

Bio-behavioral HIV prevention Interventions

(Compiled September 2013 by Anya Y. Spector, Ph.D., L.M.S.W.)

Condoms (male and female)- links to information:

http://www.cdc.gov/condomeffectiveness/docs/Condoms_and_STDS.pdf
<http://www.aidsmap.com/Female-condoms/page/1065758/>

Microbicides – (Not yet available. Research findings are promising. More research is needed). Microbicides are gels, films, or suppositories that can kill or neutralize viruses and bacteria. Researchers are studying both vaginal and rectal microbicides to see if they can prevent sexual transmission of HIV.

Links to information:

<http://aids.gov/hiv-aids-basics/prevention/prevention-research/microbicides/>

Prevention of Mother-to-Child (PMTCT)

Links to information:

<http://www.avert.org/motherchild.htm>

Mother-to-child transmission (MTCT) is when an HIV-positive mother passes the virus to her child during pregnancy, labor, delivery or breastfeeding. Mothers that take a regimen of antiretrovirals (ARVs) for the prevention of mother-to-child transmission (PMTCT), the risk of HIV transmission can be reduced to less than 5 percent.

Medical male circumcision

Medical male circumcision is the removal of all or part of the foreskin of the penis by a trained health professional. VMMC reduces men's risk of acquiring HIV from their female partners by up to 76 percent.

Links to information:

<http://www.avac.org/ht/d/sp/i/272/pid/272>

Post-Exposure Prophylaxis (PEP)

Post-Exposure Prophylaxis (PEP) involves taking anti-HIV medications as soon as possible after you may have been exposed (occupational and non-occupational "nPEP") to HIV to try to reduce the chance of becoming HIV positive. These medications keep HIV from making copies of itself and spreading through your body.

Links to information:

<http://aids.gov/hiv-aids-basics/prevention/reduce-your-risk/post-exposure-prophylaxis/>

Pre-Exposure Prophylaxis (PreP)

PrEP is a new FDA-approved HIV prevention method in which people who do not have HIV take a daily pill (ARV) to reduce their risk of becoming infected. When used consistently, PrEP has been shown to reduce the risk of HIV infection among adult men and women at very high risk for HIV infection through sex or injecting drug use. Only oral PreP is approved now, however there are currently trials underway for topical microbicides, vaginal ring, and injectables.

Links to information:

<http://www.cdc.gov/hiv/prevention/research/prep/>
<http://aids.gov/hiv-aids-basics/prevention/prevention-research/pre-exposure-prophylaxis/>

Treatment-as-Prevention (TAP)

Identify HIV positive individuals and provide ARV medication upon entry into care in order to decrease viral load, thereby preventing new infections.

Links to information:

<http://www.cdc.gov/hiv/prevention/research/tap/>

Behavioral/psychosocial HIV prevention Interventions

Formerly known as DEBIs (Diffusion of Effective Behavioral Interventions) see:

<https://www.effectiveinterventions.org/en/Home.aspx>

High Impact HIV/AIDS Prevention Project (HIP) is CDC's approach to reducing HIV infections in the United States. - See more at:

<http://www.effectiveinterventions.org/en/HighImpactPrevention/Interventions.aspx>

CDC updates an online Compendium of Evidence-based HIV Prevention Interventions by adding newly identified evidence-based behavioral interventions (EBI) that have been scientifically proven to significantly reduce HIV risk. CDC's Compendium now includes over 74 HIV risk reduction (RR) evidence-based behavioral interventions and 8 HIV medication adherence (MA) evidence-based behavioral interventions. These interventions are classified as either best-evidence or good-evidence and have gone through rigorous evaluation with results demonstrating evidence of efficacy for individual, group and community level behavioral interventions for high-risk populations.

Risk reduction counseling and screening

<http://www.cdc.gov/hiv/prevention/programs/pwp/risk.html>

Counseling involves taking sexual history, drug use history and testing history. Discuss strategies to reduce risk for transmission of HIV and formulating action plans if needed. Provide referral for HIV antibody testing and/or viral load testing.