

HIV self-test kit implementation in community PrEP program reduces human resources and PrEP’s waiting list

BACKGROUND

BCN Checkpoint is a community center for men who have sex with men (MSM) and transgender people (TP) in Barcelona, and PrEP provider since its approval in Spain in 2019.

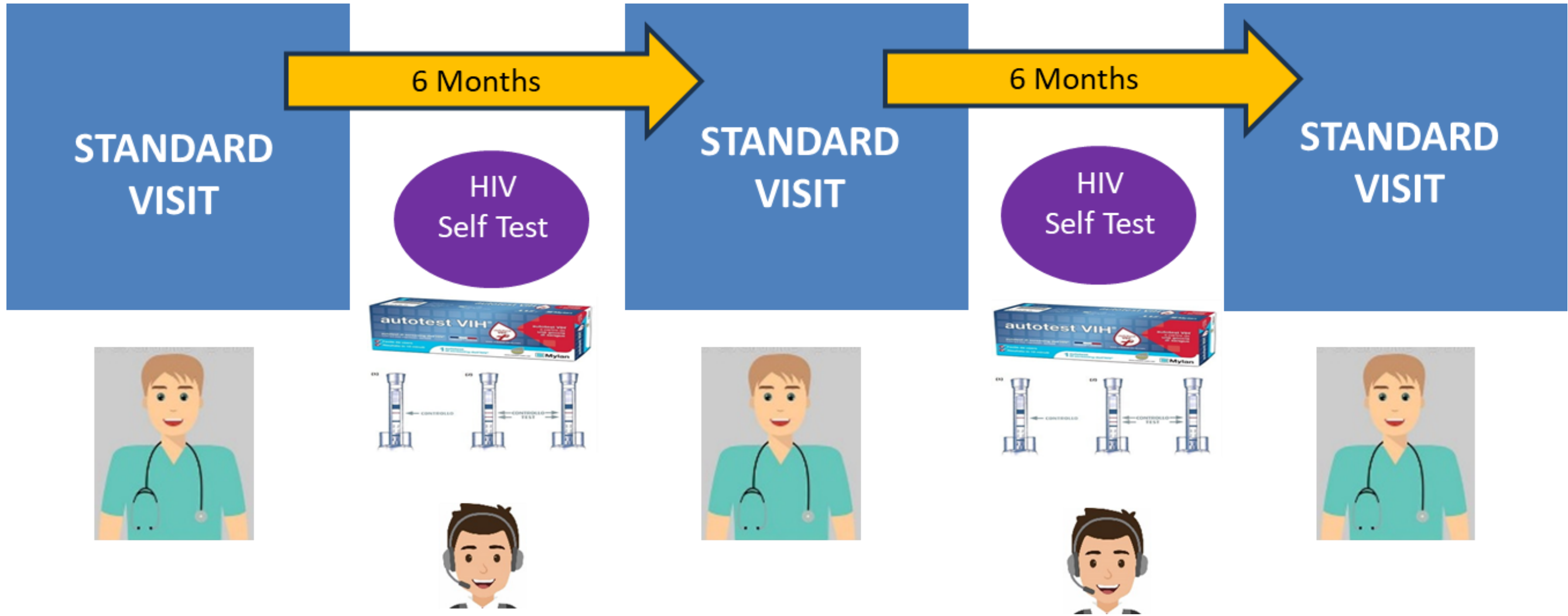
Barriers of access to PrEP created long waiting lists. One of the reasons were the three-monthly check-up visits and the lack of budget for Health Care Personnel (HCP). We studied the feasibility of implementation of **HIV self-test** kits every six months to reduce yearly visits with HCP.

Inclusion criteria:

- 1) <50 years;
- 2) >1 year on PrEP with quarterly check-ups;
- 3) FG >70 in last two tests;
- 4) good adherence; and
- 5) agree to replace one biannual blood test for an HIV self-test.

