

Executive summary (MSS 274R)

A pilot needs assessment of men who have sex with men (MSM) who obtain pre-exposure prophylaxis (PrEP) in Bangkok, Thailand and use it in Hong Kong (“PrEP tourists”)

Aim and objectives

The proposed longitudinal study aims at understanding: 1) potential issues (non-adherence, misuse of PrEP, uptake of required testing, and risk compensation), and 2) demands and needs for services supporting PrEP use to be provided by NGOs and other organizations in HK among MSM who obtain PrEP from Bangkok and use it in Hong Kong (PrEP tourists).

Study design

A 3-month longitudinal study was conducted among Hong Kong MSM who obtained PrEP from two participating clinics in Bangkok, and used it in Hong Kong.

Data collection

Medical staff (e.g., nurses and doctors) of the participating clinics screened the eligibility of clients who came for obtaining PrEP and invited them to join the study. Among 173 prospective participants being approached, 154 were screened to be eligible, 125 provided online consent and started the online survey, and 110 completed the self-administered online baseline survey on sites; 67 (60.9%) completed the follow-up online survey 3 months afterwards.

Baseline characteristics of the participants

Majority of the participants were no more than 40 years old (82.7%), permanent Hong Kong residents (64.5%), Chinese (68.2%), had attained at least college education (91.8%), and with monthly income more than HK\$30,000 (65.5%). Among the participants, 39.1% were obtaining PrEP for the first time, and 60% were on PrEP in the last 3 months. As compared to those being followed up at Month 3, drop-outs were more likely to be bisexual and had higher prevalence of chemsex at baseline.

Adherence to PrEP during the follow-up period

Among participants who completed the follow-up survey, 70.1% used daily PrEP during the follow-up period, while 26.9% and 3% used on-demand PrEP and episodic PrEP. Among those using daily PrEP during the follow-up period, 40.4% and 14.9% reported sub-optimal adherence (defined as missing >3 doses within a week) in the last 3 months and in the past month. Among

18 participants who had used PrEP on-demand during the follow-up period, 66.7% and 88.9% reported missing dose before and after anal intercourse in the last month.

Risk compensation

When comparing sexual risk behaviors during the follow-up period versus 3 months prior to the baseline survey, 34 (51.7%) and 28 (41.8%) participants self-reported reducing frequency of condom use with regular (RP) and non-regular male sex partners (NRP), while 20 (29.9%) reported increase in frequency of chemsex.

Uptake of required testing during the follow-up period

Among 67 participants being followed up, the prevalence of uptake of HIV, sexually transmitted diseases and kidney function testing was 92.5%, 47.8% and 52.2%.

Demands and needs for PrEP and other services/programs

Among participants who completed the follow-up survey, 82.1% were willing to obtain PrEP in Hong Kong in future. When they are using PrEP in Hong Kong, 29.9-52.2% had demands of side-effects management services, medication adherence supportive services, behavioral intervention reducing risk behaviors and psychological support.

Conclusion

Sub-optimal adherence, not taking up required kidney function testing, and high prevalence of risk behaviors during PrEP use were issues among PrEP tourists. This group had strong demands for services to be provided by local organizations.

對從泰國曼谷獲得暴露前預防用藥並在香港使用的男男性接觸者（暴露前預防用藥旅行者）的一項需求評估

研究目的

通過一項前瞻性隊列研究，了解暴露前預防用藥旅行者存在的問題（服藥依從性、接受必須的檢測服務以及風險補償）以及他們對由本港機構提供的服藥相關支持服務需求。

研究設計

在泰國曼谷兩間合作診所中獲取暴露前預防用藥的香港男男性接觸者進行一項前瞻性隊列研究。參加者在基線時和三個月後分別完成一份自填的網上問卷。

數據收集

合作診所中的醫務人員篩選並邀請前來獲取暴露前預防用藥的香港男男性接觸者參加研究。研究期間一共接觸了 173 位前來獲取暴露前預防用藥的香港男男性接觸者，其中 154 位符合研究入選標準。共有 125 位開始了基線問卷調查，其中 110 位完成了基線調查，67 人完成了三個月後的隨訪。

參加者的基線情況

大部分的參加者是華人（68.2%）、香港永久居民（64.5%）、接受過專上教育（91.8%），月收入超過 30000 港幣（65.5%），並且年齡不超過 40 歲（82.7%）。這些參加中有 39.1% 是第一次使用暴露前預防用藥，有 60% 正在使用暴露前預防用藥。與完成了三個月隨訪研究的參加者相比，失訪的參加者更多為雙性戀且在基線時在肛交之前或過程中使用違禁藥品的比例更高。

隨訪期內對暴露前預防用藥的依從性

完成隨訪的參加者中，70.1% 採用每天服藥的方式，26.9% 採用肛交前後服藥的方式。在每天服藥的參加者中，分別有 40.4% 和 14.9% 在過去 3 個月和 1 個月內出現一周內漏服藥物超過 3 次的情況。肛交前後服藥的參加者中，最近一個月內分別有 66.7% 和 88.9% 在肛交前和肛交後忘記服藥。

隨訪期內的風險補償現象

相比於基線時的性行為情況，分別有 51.7%和 41.8%的參加者表示在隨訪期內減少了與男固定性伴和男非固定性伴肛交時的安全套使用頻率，另有 29.9%的參加者表示他們更多的在肛交之前或過程中使用違禁藥品。

隨訪期內檢測服務使用情況

完成隨訪的參加者中，有 92.5%、47.8 和 52.2%的參加者接受了愛滋病抗體檢測、性病檢測以及腎臟功能檢測。

服務需求

完成隨訪的參加者中有 82.1%希望可以未來在香港獲得暴露前預防用藥，29.9-52.2%希望在服藥期間獲得由本港機構提供的藥物副作用治療服務、依從性支持服務、行為干預以減少高危行為以及精神健康支持服務。

結論

不理想的服藥依從性、未接受必須的檢測服務以及風險補償現象是香港暴露前預防用藥旅行者中存在的問題。本港機構應有計劃為他們提供適切的支持服務。