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# Breaking Barriers: PrEPing for Tomorrow in Malaysia

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Min. of Health Malaysia





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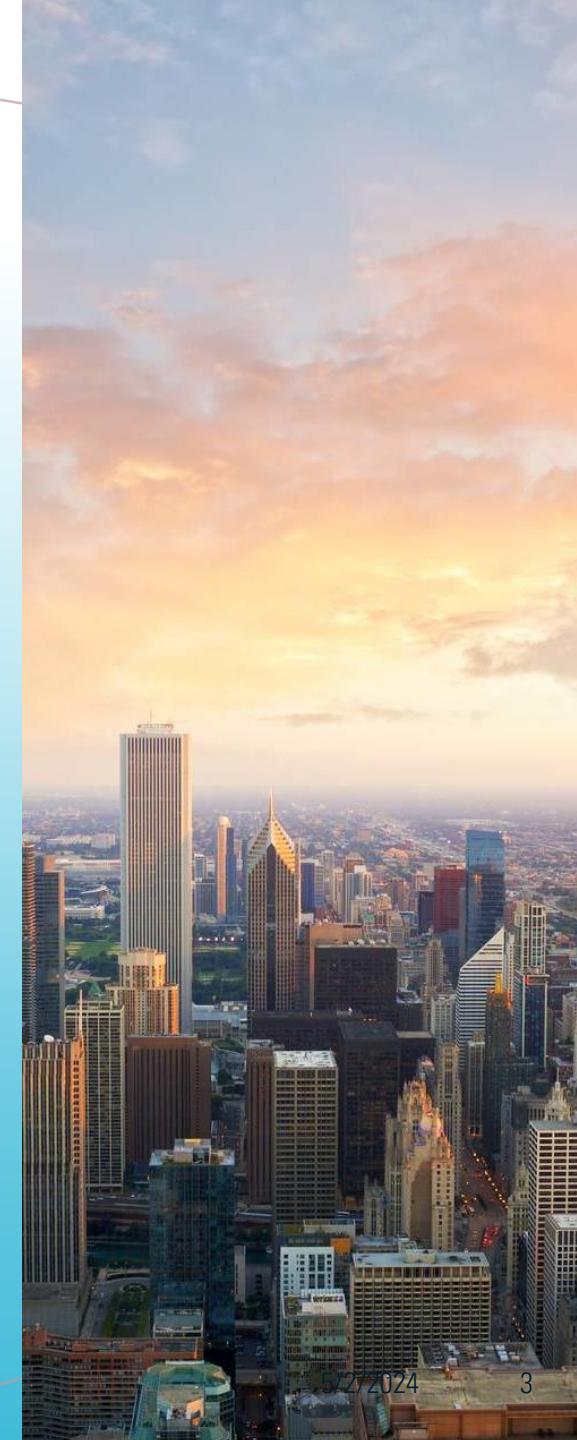
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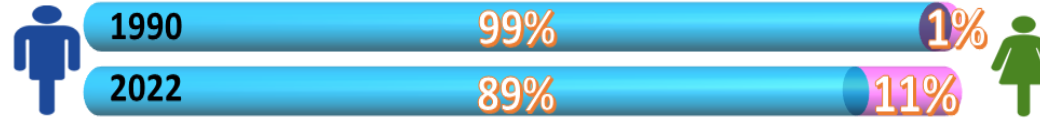
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# HIV Landscape in Malaysia



# HIV Landscape in Malaysia

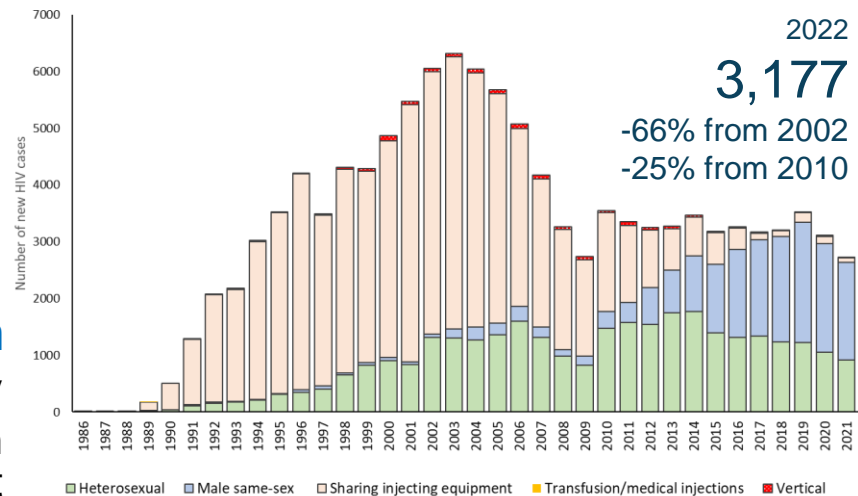


## Concentrated epidemic

Malaysia is a country with a concentrated epidemic (WHO), with HIV prevalence above 5% among KPs including MSM, PWUD, Transgender and Woman at Risk.

## A Shift in Mode of Transmission

Over the last 30 years, HIV transmission has been primarily driven by PWID. However, as of 2010, that has changed to predominantly sexual transmission. Of this, 60% are homosexuals, 36% heterosexuals, and only 2% PWIDs.



Source - National HIV Surveillance data, MoH Malaysia

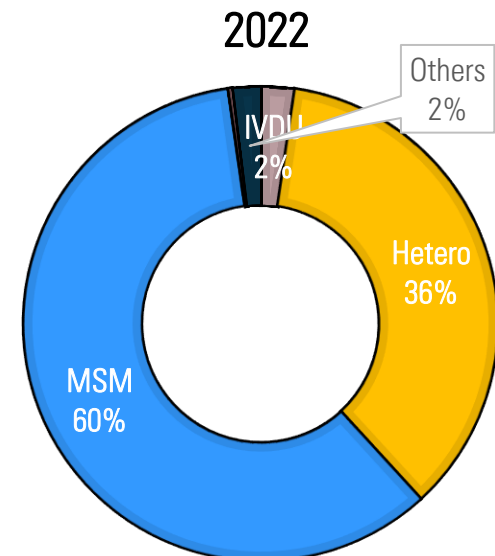
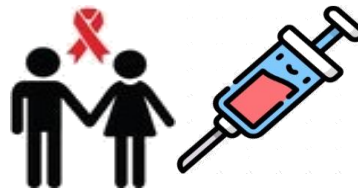
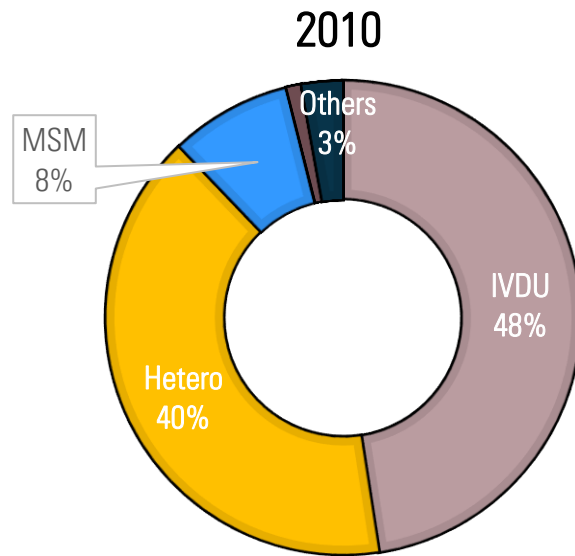
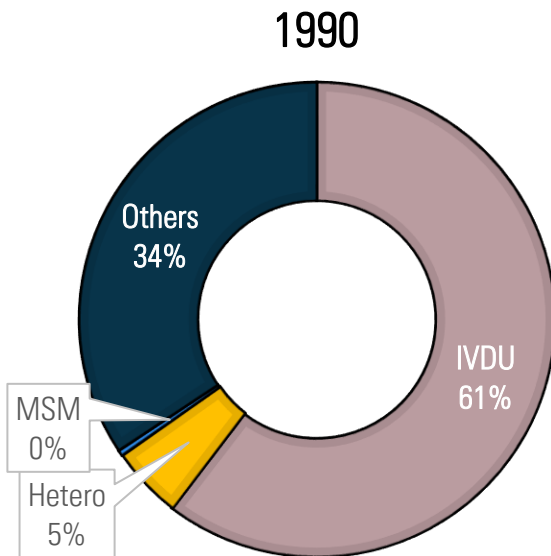
## A Shift in gender distribution

For the past three decades, HIV has primarily affected males; however, the proportion of females with the disease has risen from 1% to 11%.

