

“Real Time” Update on Adolescent/Young Adult HIV Care

SUNY UPSTATE MEDICAL UNIVERSITY
Adolescent/Young Adult Specialized Care Center (SCC)

Leonard B. Weiner, MD
Medical Director, SCC

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Topics to be discussed

- How does HIV Spread?
- Risk Factors
- Epidemiology
- Post-Exposure Prophylaxis (PEP)
- Pre-Exposure Prophylaxis (PrEP)
- New York State HIV Testing Requirements
- Adolescent/Young Adult Specialized Care Center

How Does HIV Spread?

- Through contact with body fluids
 - Blood
 - Semen
 - Vaginal secretions
 - Breast milk

HIV/STD Risk Factors

- Unprotected Sex (Anal, Vaginal, Oral)
- MSM
- Multiple Partners
- Injection Drug Use (IDU)
- Sexual Assault
- Other STD or Hepatitis Infection

Risk in College Population

Many students engage in risk behaviors:

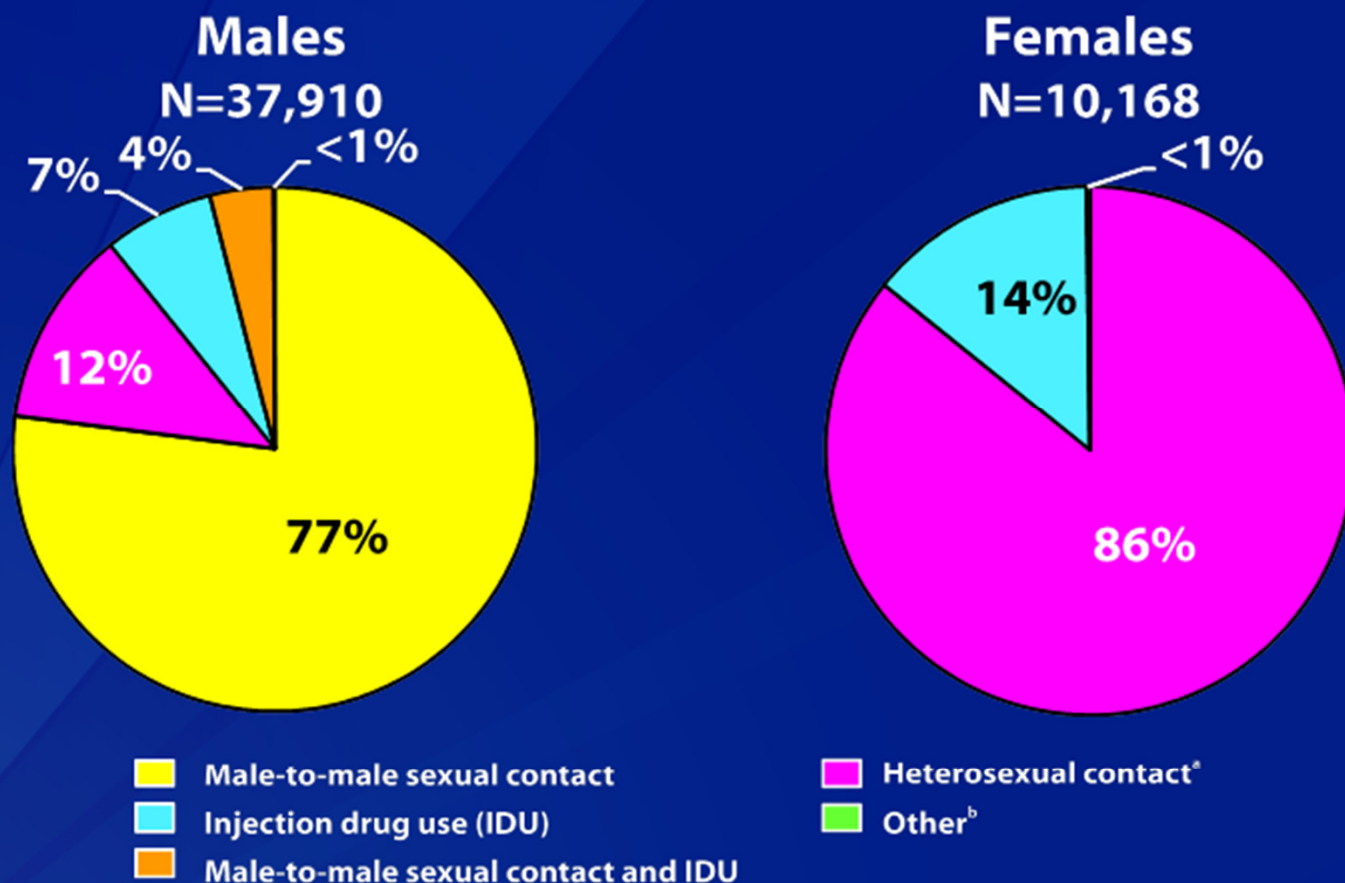
- Multiple Sexual Partners
- Alcohol and Drug Use
- Inconsistent Condom Use
- Body Piercings
- Tattoos
- Lack of STD and HIV testing

