

Leadership, Quality Improvement and Education

HIV Prevention through Pre-exposure Prophylaxis (PrEP) in Primary Care



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Background & Project Aim

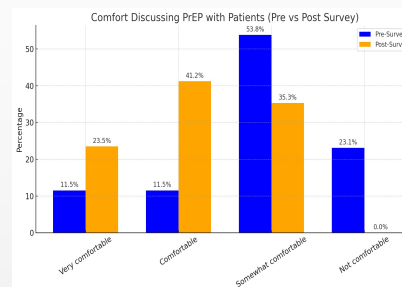
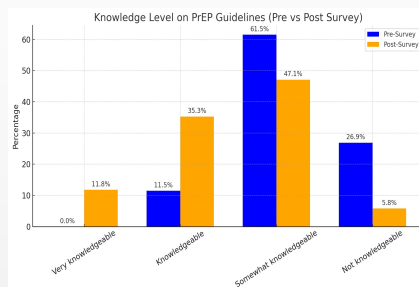
Pre-Exposure Prophylaxis (PrEP) is a highly effective medication that prevents HIV in high-risk individuals—reducing transmission by ~99% through sex and ~74% via injection drug use.

The U.S. Preventive Services Task Force gives PrEP a **Grade A recommendation**. And yet many primary care clinics do not routinely screen or prescribe it, largely due to gaps in awareness, training, and experience.

This leadership project aims to increase PrEP prescribing practices to identify high-risk patients and in our primary care setting by:

- Assessing current practices, clinician knowledge, and resources
- Implementing targeted education and support
- Enhancing access, equity, and quality of care

Results and Accomplishments



- There was an overall increase in identifying patients at high risk of acquiring HIV and offering PrEP. This step expanded access to HIV prevention.
- We now have a dedicated PrEP team for clinicians to reach out to if questions arise
- Increased clinicians' confidence, comfort and knowledge for prescribing PrEP.

Leadership skills in action

Effective Communication- Maintained clear, respectful communication with team members and clinic leadership.

Problem Definition & Solving- Identified key barriers and applied thoughtful, strategic solutions.

Collaboration- Worked to align busy schedules and foster team engagement for meetings and trainings.

Meeting Facilitation- Created a safe, inclusive space where all voices were heard and respected.

Organizational Skills- Kept the project on track with clear goals, task management, and progress awareness.

Delegation- Overcame personal challenges to delegate effectively and empower team members.

Steps taken

1. Assess Current Practices

Developed and distributed a survey to assess residents' and faculty knowledge, attitudes, and PrEP prescribing practices

2. Data Collection

Used electronic medical records (EMR) to identify current PrEP users and high-risk patient demographics. Analyzed EMR data to pinpoint at-risk individuals not on PrEP

3. Educational Interventions

Held multiple educational sessions for the clinicians regarding PrEP use in primary care- how to identify patients at high risk of acquiring HIV, medication options, counseling, insurance coverage, side effects etc

4. Workflow & Access

Created specific PrEP office visit note templates and order sets in EMR. Printed patient educational material in the clinic for easy access and discussion with patients

5. Evaluate Impact

Conducted a post-intervention survey at 4 months

Compared pre/post data on PrEP prescribing and demographics to assess project outcomes

Leadership Lessons learned

Shared Values Drive Success -Collaborating with a team that shares a common mission made the project smoother and more fulfilling.

Choose Your Team Wisely - Having a committed team is essential for successful implementation and innovation.

Change is Hard- Motivation Matters. Both intrinsic (purpose, values) and extrinsic (incentives, support) motivators are crucial when introducing new practices.

Persistence Pays Off- Staying engaged and committed, even when faced with resistance, helped the team push through challenges.

People Don't Love Surveys- Survey fatigue is real! Keep tools concise, engaging, and respect clinicians' time to increase participation.

Knowledge Gaps Exist—Handle with Care- Educational needs should be met empathetically. Non-judgmental education fosters learning and trust.

Seamless Workflow Integration is Key- For new practices to succeed, they must fit naturally into existing clinical workflows. Simplifying processes and reducing extra steps encourages long-term adoption.

Next steps in leadership

- Continue to serve as the point person for PrEP guidance at my practice site, ensuring that clinicians have the resources and support needed to provide equitable patient care.
- Committed to educating and motivating clinicians on the importance of PrEP, helping to advance health equity within our community.
- After completing my HIV/Viral Hepatitis Fellowship, my vision is to build a program that provides comprehensive care for patients with HIV and Hepatitis. The skills gained through the Emerging Leaders Fellowship will be instrumental in helping me achieve this goal.

Acknowledgements & Gratitude

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- My Family for allowing me the space to grow.



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