## HIV affects younger individuals

Recent surveillance reports that the majority of HIV cases (74%) are found in individuals aged 20 to 39 years old.

# A SHIFT IN HIV MODE OF TRANSMISSION, 1990 - 2022



Others – includes blood transfusion, organ transplant, needle-prick injury and no information



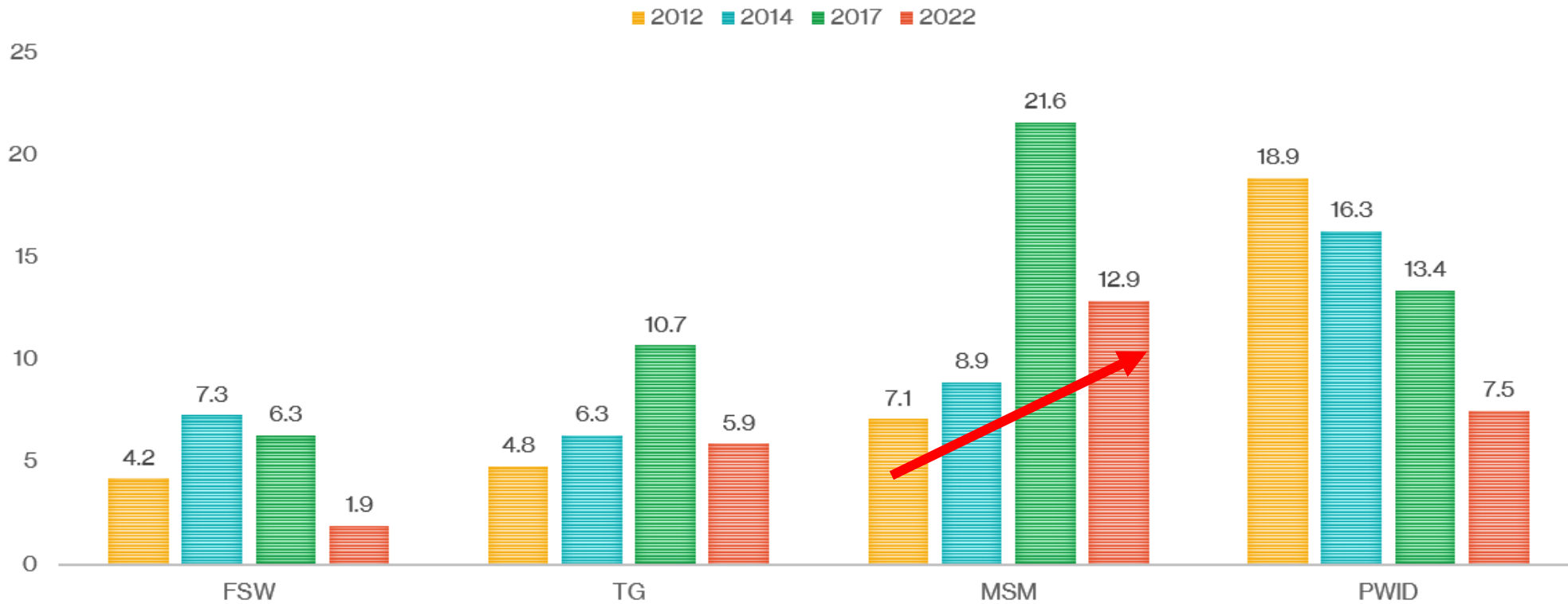
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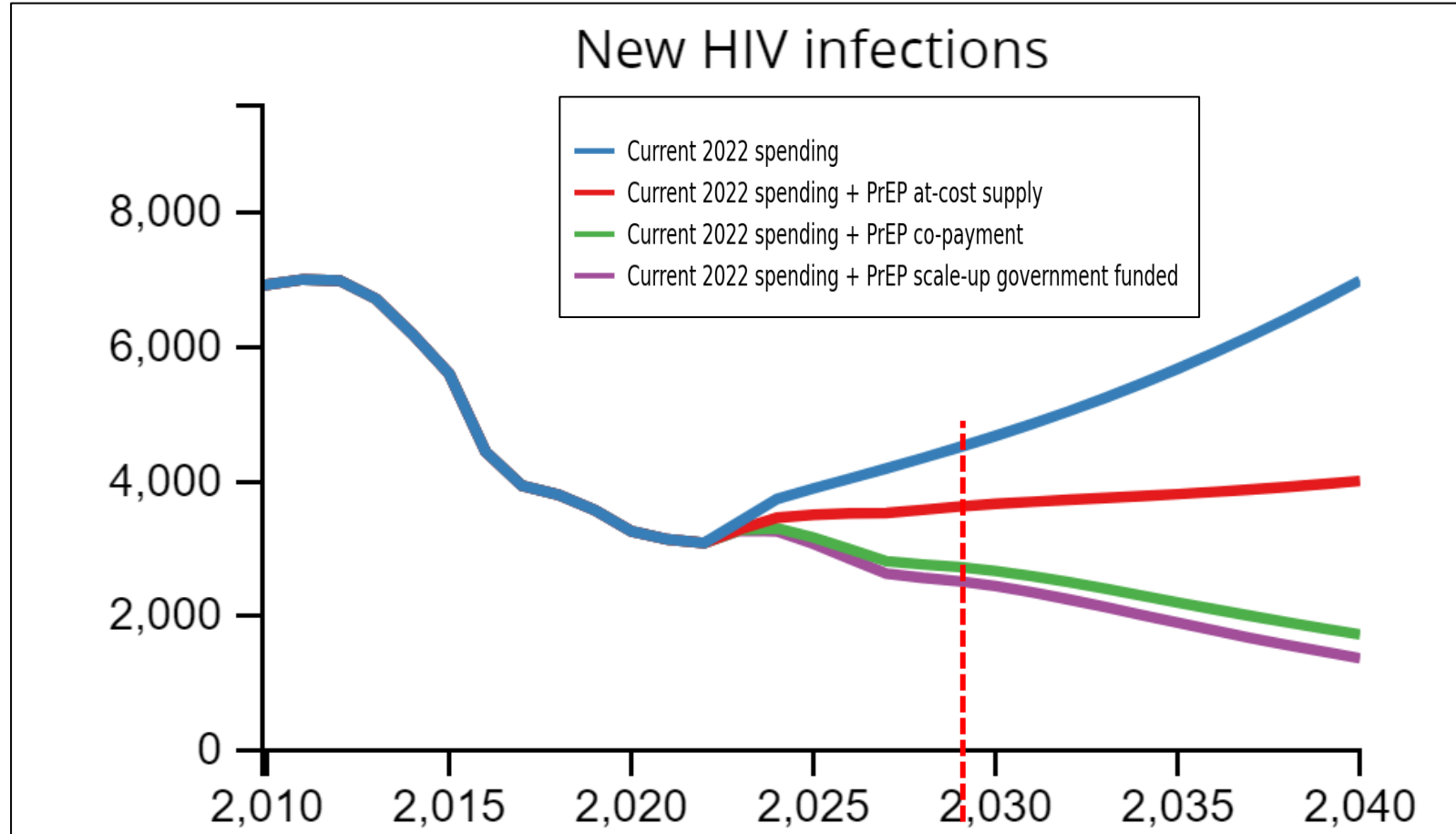
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# HIV PREVALENCE IN KP, IBBS 2012 - 2022