In the United States*

- There are **1.1 million** people >13 years living with HIV/AIDS in the US
- About **20%** of infected individuals are unaware of their diagnosis
- There were an estimated **48,000** new infections in 2010
- **10,080** new infections were in people aged **15-24**
- Having an STD increases risk of acquiring HIV
- Chlamydia and Gonorrhoea rates are highest among women aged 18-20 and men aged 20-24

*2010 CDC Surveillance Data

Diagnoses of HIV Infection among Adults and Adolescents, by Sex and Transmission Category, 2010—46 States and 5 U.S. Dependent Areas



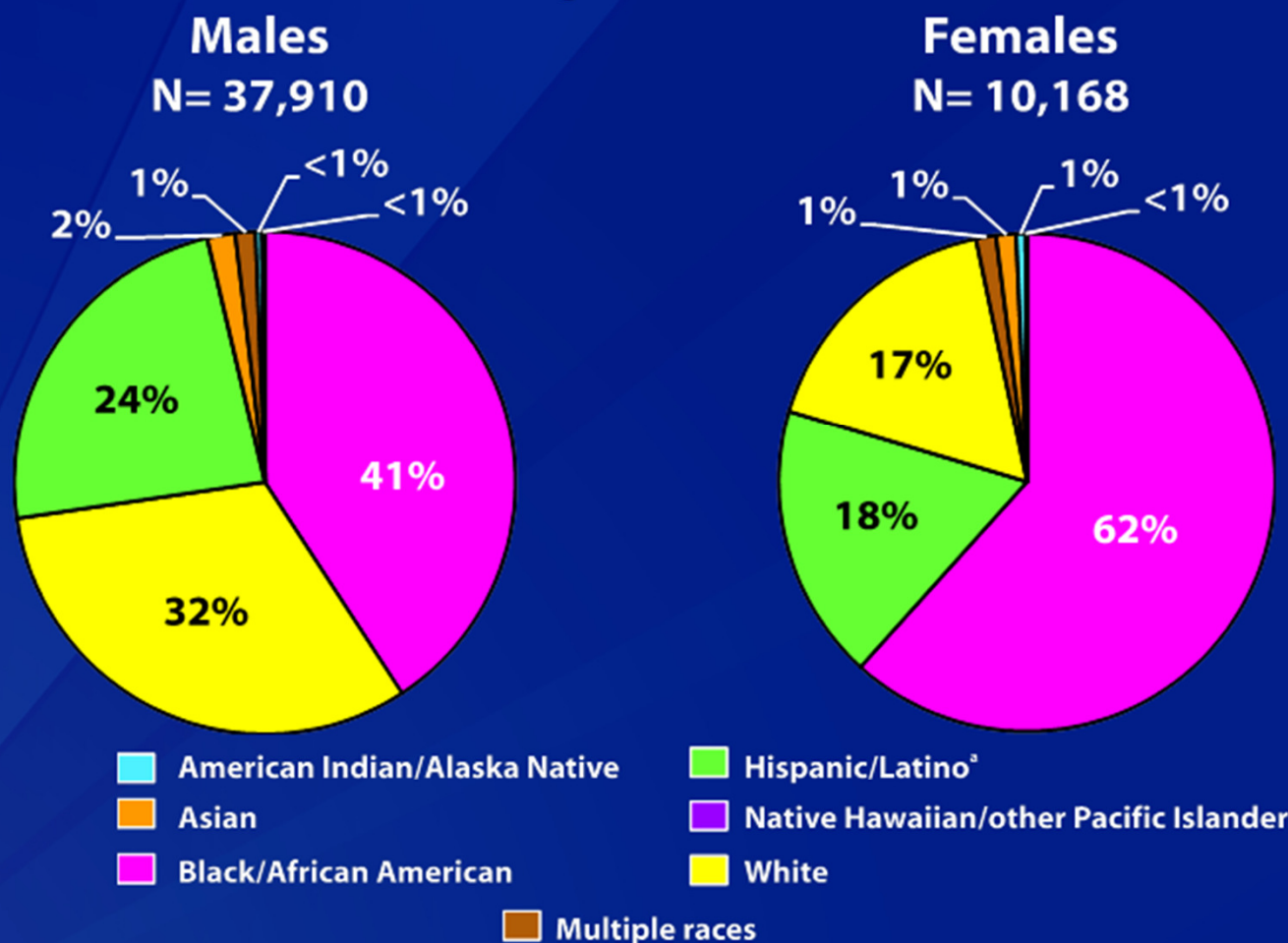
Note. Data include persons with a diagnosis of HIV infection regardless of stage of disease at diagnosis. All displayed data have been statistically adjusted to account for reporting delays and missing risk-factor information, but not for incomplete reporting.

