

## Here's how you can.

# Preventing HIV transmission starts with a conversation



### Consider PrEP for anyone at risk of HIV

PrEP should be considered for all people at risk of HIV and anybody who asks for it. This may include:

- Gay, bisexual and men who have sex with men
- Trans and gender diverse populations
- Heterosexuals who may have sex with people at a higher risk of HIV, or have partners with an unknown HIV status
- People who inject drugs and people who use drugs
- People who have arrived from overseas who may not be connected to health services



### Use any opportunity to discuss PrEP

Some patients may not know about PrEP or their risk of HIV. PrEP can be raised during everyday consults, including when a patient:

- is about to become sexually active
- seeks contraceptive advice
- has recently ended or is about to start a new relationship
- has previously used HIV Post-Exposure Prophylaxis (PEP) or has had an STI in the last 3 months
- is travelling to or from a country with high-prevalence of HIV
- seeks vaccinations or STI screening



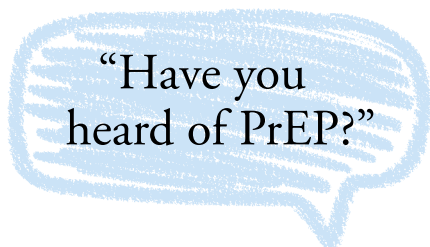
### Integrate sexual health into everyday practice

Some patients will already be aware of their risk, while others will need your prompt so it's important to include sexual health as part of routine care.

- "Sexual health is an important part of overall wellbeing, and it's something I discuss with all my patients."
- "As part of staying healthy, we regularly discuss sexual health and ways to prevent HIV and STIs. Have you had those conversations before?"
- "Have there been any changes in your relationships or sexual activity? Do you have a preferred HIV or STI prevention method?"
- "Are there any methods you currently use to protect yourself from STIs and HIV?"

### Ask one simple question

For patients you identify as at risk of HIV, one question can make all the difference:



"Have you heard of PrEP?"

# Communicating about PrEP with confidence

PrEP can be prescribed by all medical practitioners and nurse practitioners. No specialist training is required.



## Assess HIV risk and suitability

Understand the patient's circumstances and whether PrEP may be relevant to their HIV prevention needs:

- Ask permission before discussing sexual health
- Avoid assumptions about behaviour, identity or risk
- Focus on prevention needs rather than "risk-taking"
- Explore the patient's goals and concerns

### Conversation Starters:

- "Would it be okay if we talked a little about your sexual health and HIV prevention options?"
- "Do you currently have any strategies to protect yourself from STIs or HIV?"



## Choose PrEP regimen

Support the patient to choose the option that best fits their lifestyle and preferences:

- Explain the difference between daily oral PrEP and PrEP on-demand

### Conversation Starters:

- "There are different ways PrEP can be taken. Let's talk through the options and see what might work best for you."
- "When you are having sex, is it usually spontaneous or is it planned?"



## Confirm suitability and baseline screening

Help the patient understand why testing is needed and what it involves:

- Explain what you will be testing for and why this is important
- Reiterate that this won't prevent them from accessing PrEP earlier

### Conversation Starters:

- "Before starting PrEP, there are a few routine tests we need to do. These help us make sure PrEP is safe and appropriate for you"
- "Do you have any questions about the process?"



## Education and ongoing support

Ensure the patient understands how PrEP works and feels supported to use it successfully:

- Patient counselling on side effects and other methods to protect against HIV infection
- Organise follow-up and explain monitoring requirements

### Conversation Starters:

- "How confident do you feel about getting started?"
- "While you're on PrEP, we need to do routine STI testing every three months. This is something we do with everyone who's using PrEP. Are you ok with this?"

**For further information on PrEP guidelines and decision making check out these resources:**

Interactive PrEP decision-making tool



PrEP Guidelines



PrEP Learning Hub