## HIV Prevalence Among Key Populations, IBBS 2012-2022



# Estimated New HIV Infections by PrEP Allocation



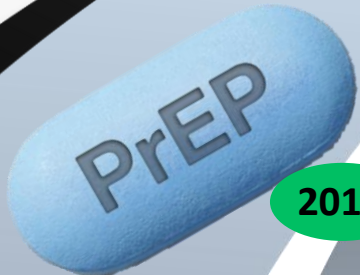
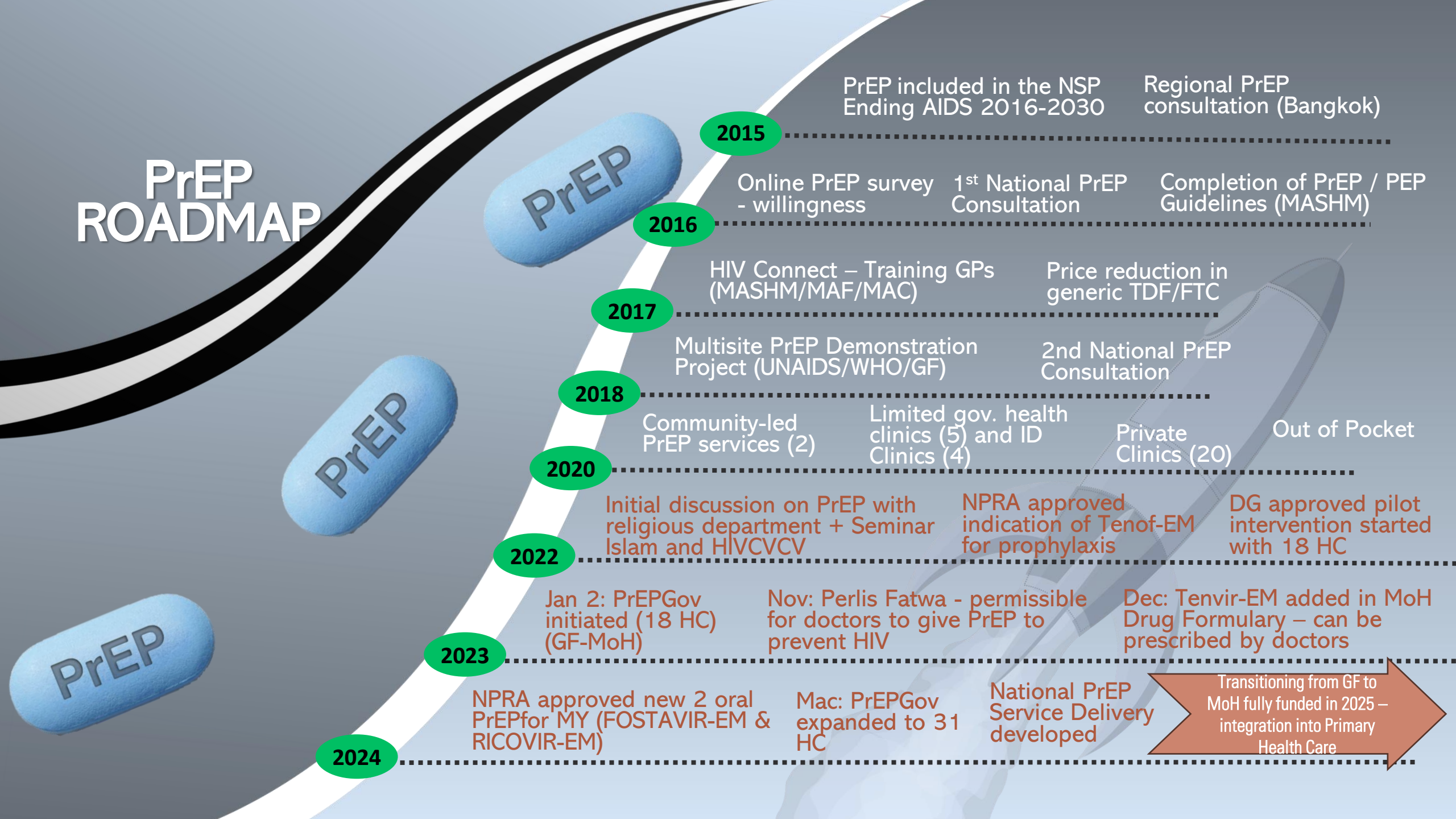
# **PREP DELIVERY MODEL IN MALAYSIA**

**PrEPGov Project**





# PrEP ROADMAP



2015

PrEP included in the NSP Ending AIDS 2016-2030

Regional PrEP consultation (Bangkok)

2016

Online PrEP survey - willingness

1<sup>st</sup> National PrEP Consultation

Completion of PrEP / PEP Guidelines (MASHM)

2017

HIV Connect – Training GPs (MASHM/MAF/MAC)

Price reduction in generic TDF/FTC

2018

Multisite PrEP Demonstration Project (UNAIDS/WHO/GF)

2nd National PrEP Consultation

2020

Community-led PrEP services (2)

Limited gov. health clinics (5) and ID Clinics (4)

Private Clinics (20)

Out of Pocket

2022

Initial discussion on PrEP with religious department + Seminar Islam and HIVCVCV

NPRA approved indication of Tenofovir-EM for prophylaxis

DG approved pilot intervention started with 18 HC

2023

Jan 2: PrEPGov initiated (18 HC) (GF-MoH)

Nov: Perlis Fatwa - permissible for doctors to give PrEP to prevent HIV

Dec: Tenofovir-EM added in MoH Drug Formulary – can be prescribed by doctors

2024

NPRA approved new 2 oral PrEP for MY (FOSTAVIR-EM & RICOVIR-EM)