METHODS

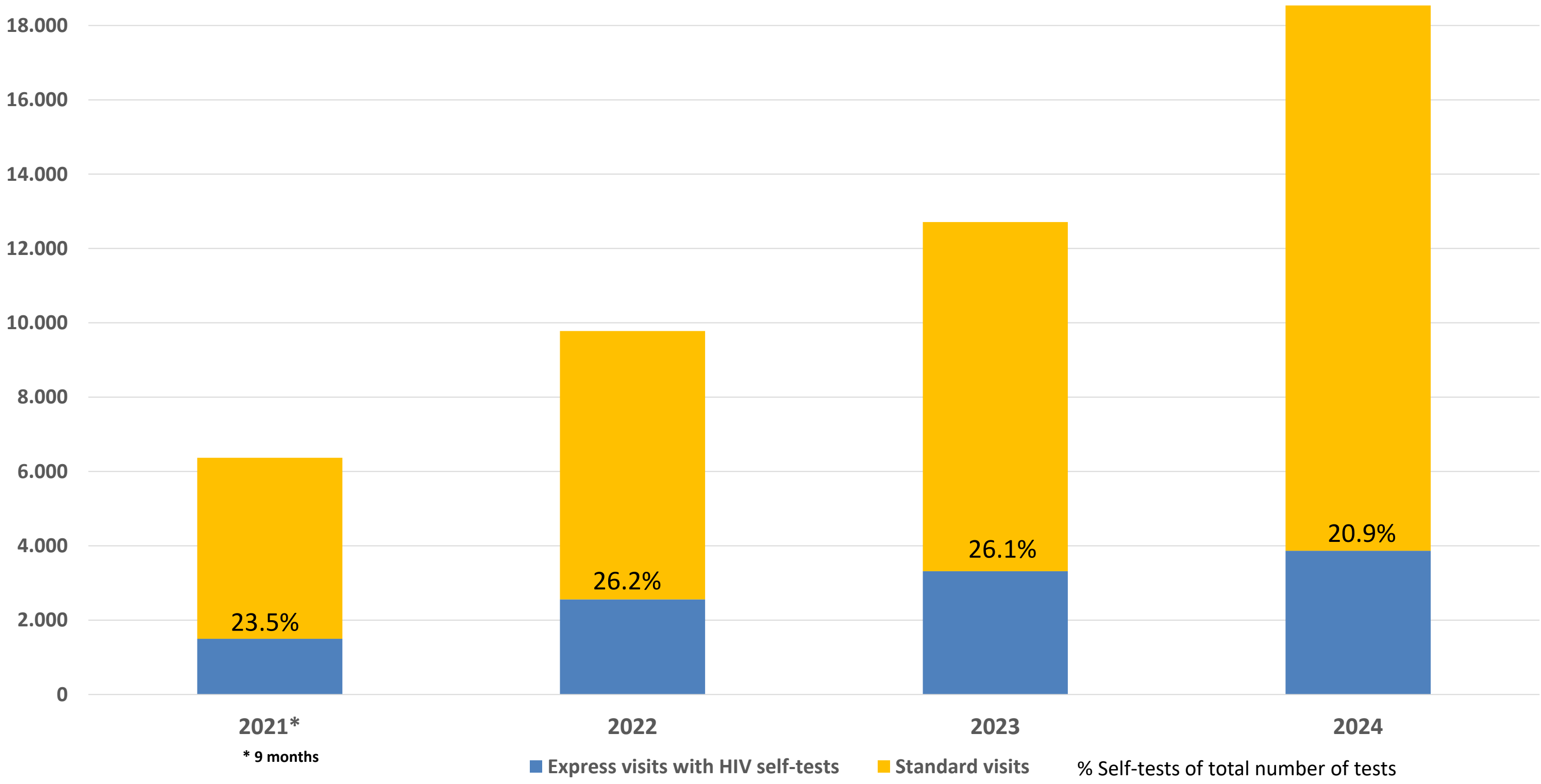
PrEP participants were then invited for a “PrEP express-visit”, which included an HIV self-test kit, self-sampling for other STIs and PrEP medication. Photo of HIV result was sent by e-mail to the nurse team for control and archive. Time of standard visit is calculated at 20’ and express-visit at 3.5’. Estimation of the evolution of the waiting list and of new users incorporated into the PrEP program was based on the time difference of these visits.



