



# PrEP awareness, access and adherence: a qualitative exploration between three minority population groups in London

Dr Renée M West (presenting)<sup>1</sup>, Marcia Hoyte<sup>1</sup>, Vixx Thompson<sup>2</sup>,  
Leonardo Pavam<sup>3</sup>, Dee Wang<sup>2</sup>, Emma Jones<sup>3</sup>, Anders Neilson<sup>3</sup>

Positive East<sup>1</sup>, Spectra CIC<sup>2</sup>, METRO Charity<sup>3</sup>



## Conflict of Interest

In relation to this presentation, I declare that I have no conflict of interest

Speakers are required by the Federation of the Royal Colleges of Physicians to disclose conflicts of interest at the beginning of their presentation, with sufficient time for the information to be read by the audience. They should disclose financial relationships with manufacturers of any commercial product and/or providers of commercial services used on or produced for patients relating to the 36 months prior to the event. These include speaker fees, research grants, fees for other educational activities such as training of health professionals and consultation fees. Where a speaker owns shares or stocks directly in a company producing products or services for healthcare this should also be declared.

# What was this study about?



## **Background**

2018: PrEP Champion Project (METRO, Positive East, Spectra and PrEPster) demonstrated gaps in PrEP knowledge and usage among key groups with a significant HIV risk.

## **Objective**

To explore PrEP awareness, access and adherence among people from black African and Caribbean (BAC), Latin Gay, Bisexual and Men who have Sex with other Men (GBMSM) and trans and non-binary communities.

# Methods



Recruitment (Sept-Dec23): METRO Charity, Positive East and Spectra CIC agency networks

Participants	Black African and Caribbean (BAC)	Latin GBMSM	Trans
No of participants	14 (2 FGs)	5	3
Gender	6 cis-males, 8 cis-females	5 cis-males	1 non-binary trans male, 2 undisclosed
Sexuality	7 straight, 6 gay, 1 bisexual	4 gay, 1 bisexual	2 lesbians, 1 bisexual
Age	16-65 yrs	24-31 yrs	16-35 yrs

Participants were given information sheets and signed consent forms prior to focus group session. Reimbursed £50 each

Sessions: trained facilitators, guided set of semi-structured questions.

Sessions were recorded, transcribed and analysed thematically

# Results – Information, access and receipt of PrEP



Trans: Community outreach, online

Latin GBMSM: Community outreach, pharmacies, healthcare provider (SHCs)

BAC: Community outreach, pharmacies, online, healthcare provider (GPs)

*...the more trans people that are out there talking about their experience, the better it is...at least seeing people who look and sound like yourself, sharing more about their experiences can be helpful (Trans)*

*I prefer the clinic because I have access to do everything, I get the medication...[and I] get the exams done.(Latin)*

*I quite like the idea of a sexual health bus outside of schools (for year 11 upwards), colleges and universities to help raise awareness of PrEP and also to supply PrEP once all checks have been done (BAC)*

# Results – Barriers and facilitators to PrEP adherence



## Barriers

- Side effects (BAC)
- Interaction with other medications (Latin GBMSM)
- Lifestyle (Latin GBMSM/Trans)
- Fear of shortages (Trans)

## Facilitators

- Pill boxes or pill buddy (BAC/Trans)
- Alarms (BAC)
- Routine administration (BAC)
- Long-lasting injectables (BAC/Latin GBMSM)

*I may forget to take the tablet. I have [another medical condition] and already find it difficult to take these meds, hormones and other things, as well as getting the repeat prescriptions. (Trans)*

*I would prefer an injectable PrEP, for sure, something that I could take, and it would last a month, three months because it's easier. (Latin GBMSM)*

# Take home points

---

Increase awareness and expand PrEP access and receipt points

---

Barriers to PrEP adherence: side effects, potential drug interactions and busy lifestyles

---

Tailored community outreach



Independent report

**Roadmap for meeting the PrEP needs of those at significant risk of HIV**

Updated 21 February 2024





**Questions???**