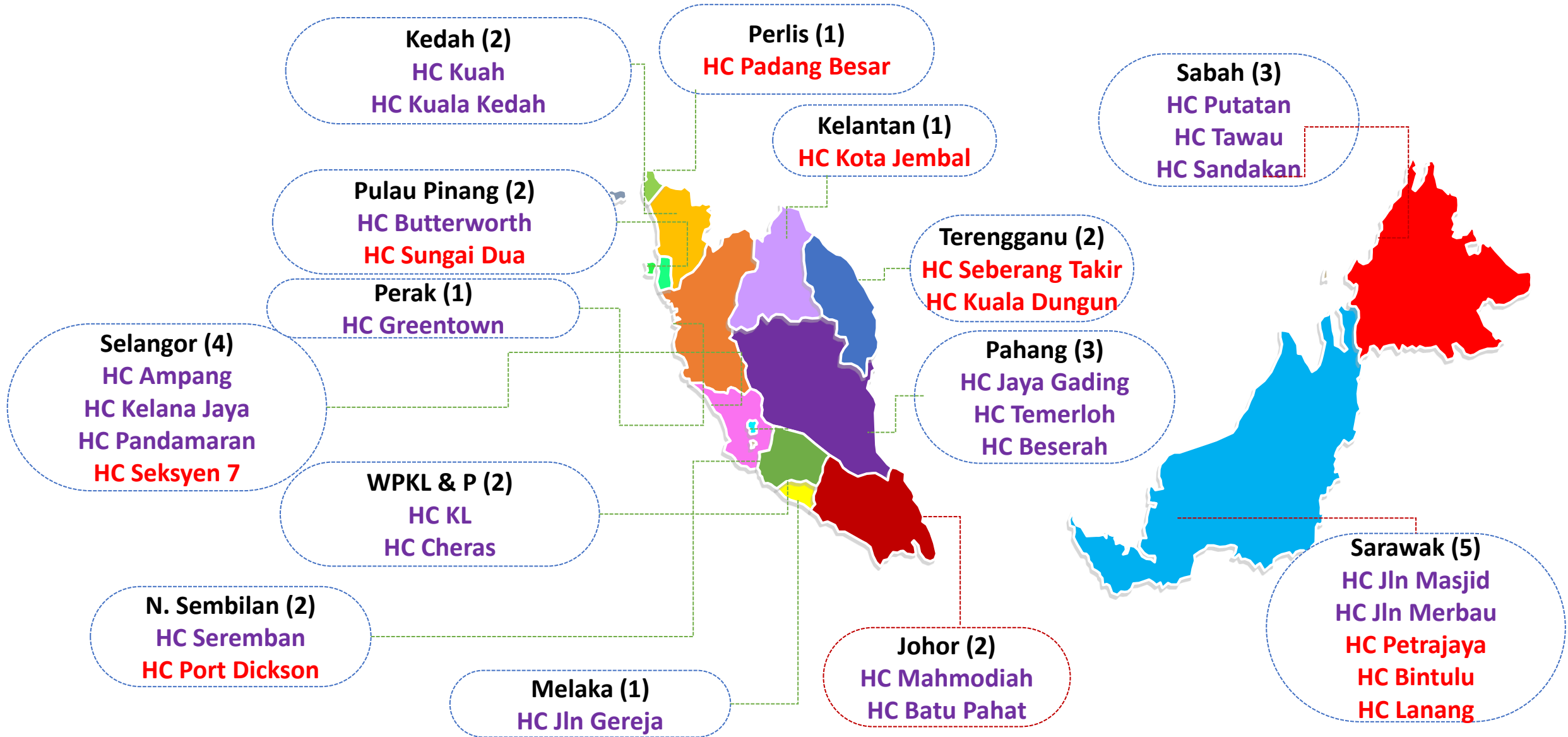
Mac: PrEPGov expanded to 31 HC

National PrEP Service Delivery developed






Transitioning from GF to MoH fully funded in 2025 – integration into Primary Health Care

# PrEP Gov sites (Jan 2023 – 2024)

2023: 21 HC  
2024: 10 HC  
Total: 31 HC



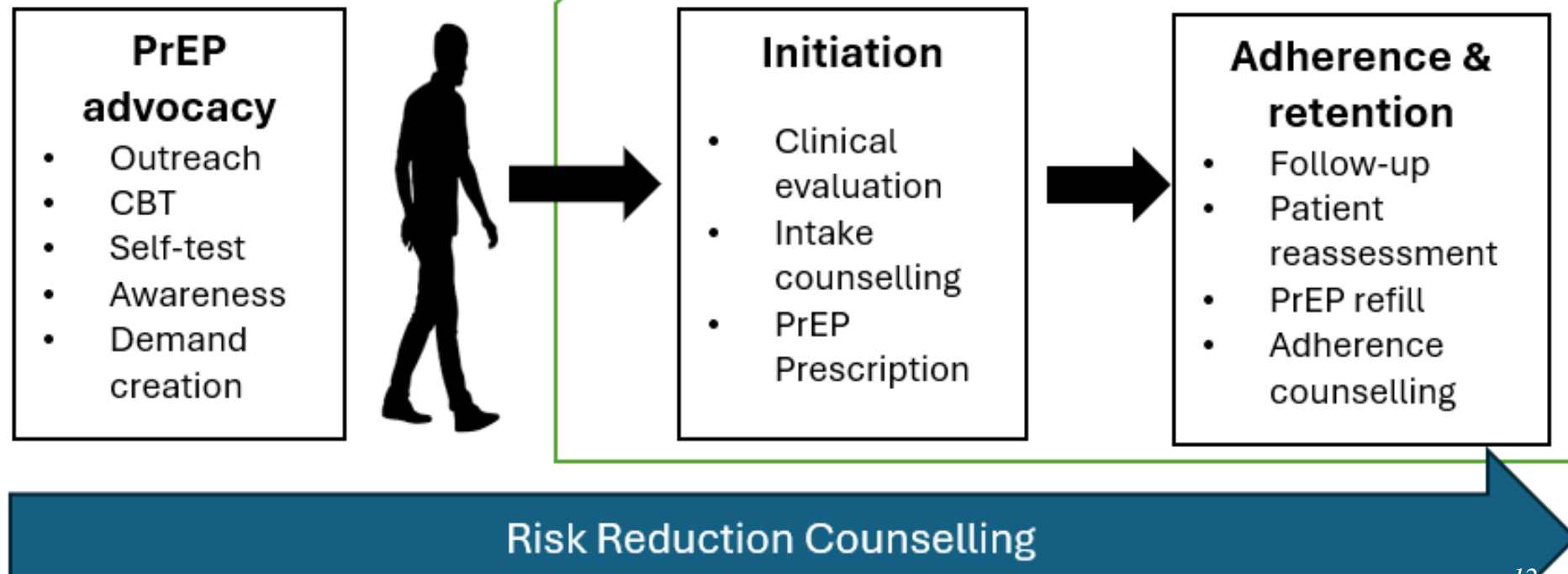
# The Rationale for PrEP Scale-up

-  Effective HIV prevention for key population
-  Comprehensive HIV Prevention
-  Behavioral Change Support
-  Addressing Structural Factors
-  Health Equity and Human Rights