^a Heterosexual contact with a person known to have, or to be at high risk for, HIV infection.

^b Includes hemophilia, blood transfusion, perinatal exposure, and risk factor not reported or not identified.



Diagnoses of HIV Infection among Adults and Adolescents, by Sex and Race/Ethnicity, 2010—46 States and 5 U.S. Dependent Areas



Note. Data include persons with a diagnosis of HIV infection regardless of stage of disease at diagnosis. All displayed data have been statistically adjusted to account for reporting delays, but not for incomplete reporting.

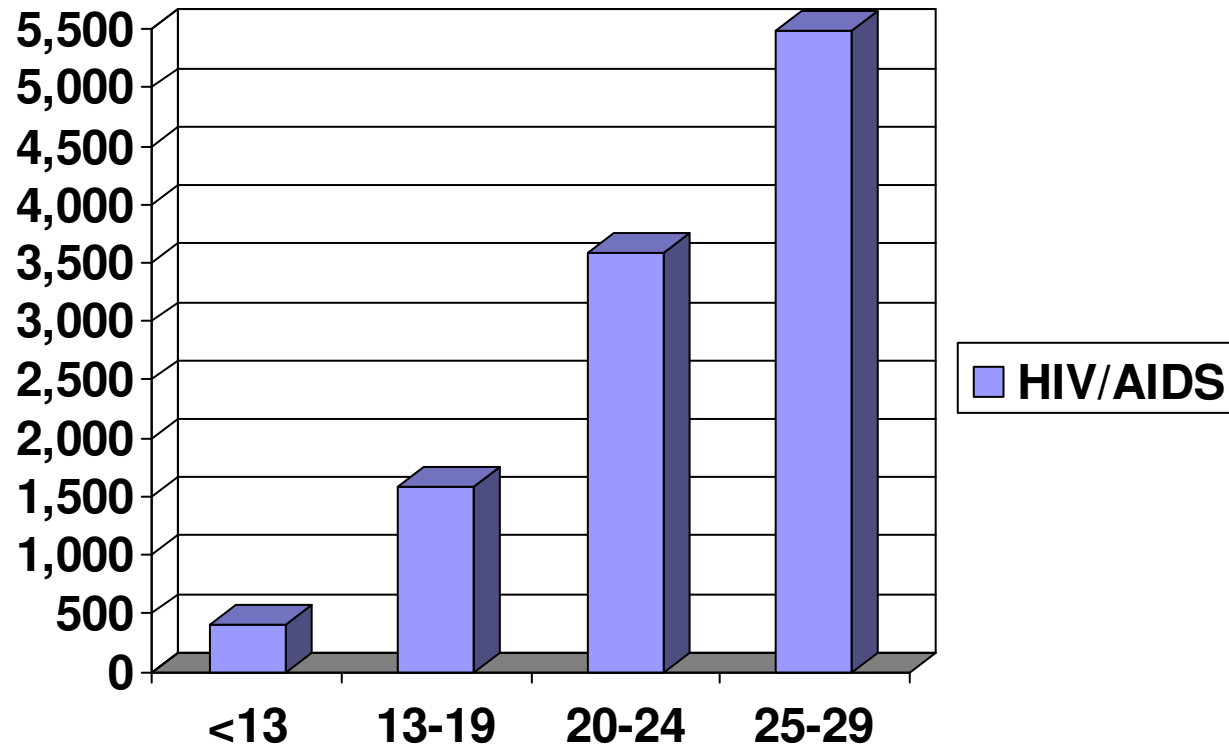
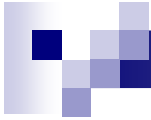
^a Hispanics/Latinos can be of any race.



