



HIV Post Exposure Prophylaxis (PEP): Guidelines for students on electives

Introduction

If you are undertaking your elective in a country with a high prevalence of HIV you should plan what to do in the event of exposure to blood borne pathogens, including HIV.

This includes:

1. **Reading** about the risks, prevention and treatment of exposure to blood borne pathogens (See: essential reading list below)
2. Prepare a post HIV Exposure **Plan** before you leave - using the Plan form provided- and submit this with the Director of Electives. Take this Plan and the " HIV PEP Flow chart" and "Dosage and side effects" sheet with you on your elective
3. **Purchase** a HIV PEP kit in Australia or know where to access a kit in the visiting country
4. Considering **prevention** by ensuring adequate personal protective equipment is available in your elective hospital or bringing your own gloves, masks and eye protection.

Arranging a HIV PEP Kit

Management of exposure to blood borne pathogens, including HIV, is known as occupational Post Exposure Prophylaxis (oPEP). oPEP is a 28 day course of tablets.

If you are travelling to a high prevalence HIV area it is recommended you have easy access to a HIV PEP kit. This can be obtained in Tasmania by booking a consultation with the following specialist clinics. Either your GP or the Director of Electives can refer you.

The cost of the kit is around \$700 for the full 28 day course or \$340 for a 7 day ('starter course'). It is on a S100 script. If you choose the 'starter kit' then you must obtain the remaining 21 tablets whilst away, or return to Australia within 7 days after exposure to blood borne pathogens, to complete the course of treatment.

In the South Infectious disease clinic RHH Dr Alison Ratcliff

In the North & North West Sexual Health Clinic NWRH or LGH -details to be confirmed

Alternatively you may be able to access one of these kits in the host hospital you will be visiting for your elective. You need to determine availability before you depart and enquire about the specific drugs, cost and likelihood of counterfeit drugs.

Essential reading :

1. Exposure to Blood Borne Pathogens –Prevention & Management. Information Sheet from the Royal Melbourne Hospital by Dr Alan Street
2. Tolle, M &Schwarzwald, H (2010)Post-exposure prophylaxis against human immunodeficiency virus. Am Fam Phys82: 161-166
3. HIV PEP Flow diagram MMWR 1998 Fig 1 and 2
4. Kortepeter, M et al (2010)Health care workers and researchers travelling to developing – world clinical settings: disease transmission risk and mitigation. Clin Infect Diseases 51: 1298-1305

These are all available on MyLO or go to “ Electives” tab of the SMILE section of the SOM website

The Australian Guidelines HIV PEP can be found at:

http://www.ashm.org.au/default2.asp?active_page_id=251%20

SA Gov guidelines:

<http://www.health.sa.gov.au/pehs/publications/0801-nPEP-HIV-management-guide.pdf> (PDF 217.6 KB)

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