# HIV PrEP Care Concept in Malaysia

At community  At Health Clinic



# PrEP Eligibility Criteria (at Primary Care)

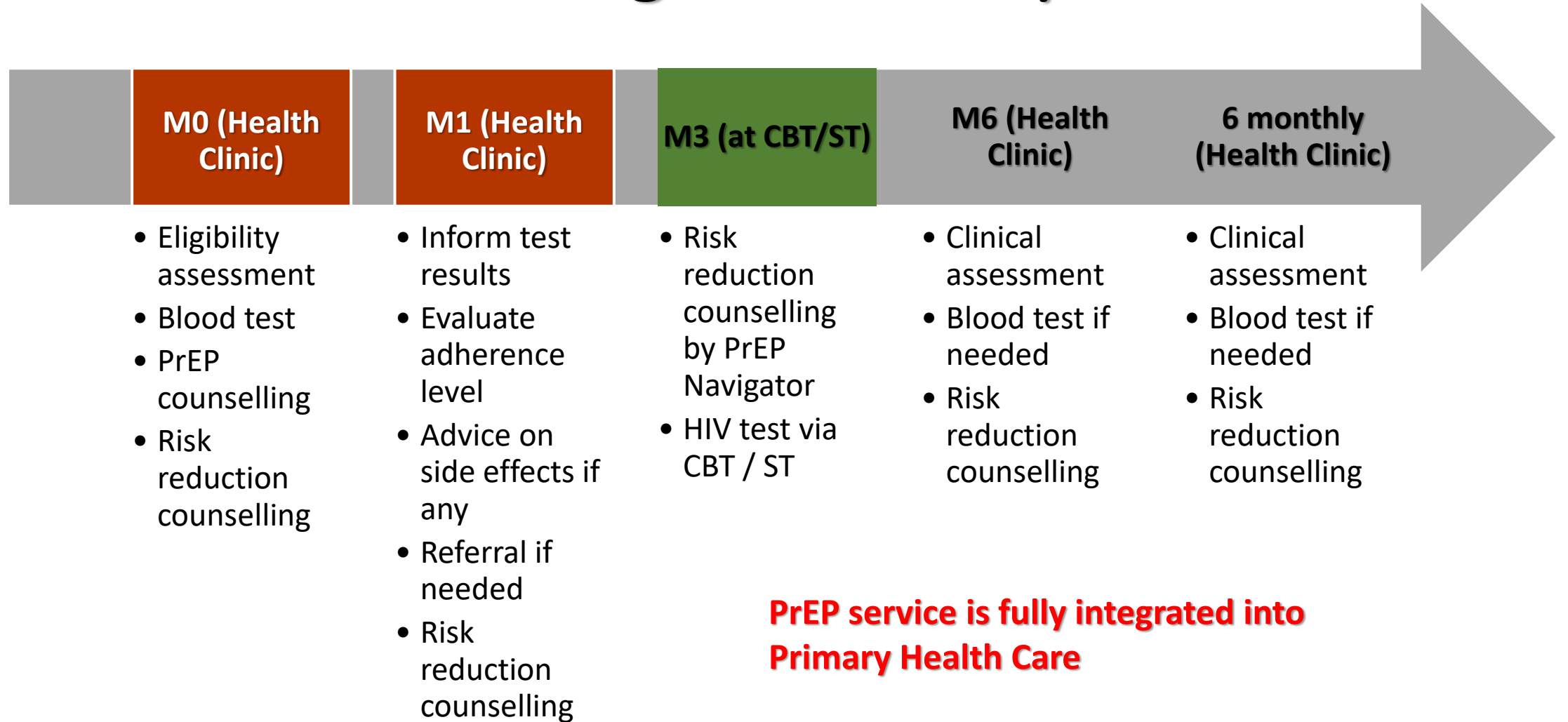
Adult 18+

HIV seronegative

At substantial risk for HIV (in the past 6 months)

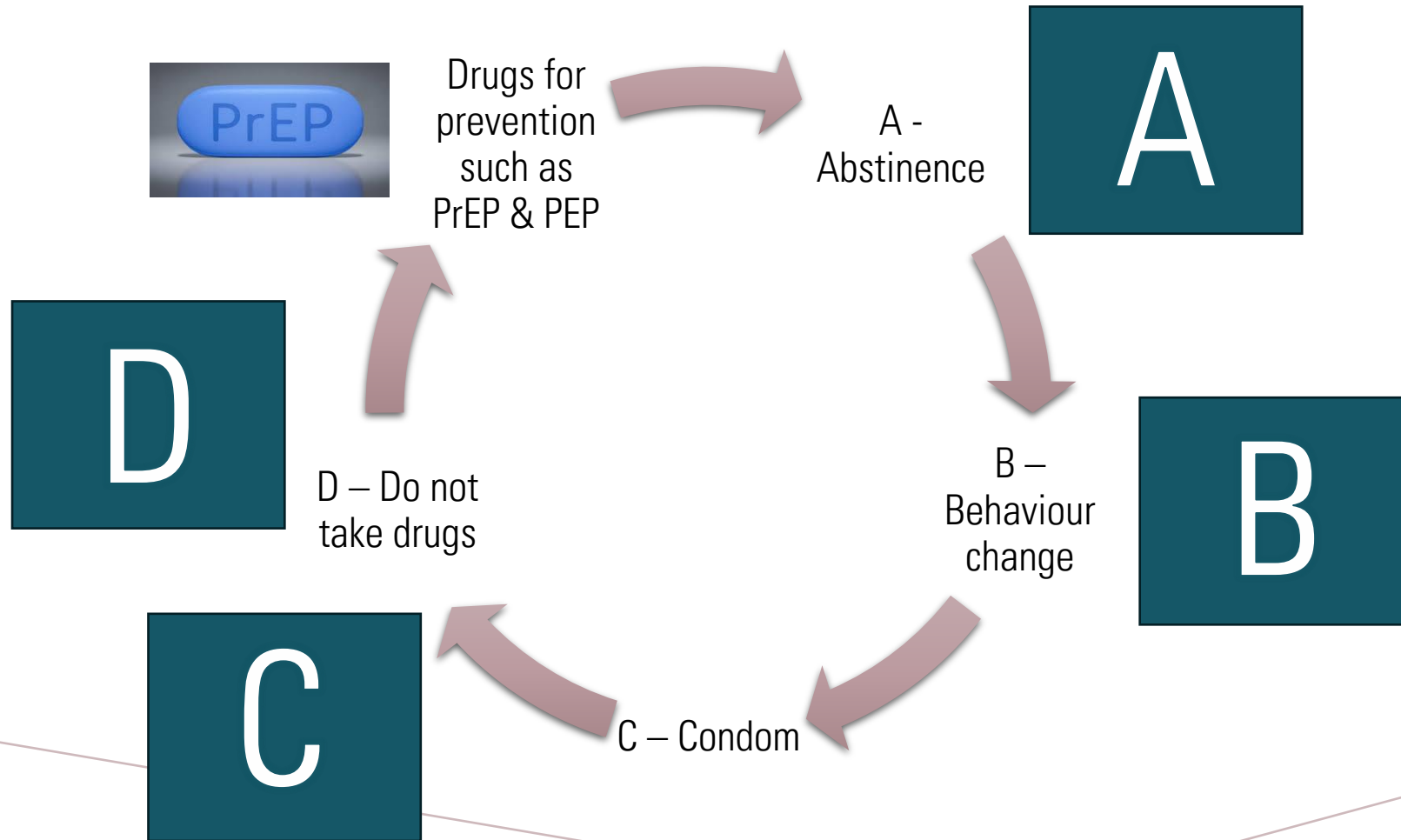
- Having sexual partner who are HIV + but not on ART in the last 6 months
- History of unprotected sex with at least 1 partner of unknown or HIV positive status
- Having sex with more than 1 partner with unknown HIV status
- Having sexual partner/s who have more than one risk factors
- History of STI
- History of recreational drug use for sex or transactional sex
- Sex worker
- Had used PEP

# PrEP Care Program – Malaysia Model



Risk Reduction Counselling

# RISK REDUCTION COUNSELLING 'A-B-C-D' APPROACH



# SEAMLESS PREP CARE: ROLES OF COMMUNITIES

## SERVICE LINKAGE

- Increase PrEP Uptake through existing services such as Outreach Programs for KPs, Community Based Testing, and HIV Self Testing
- Program led by CBOs in all states

## GENERATING DEMAND

- Normalization of better health-seeking Behaviors among KP
- Peer motivation to use PrEP
- Online Health Promotion:
  - via socmed Influencers
  - Community Leaders/PrEP Ambassadors
  - Close Collaboration with Clinics, Pharmacies and social networks of KPs
  - Continuous Campaign



## IMPROVING PREP ADHERENCE

- Formation of PrEP Navigator Network based at Primary Care focusing on PrEP Adherence
- Assisting PrEP Users in managing their PrEP usage

## PREP ADVOCACY

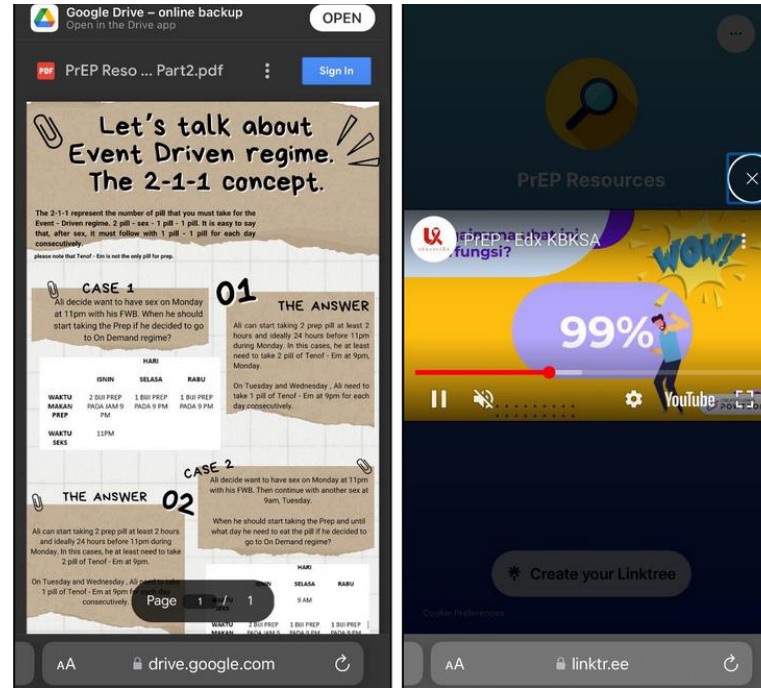
- Debunk PrEP myths among KP, especially Transgender
- Reducing PrEP Shaming and Stigma among KPs
- Sensitization of HCP in reducing S+D against KPs in clinical setting
- Conduct PrEP awareness sessions such as Podcast and PrEP sessions with different stakeholders such as Churches, community/religious leaders



