

HIV-Acquisition While on PrEP Patient Counseling Checklist

- Allow patients the time needed to express their emotions which may range from grief to anger.
- Ask the patient their understanding of what contracting HIV means
- Without disregarding these emotions, mindfully explain that HIV is no longer a “death sentence”
 - Very effective treatment options exist that allow for normal life expectancy.
 - Care for HIV will be very similar to their care during PrEP
 - Current treatment options can achieve undetectable viral loads in a matter of months. This is called a “functional cure,” and eliminates nearly all of the harmful impacts HIV causes on the body
- HIV is an chronic condition that is best controlled with medication adherence
 - Eliminate stigma associated with the diagnosis
 - Draw parallels to other chronic conditions (diabetes, hypertension, dyslipidemia) that are also usually lifelong diseases that require daily medication use. They are no different.
- [Partner-notification laws differ by state.](#) Explain that notifying potential exposures (especially those in the past 72 hours for nPEP purposes) is important to limit communal spread BUT reassure patients that anonymous reporting is an option.
- Connect patients to comprehensive care: HIV services, therapy, case management, etc.