
Objective

- How to develop a Blood and Body Fluid Exposure Protocol for medical personnel doing clinical programs abroad

Why?

- All students doing clinical care abroad should have same access to care as they would at home
  - Immediate access to HIV PEP
  - Counseling to discuss and minimize risk of potential health problems abroad

Why?

- 0.3% • US rate of needlestick exposure
- 4.4% • Estimated global rate of needlestick exposure

Who?

- Medical Students
- Nursing Students
- Mid-level Practitioner Students
- Dental Students
- Pharmacy Students
- Residents/Fellows
- Undergraduate Students
Safety and Responsibility
- Students should only be administering clinical care commensurate with their level of training
- Strongly encourage undergraduates and nonclinical students on medical service trips to avoid procedures involving possible exposure to blood and body fluids

Who?
- What year?
- What level of clinical training?

What?
- Shadowing?
- Taking vital signs?
- Learning local language/customs?
- Research?
- Patient care/procedures?

Where?
- Epidemiology
  - HIV, TB rates
- Resources
  - Is recommended PEP available locally?
  - Is HIV, Hep B & Hep C testing available locally?

How?
- Cost
- How does student obtain PEP?
- How many pills?

How much does it cost?
- Emtricitabine/Tenofovir (Truvada) 200/300mg daily
  #3 $189.86
  #7 $443.00
  #18 $1,771.97
- Raltegravir (Isentress) 400mg BID
  #6 $162.00
  #14 $378.00
  #56 $1,512.00
How to obtain PEP?

- Travel provider gives PEP directly to the student → pharmacy
- Travel provider prescribes to trip leader
- Trip leader obtains medication as floor stock through a clinic ordering system

Who pays for PEP?

- School
- Insurance
  - Patient's own health insurance
  - Copay Cards: https://www.gileadadvancingaccess.com/copay-coupon-card
  - https://www.activatethecard.com/7726/#
  - Travel insurance

Truvada

- Generic Truvada approved
- Release date unknown

How many pills?

- Full 28 day course
- Starter packs (3, 5, 7, 10 days...)

Truvada Storage

- Unopened
  - 2-2.5 years, if stored with desiccant, depending on expiration date
  - Shelf life decreased if opened or exposed to humidity/≥86 degrees
How will pharmacy dispense PEP?
- Bottle with full month supply and original desiccant
- Starter supply (inside a prescription bottle with multiple desiccants in a Ziploc bag)

Predeparture Counseling
- Online module prior to appointment
- PEP procedure reviewed
- TB status and Hep B Ab status reviewed
- PEP prescriptions → pharmacy ASAP
- Letters of medical necessity provided for PEP

Unused Medication
- Cannot be returned to pharmacy in some states
- Gray area

After an exposure
- Students can return home for medical and psychological support
  OR
- Students can stay on site and complete their rotation

Catch 22: PEP Protocol
- Schools require PEP for clinical programs abroad → but don’t pay for it
- Health insurance may cover some PEP with copay cards → but not necessarily for an entire month
- Most pharmacies will only provide a one month supply and can’t accept returns → cost prohibitive for student

- Dawd S. Siraj MD, MPH&TM
  University of Wisconsin-Madison
dssiraj@medicine.wisc.edu

- Anjali Silva MD, CTH
  University of Virginia Student Health
as42v@virginia.edu