# CONTINUOUS PREP EMPOWERMENT FOR COMMUNITY



Capacity building for  
Community Health Workers



Production of IEC Materials

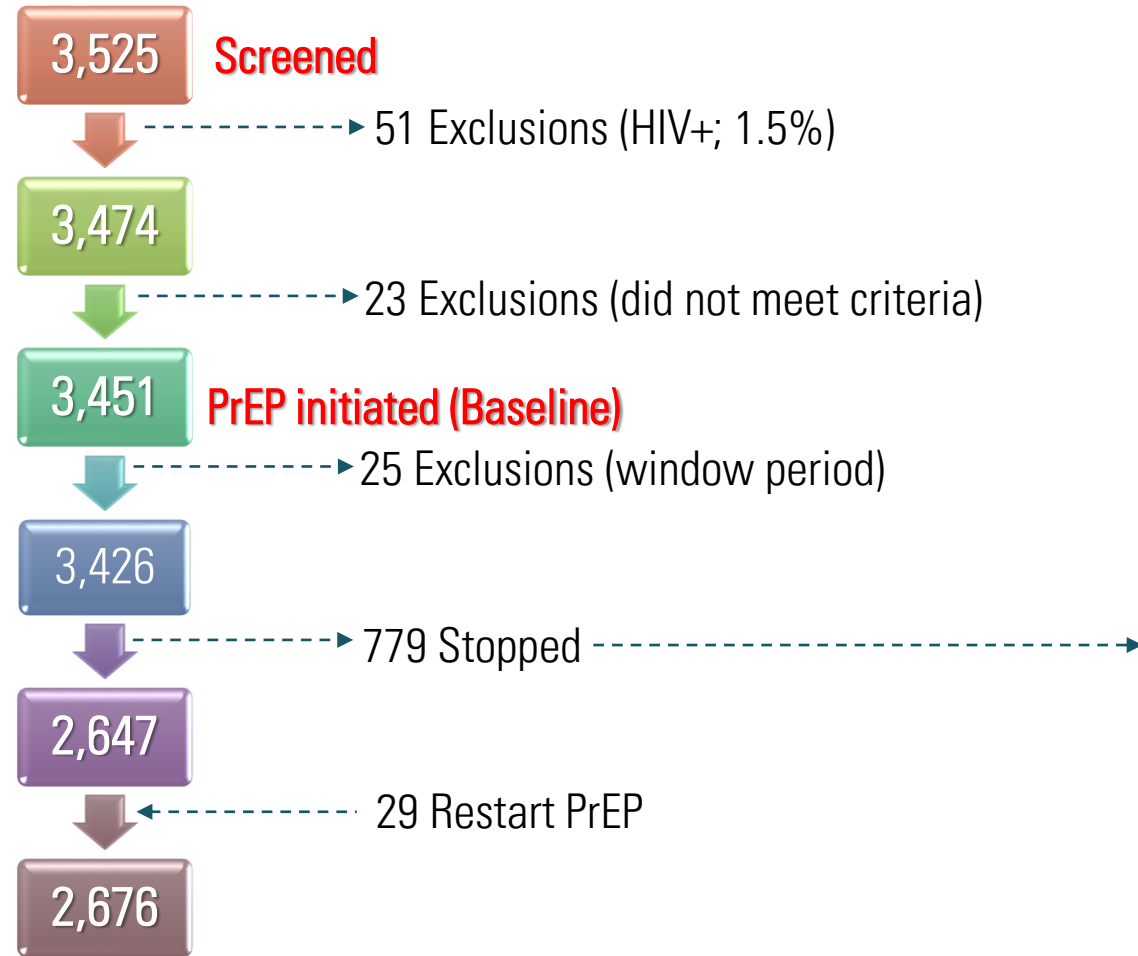


PrEP Champions – PrEP  
Navigators

# BENEFIT OF PREP (PRELIM RESULTS)

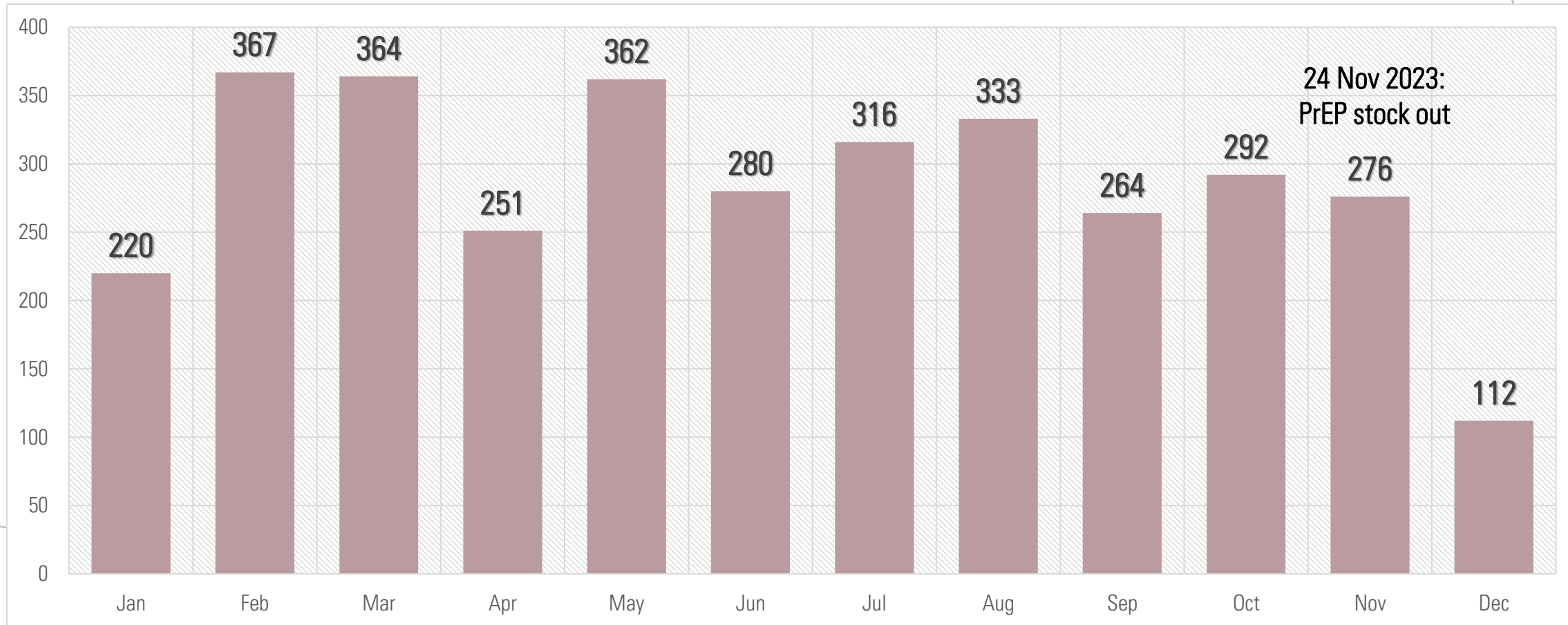
JAN – DEC 2023

# RESULTS (PRELIM)



- Breakthrough infection (6)
- LTFU (560)
- No longer at risk (99)
- Side effects (34)
- Unable to adhere to PrEP (30)
- Others (48)
- CrCl<60ml/min (2)