In New York State*

- There are a reported **128,653** people living with HIV/AIDS in New York State
- 10,663 (**8%**) of those are aged 13-29 years
- In 2010, **3,849** people were newly diagnosed with HIV
- 1,343 (**35%**) of those are aged 13-29 years
- **75%** of new HIV diagnoses occur in males
- **48%** of newly acquired HIV is from male to male sexual contact

* New York State 2010 Annual Surveillance Report



of people living with HIV/AIDS in NYS in 2010 by age

Post-Exposure Prophylaxis (PEP)

- Needle-Stick Injuries
 - Blood Exposure Injuries
 - Sexual Assault
- Most Post-Exposure events are identified through Emergency Room encounters

PEP Protocol Initial Requirements

- Offer HIV Prophylaxis treatment
 - Zidovudine 300mg bid
 - Lamivudine 150mg bid
 - Tenofovir 300mg qd
- As of 11/27/12, patient receives 7 day starter pack of PEP Prophylaxis from the ED*
- Arrange an appointment w/ HIV Provider for follow up to occur 24 hours to 6 days post ED visit*

* 2012 amended NYS Public Health Law

PEP Protocol

- Should begin HIV Prophylaxis within 36 hours of exposure
- Medical Management of HIV Exposure includes:
 - HIV Prophylaxis for 4 weeks
 - Management of Side Effects
 - HIV,STD and Hepatitis A,B,C tests: immediately, 1, 3 and 6 months post-exposure

PEP Considerations

- Make sure referral is in place from ED to community HIV Provider
- Assess availability of PEP medication beyond ED initial supply
- Encourage medication adherence through 4 weeks
- Encourage follow-up through 6 months

Pre-Exposure Prophylaxis (PrEP)

- Truvada® recently approved by FDA for prevention of HIV infection
- Indicated for:
 - Men who have sex with Men
 - Uninfected partner in stable relationship with HIV positive person
- Requires patient education, condom use and frequent medical follow up
- Patient must have a negative HIV test before starting treatment

PrEP Considerations

- Truvada is One Pill, Once a Day
- Weigh side effect risk vs. HIV infection risk
- Safer Sex Education
- Regular condom use
- Medical follow up at least every 3 months
- HIV Testing at least every 3 months
- Insurance may not cover cost

HIV Testing Strategy*

- In NYS, it is required that all individuals 13-64 years receiving hospital or primary care services are offered an HIV test at least once
- High Risk patients should be offered testing more frequently (at least annually)
- Patients may opt out of testing
- Testing Law applies to College Health Services

*as of September 1, 2010



HIV Testing Strategy

- Provide the “7 Points” of HIV Testing
- Written Consent may be part of general consent with “opt out” language
- Rapid (less than 60 minutes)/CLIA waived testing requires only oral consent, noted in the medical record
- Follow up appointment for patients testing positive is required
- < 18 with “capacity to consent” **do not** need parental permission for any HIV or STD testing.

Barriers to Testing

- People are unaware of availability
- Provider discomfort
- Cost concerns
- Privacy concerns
- “What I don’t know won’t hurt me” (Denial)
- Embarrassment/Stigma regarding testing
- Avoidance

Strategies to Increase Prevention and Testing

- Offer up to date HIV/STD education including Safer Sex and Condom use education
- Be sensitive to privacy/confidentiality issues
- Increase awareness of testing, including free testing and off-site testing options
- Sponsor “Testing Day” events
- Normalize testing as Standard of Care
- Increase provider comfort level
- Ready referral sources for follow up care

SUNY Upstate Medical University Adolescent/Young Adult Specialized HIV Care Center*

- Provide comprehensive care for adolescents and young adults with HIV infection
- Provide HIV/STD Testing and Treatment for at-risk adolescents and young adults
- Provide HIV/STD Education, Prevention and Testing awareness targeted at reaching at-risk adolescents and young adults

*NYS DOH AIDS Institute designation

Adolescent/Young Adult HIV Specialized Care Center TEAM

- Physicians
- Nurse Practitioners
- Social Worker
- Family Therapist
- Nurses
- Dietician
- Adherence Specialist
- Developmental Psychologist

Resources

- CDC: <http://www.cdc.gov/hiv/resources/guidelines/index.htm>
- HIV Clinical Resource NYS Dept of Health:
<http://www.hivguidelines.org>
- New York State Annual Surveillance Report 2010:
http://www.health.ny.gov/diseases/aids/statistics/annual/2010/2010-12_annual_surveillance_report.pdf
- Our website: www.upstate.edu/uhs/peds/aids
- Facebook: www.facebook.com/SUNY.PDAC
- Phone: 315-464-6331

Thank You

Questions?