

The role of nurses in PrEP care

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The beginning...

- PrEP reimbursement : June 2017
- Increase of patients who want start PrEP
- Medical team : 3 full time physicians + consultants
- Nursing team : 1 Full time + 1 part time (4/5)
- 650 PrEP started since June 2017 (+950 HIV patients + 150 PID patients)
- Increase of appointments / No increase of medical timats

Ingredients for a smooth Taskshifting

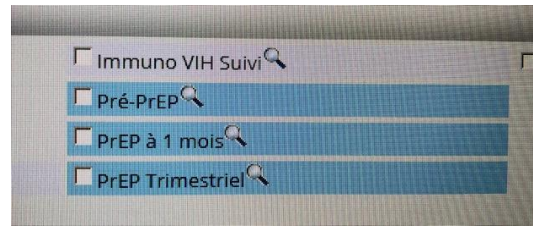
- Obtain patient's consent
- A small team
- Good communication within the team, harmonized practice
- working together for years
- Partnership based on trust and confidence
- Nurses trained in HIV/STIs
- Knowing our own limits (the nurse), referring to a doctor
- Ability to identify tricky situations
- Physician always available on site (duo work)

Management of new patients

- Call center : Inappropriate for patients (HIV, PrEP, PEP, STIs)
- New HOT line and email: opening hours
- Patients direct in contact with a nurse
- Identification of emergencies (PEP...)
- Shorter time between call and appointment

First PrEP consultation by nurse

- Time between call and appointment : max 2 weeks with a nurse
(2months with a physician)
- Complete anamnesis
- Eligibility criterias
- Forms for bloodtest and PCR (using models)
- Teaching the patient for swabs PCR gono/chlam
- Flyer + contacts of team + emergency procedures
- Informations about timing of PrEP consultations (+1 month, +3 months)



PrEP Initiation consultation by nurse

- Within 2 weeks
- Validation/prescription/check-up STIs by the physician before consultation
- Delivery of results
- Update of vaccines
- Treatment of STIs
- Suggestion for follow-up : nurse/physician on an alternative basis
- Explanations about « how to take PrEP »

PrEP care what is it ?

Medication (medical responsibility) but not only...

- Delivery of results (shared role)
- Open discussion about sexuality (behaviour, addictions, chemsex)
- Address principles of harm reduction
- Empowerment about individual and community health (safety)
- Teaching procedures for PCR and emergency
- Offer a rapid treatment in case of STIs
- Offer a rapid answer (mail or phone) in case of emergency (risk without PrEP...)
- Network including other specialists (dermato, procto, hepato)
- ➔ nursing role !!!

...Time Consuming...

- PrEP consultation = 30 min
- PrEP and health education = time +++
- Time is what physicians miss the most

Which models already exist?

- Belgium :
 - Diabetology nurses (insulin balancing)
 - midwives (prescribe obstetrical medication)
- France : cooperation protocol PrEP (IDE – médecin) authorized by HAS (Haute Autorité de Santé).
 - IDE can prescribe medication/vaccines and tests for HIV/STI/PrEP/PEP
 - Self-governing consultation
 - Real safety thanks to a clear protocol
 - i.e. Travel Clinic Protocols

The future

- Belgium : Advanced Practice Nurse (IPA =infirmière de pratique avancée)
 - Master created in October 2021
 - Allowing prescriptions of tests and medications in their speciality (diabetes, cancer, pain...)
 - Thinking about assimilation of nurses in HIV center ?

Benefits for patients :

- Appointment ASAP
- Being a patient from A team and not from A doctor
- Reduce the risk to become HIV+
- Faster identification/treatment of HIV and STIs
- Fast update for vaccines (HAV, HBV, HPV)
- More time to discuss about drugs, chemsex, addictions,
- Education about transmissions modes of STIs
- Fast answer to questions
- Trusted contact in case of emergency
- more flexible consultation hours

Benefits for nurses

- Consideration from users
- Raising the profile of nurse's skills
- Fulfillment thanks to team work
- Meaningful work vs technical work

Benefits for physicians

- More time to dedicate
 - To HIV patients
 - To PrEP patients with « problems » selected by nurses
- Enjoying team cooperation, at least is the case in our center 😊
- Sharing skills within our team
- No need for new collaborators, included in INAMI convention !
- Keep an eye on nurses's work

Goals

- Easier access to PrEP
- Meet the growing demand of PrEP
- Ultimate goal : reducing new HIV infections

Conclusion

- Patients'satisfaction concerning this kind of follow-up
 - Building sustainable trust with patients
 - Dedicated care
 - Expertise guaranteed
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- ... and smile guaranteed



Feed-back from a patient

- « En tant que Prepeur depuis plusieurs années, j'ai toujours perçu le rôle de l'infirmière comme un accompagnant, avant, pendant et après ma consultation. Avant, je peux poser des questions diverses, certaines liées à ma sexualité, d'autres liées à l'administration. Pendant la consultation, un dialogue s'installe avec l'infirmière qui me connaît, et il est facile de reprendre le fil de l'échange que nous avons eu la fois précédente. Après la consultation, je sais que je peux solliciter un conseil, poser une question et c'est rassurant. En d'autres termes, la PrEP c'est également un accompagnement » Anonyme.