# PREP ENROLMENT (JAN - DEC 2023), MALAYSIA (N = 3,451)

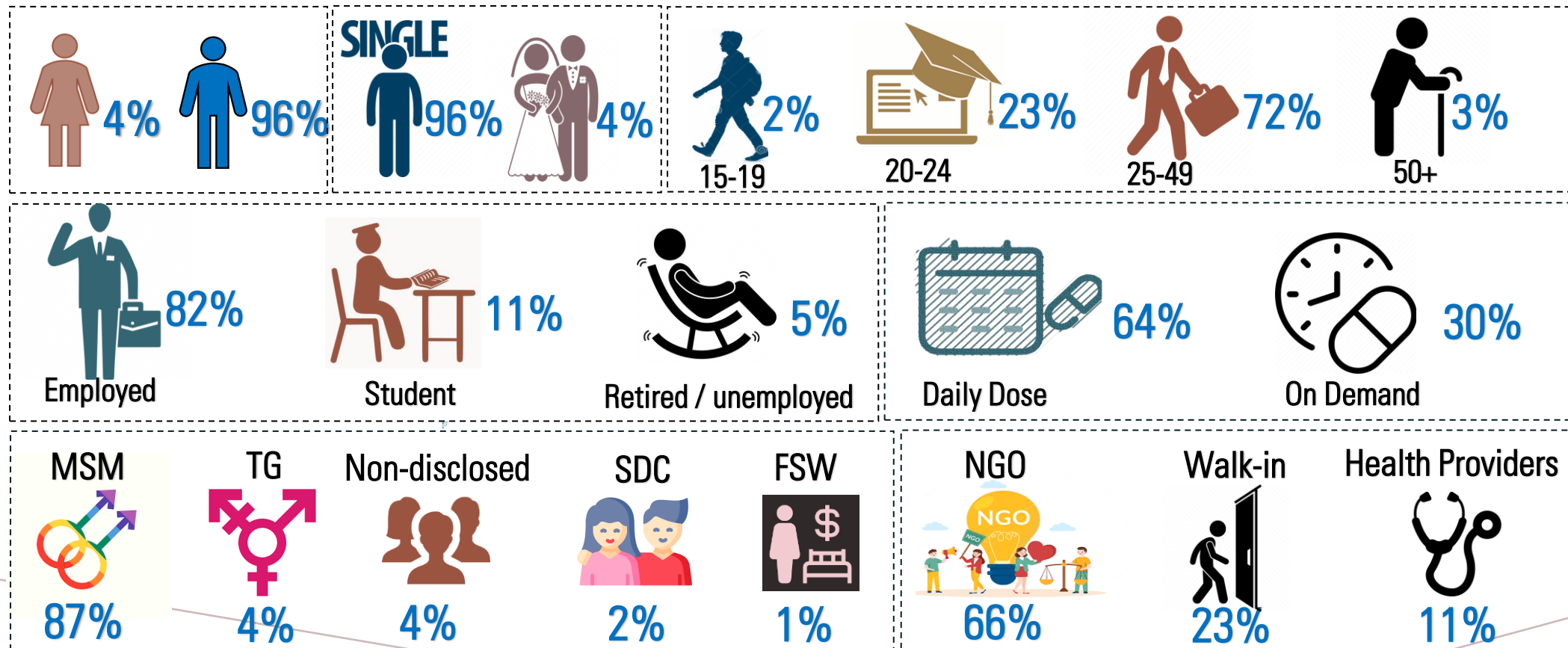


# HIV RISK FACTORS PRIOR TO ENROLMENT (JAN - DEC 2023), MALAYSIA (N = 3,451)

Series 1

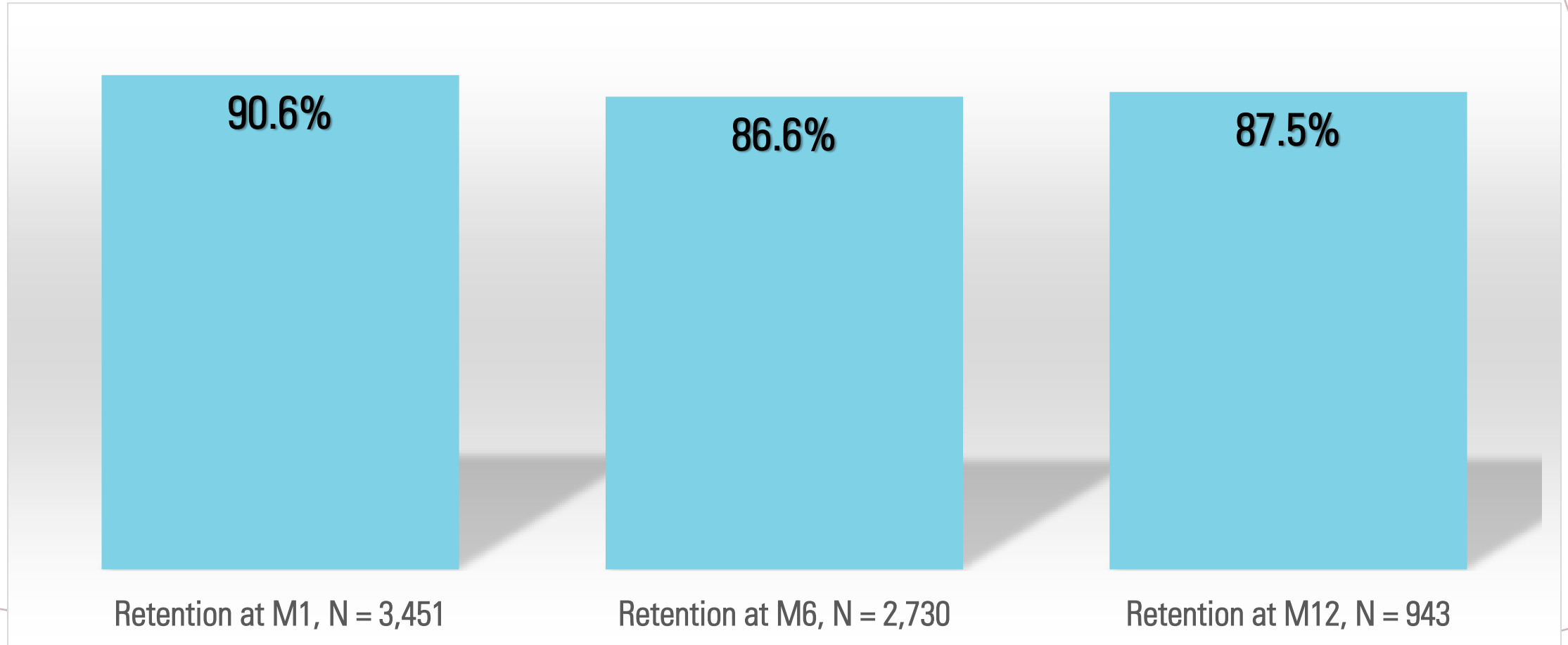


# CLIENTS CHARACTERISTICS (N = 3,451)



Note: Some data points did not sum up to 100% due to missing data

# PREP RETENTION RATE (AS OF 1ST APRIL 2024)



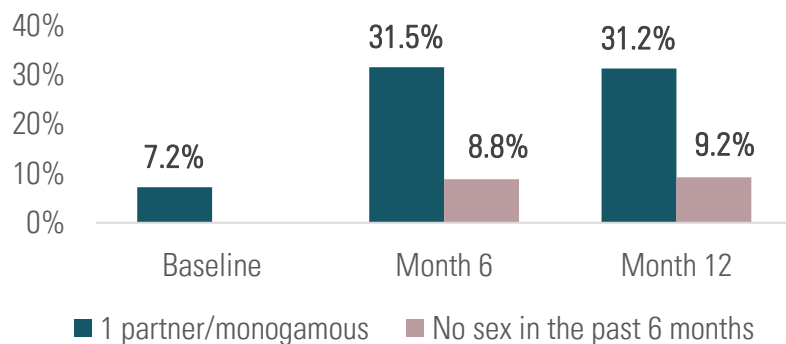
# OUTCOME OF PREP PROGRAM, MALAYSIA (JAN-DEC 2023)

