PrEP is safe and well tolerated by humans. However, it is important that users get their kidneys assessed by a medical professional to ensure that it can cope with the usage of PrEP as kidney malfunction is a possible side effect.*

Question: *"Where can one get microbicides?"*

Answer: *microbicides are still in the clinical phase of research. No effective microbicide has been rolled out yet. The availability of a microbicide would greatly*

empower women to protect themselves and their partners. So it is important that we make them prepared and inform them about it prior to its arrival to promote utilization of the product upon its development.

EVALUATION FORM FOR PREP AWARENESS PROGRAMME/TRAINING

1. Please provide us with some feedback about Workshop module.

Please indicate your overall satisfaction with the <u>content</u> of each of the modules:	Please circle one N (N=18)					No Response
	Very Good	Good	Fair	Poor	Very Poor	
1 – HIV prevention: Existing tools	11 (61.1%)	7 (38.9%)	-	-	-	-
2 – HIV prevention: New prevention tools	13 (72.2%)	4 (22.2%)	1 (5.6%)	-	-	-
3– PrEP presentation	9 (50%)	8 (44.4%)	1 (5.6%)	-	-	-

2. Please provide us with some feedback on your experience of the Workshop:

Please indicate your agreement with the following statements:	Please circle one (N=18)					No Response
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
This Workshop provided me with HIV prevention existing tools	9 (50%)	7 (38.9%)	2 (11%)	-	-	-
This Workshop provided me with new insights about New prevention tools	14 (77.8%)	4 (22.2%)	-	-	-	-
This Workshop provided me with new insights about PreP	10 (55.6%)	7 (38.9%)	1 (5.6%)	-	-	-
Participating in this Workshop was a good use of my time	9 (50%)	9 (50%)	-	-	-	-
I will be able to apply the content of this Workshop to my everyday work	7 (38.9%)	10 (55.6%)	-	-	1 (5.6%)	-
Overall, the facilitation style was effective	11 (61.1%)	6 (33.3%)	-	-	-	1 (5.6%)
There was adequate time allocated for informal discussions among workshop participants	11 (61.1%)	5 (27.8%)	1 (5.6%)	-	-	1 (5.6%)
The Workshop was well-organized.	6 (33.3%)	9 (50%)	-	1 (5.6%)	-	2 (11%)

3. What changes would you recommend to make this Workshop better?

- Use of projector
- Workshops like this should be packaged more often and regularly
- I think something like pure water or food should be added and transportation also.
- I will love to recommend for a more open presentation and a physical sample presentation of the existing and new tools. I also recommend that PrEP to be more accessible by the members of the public
- Make new prevention tools available and accessible to those that are used to unprotected sex.
- The workshop was very good because it provided me with new insight about PrEP as well as equipping me for this programme. However, the use of projector and other specimen like oral dam and others would be required.
- Entertainment should be given to participants
- More field guide to go for each participant.
- should provide us with manuals each so as to help in disseminating to our peer group faster. Also there should be provision of funds to encourage participants during the programme and also to attend when next it comes up.

4. Any other comments?

- I pray that God should help us to stick to the information that we have received today
- I thank God for this PrEP awareness programme, it has helped a lot, please keep it up
- Programs like this should have entertainment like food and drinks.
- Please provide the PrEP for peer educators.
- This kind of workshop should hold at least once every 3 months.
- I believe the best way for all of this is for someone to protect himself with correct and consistent use of condom because PrEP cannot protect against other STIs.

PRE-POST ANALYSIS

S/N	CODE NAME	Post Test	Pre Test	Post Test- Pre Test
1	Godiallo	7	3	4
2	Eminent	9	4	5
3	Stanly	7	2	5
4	Foh Bassey	7	4	3
5	Sandy	5	2	3
6	Bassey Obedience	7	5	2
7	Nkpoikana Dominic	8	2	6
8	231	6	3	3
9	Johnson	6	4	2
10	Olando Firstman	8	4	4
11	Marshal	6	3	3
12	samuel	6	2	4
13	peter peter	6	4	
14	Emmanuel Dan	7	5	2
15	Akpabio	10		
16	Solomon	6		
17	Ime Joe	7		
18	1440	6		
	TOTAL	124	47	46
	AVERAGE	6.9	3.4	3.5
	SD	1.2	1.1	1.3