RESULTS

1. Implementation HIV self-tests kits

Figure 1. Evolution of standard visits and express visits including HIV self-test kits between 2021 and 2024

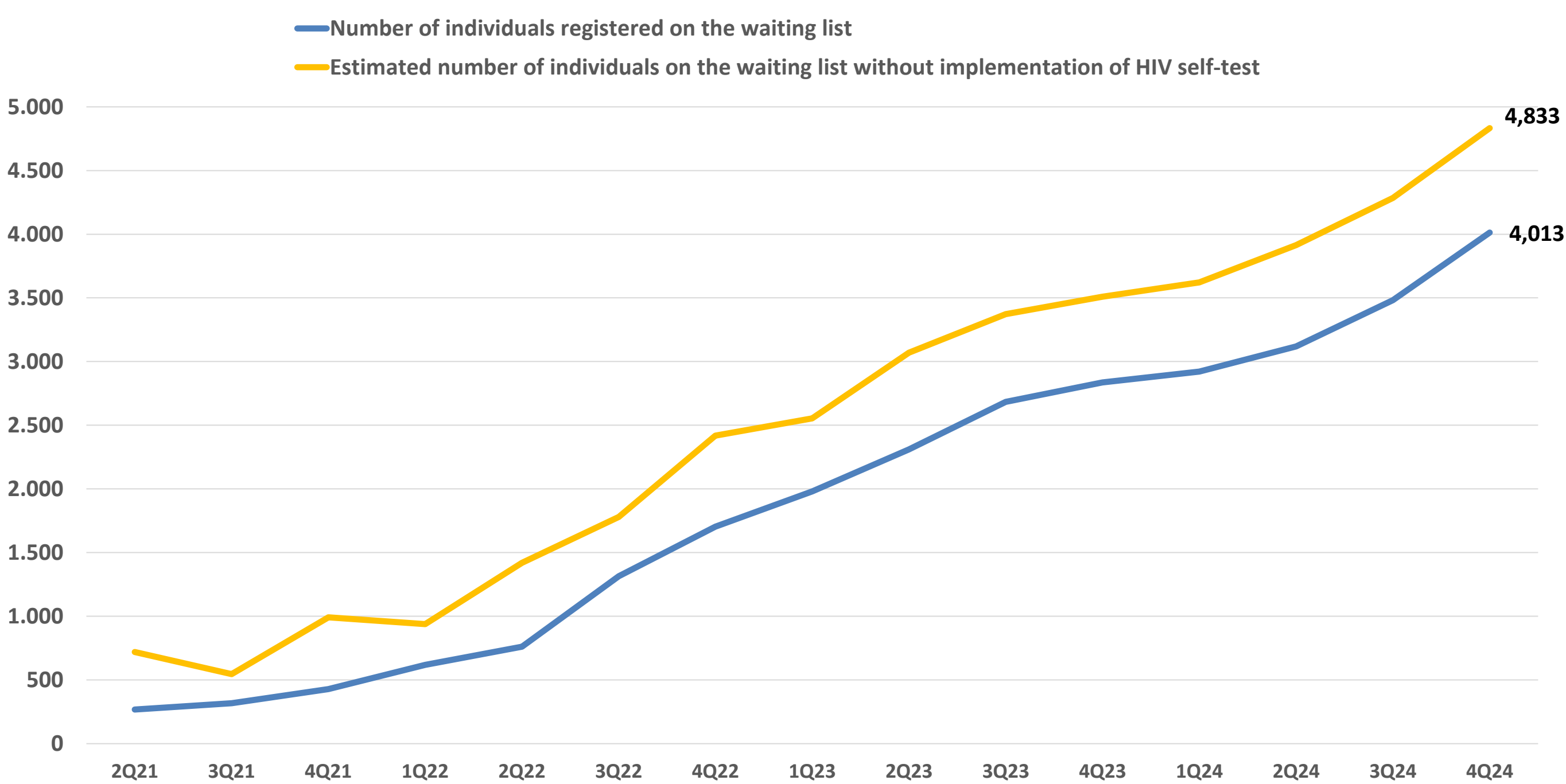


2. Return of results of HIV self-tests



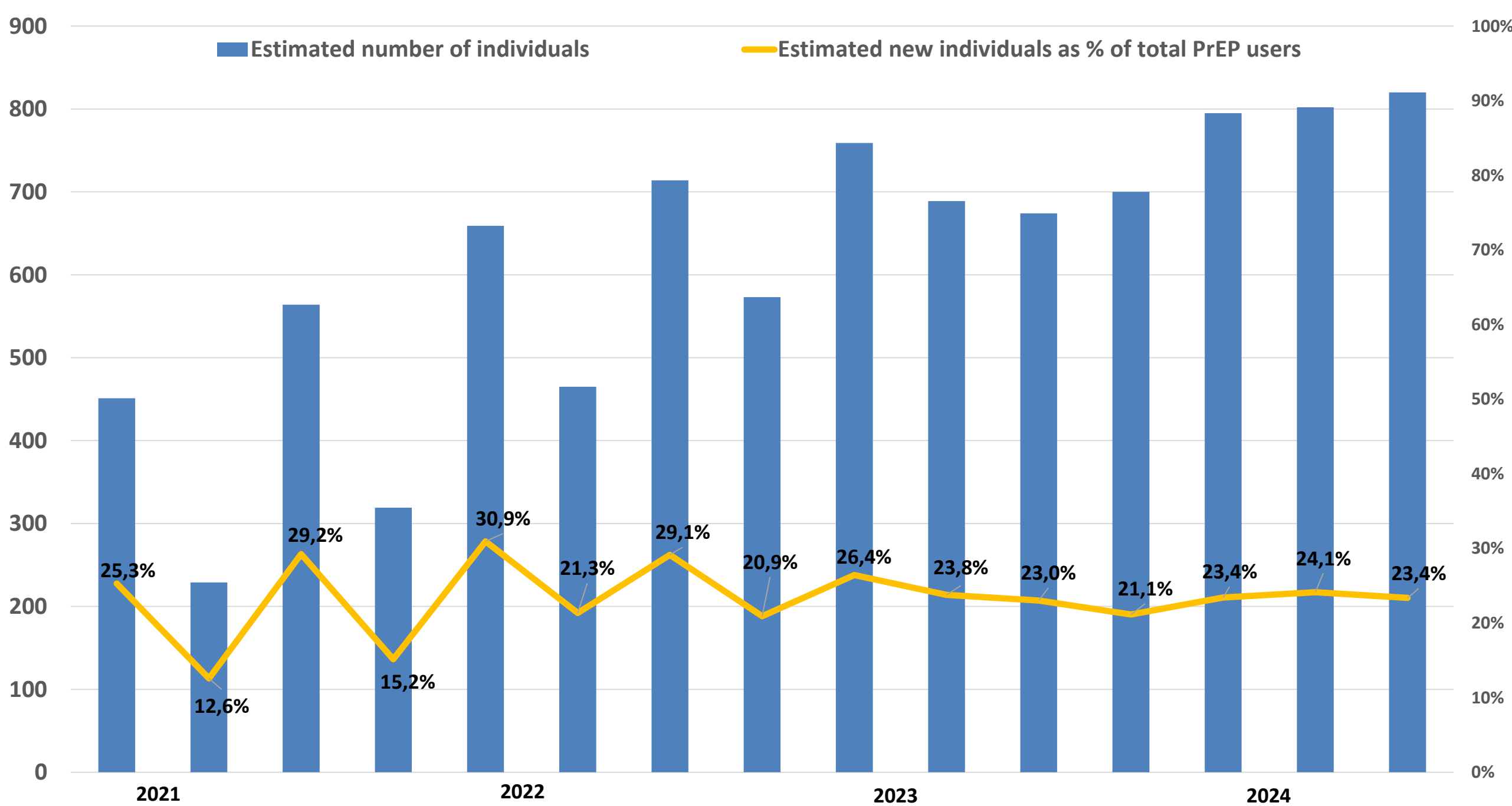
3. The waiting list to access the PrEP program

Figure 2. Evolution of the PrEP’s waiting list by quarters between 2021 and 2024



4. Estimation of new individuals in the PrEP program

Figure 3. Estimated extra individuals included in PrEP program by quarters due to implementation of HIV self-test kits



CONCLUSIONS

- The introduction and implementation of HIV self-test kits in the PrEP program of the community clinic BCN Checkpoint has shown a high level of user’s acceptability, has achieved reduction of the waiting list and reduced the workload for HCP.
- HIV self-test kits allowed PrEP access to more persons at risk: during the last quarter of 2024, an estimation of 820 persons (23.4% of total PrEP users).

AUTHORS

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