## HIV seroconversion

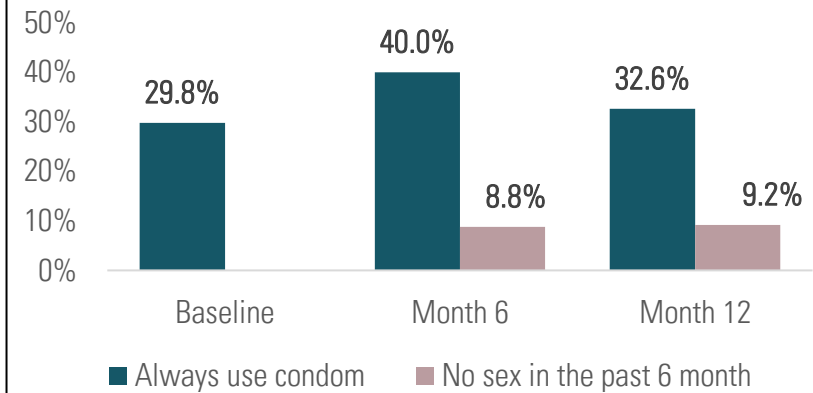
**6 cases (0.2%)**

- Non-compliant (5 DD + 1 OD)
- Single
- Employed

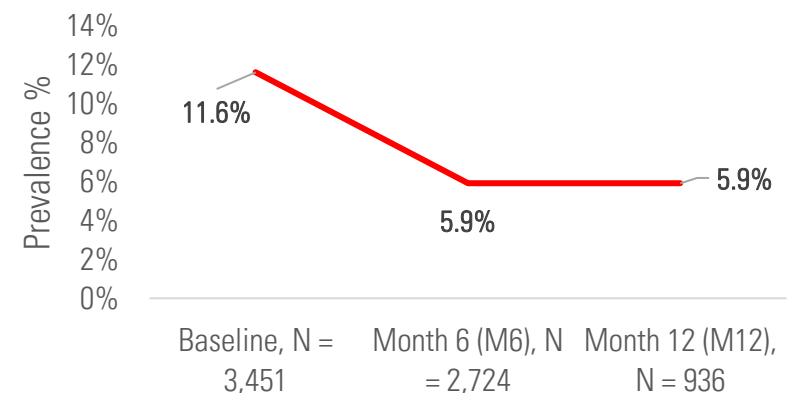
Clients with monogamous sexual partner in the past 6 months



Condom use behaviour in the past 6 months



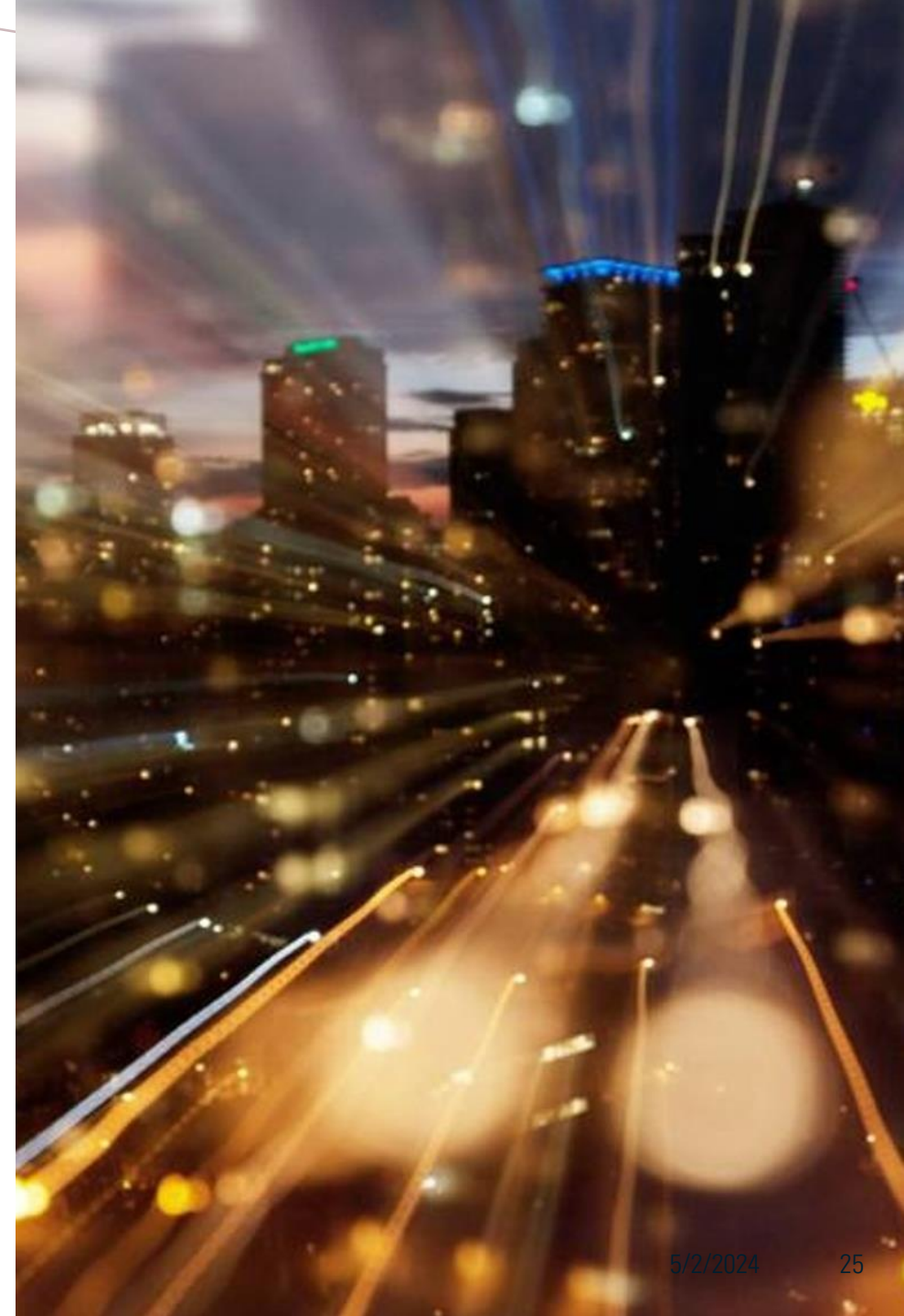
Syphilis Prevalence





# CONCLUSION

- Low HIV seroconversion - demonstrates the effectiveness of the PrEP program.
- PrEP program led to positive behavioural change → increasing consistent condom use that lead to lower prevalence of syphilis, maintaining monogamous relationship
- High retention rates - showcasing strong adherence and program commitment.
- Strong collaboration with community - the key to sustaining and improving health outcomes and preparing for future challenges.
- Risk reduction counselling is crucial for long term behavior change – adherence counseling + psychosocial and psychospiritual





**THANK YOU**

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# PrEP or Condom? IBBS 2022

