

Academic Detailing to Increase Prescribing of HIV Pre-exposure Prophylaxis



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Although HIV pre-exposure prophylaxis can decrease new cases of HIV by up to 99%, many patients who could benefit from pre-exposure prophylaxis never receive prescriptions for it. Because pre-exposure prophylaxis is indicated for patients who do not have an infectious disease, increasing pre-exposure prophylaxis prescribing by primary care and generalist clinicians represents a key element of the Ending the HIV Epidemic in the U.S. initiative. This review provides an overview of academic detailing and how it is currently being used to increase pre-exposure prophylaxis prescribing. Academic detailing is outreach education that engages with clinicians in 1-to-1 or small group interactions focused on identifying and addressing an individual clinician's needs to increase their use of evidence-based practices. Academic detailing has been proven in multiple previous research studies, and the principles required for successful implementation include interactivity, clinical relevance of content, and focus on defined behavior change objectives. Clinician barriers to pre-exposure prophylaxis prescribing may occur in the domains of knowledge, attitudes, or behavior, and academic detailing has the potential to address all of these areas. State and local health departments have developed academic detailing programs focused on pre-exposure prophylaxis prescribing and other elements of HIV prevention—sometimes describing the approach as public health detailing. Few studies of academic detailing for pre-exposure prophylaxis have been published to date; rigorous evaluation of HIV-specific adaptations and innovations of the approach would represent an important contribution. In the setting of the COVID-19 pandemic, interest in virtual delivery of academic detailing has grown, which could inform efforts to implement academic detailing in rural communities and other underserved areas. Increasing this capacity could make an important contribution to Ending the HIV Epidemic in the U.S. and other HIV prevention efforts.

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INTRODUCTION

Pre-exposure prophylaxis (PrEP) decreases HIV incidence by up to 99% when medication adherence is high,^{1–7} and HIV incidence is decreasing in regions where PrEP uptake is highest.⁸ The U.S. Preventive Services Task Force issued a Grade A rating for PrEP, its highest rating, indicating a substantial net benefit for HIV prevention.⁹ Thus, PrEP is a potent tool to curtail the HIV epidemic, and its scale-up is a critical goal of the federal Ending the HIV Epidemic in the U.S. (EHE) initiative.¹⁰ The Centers for Disease Control and Prevention (CDC) estimates that 1.1 million individuals in the U.S. have indications for PrEP, but only 7% received a prescription for PrEP in 2016.^{11,12} For PrEP

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prescribing to increase and the goals of EHE to be achieved, many more clinicians will need to adopt PrEP prescribing as a routine part of practice. New adoption will be especially important for primary care and other generalist physicians because, by definition, most patients who could benefit from PrEP do not have a diagnosis that would warrant referral to an infectious disease specialist.

The goal of this paper is to describe how academic detailing, an evidence-based outreach education strategy to disseminate information to clinicians and support the implementation of best practices, can apply to PrEP prescribing, including a review of existing research and ongoing initiatives and suggested areas for future work and evidence development. It begins with a summary of recent evidence indicating the need for greater engagement by generalist clinicians to increase the uptake of PrEP. This is followed by an overview of academic detailing, including its origins, conceptual framework, and the evidence base supporting its effectiveness. The next section explains how increasing PrEP use fits into the academic detailing model, followed by a review of existing programs and the relatively limited published evidence to date. The conclusion builds on those points to identify opportunities and potential future directions for this work that could achieve a larger and more sustained impact on PrEP prescribing.

NEED FOR GENERALIST CLINICIAN ENGAGEMENT TO INCREASE PRE-EXPOSURE PROPHYLAXIS PRESCRIBING

Up to 71% of people newly diagnosed with HIV in the U.S. have had recent encounters with healthcare providers,^{13–16} suggesting frequently missed opportunities to provide PrEP.¹⁷ However, in a multicity survey of providers, only 28% of providers felt familiar with prescribing PrEP, and only 17% had prescribed it.¹⁸ Patterns of PrEP prescribing have shown similar population disparities to those seen in other elements of health care, with lower PrEP prescribing rates among patients from racial and ethnic minority groups.^{19,20} Additional provider surveys have corroborated that most primary care providers have had limited engagement with PrEP.^{18,21–24}

In contrast to specialized HIV centers, primary care clinics have the volume, geographic coverage, infrastructure, and preventive health experience to reach large numbers of patients without HIV who may benefit from PrEP.²⁵ Thus, there is a critical need for interventions to increase primary care and other generalist providers' knowledge about PrEP, their capacity to identify patients

who could benefit from PrEP, and their means to prescribe PrEP safely and effectively.

ACADEMIC DETAILING

Academic detailing originally developed from the insight that passively delivered continuing medical education has limited impact on clinical decision making,^{26,27} whereas the direct outreach of pharmaceutical representatives (detailers) can be far more effective.^{28,29} The approach was originally proven in a 1983 RCT by Avorn and Soumerai,³⁰ which enrolled primary care physicians in 4 states. The intervention group received direct 1-to-1 educational sessions from clinical pharmacists trained in both social marketing and the specific clinical evidence for the study conditions, including overprescribing of antibiotics and painkillers. The control group received mailed handouts summarizing the evidence for the study conditions. The intervention group reduced inappropriate prescribing of targeted drugs by 14% ($p < 0.05$) compared with controls, with no evidence of unintended switching to problematic alternatives.

Follow-up studies showed that academic detailing could be effective in other clinical settings, including nursing homes³¹ and inpatient care.³² A 2007 Cochrane review included 69 studies and concluded that the literature proved the efficacy of this approach.³³ A review of the effectiveness of guideline implementation strategies found that academic detailing visits were more effective than simple provision of educational materials or audit and feedback,³⁴ and a 2009 systematic review of interventions to improve prescribing found that audit and feedback and academic detailing visits were the 2 types of interventions that most consistently showed a positive impact on clinical performance.³⁵ A 2017 National Heart, Lung, and Blood Institute report identified academic detailing as effective for improving processes of care, clinical outcomes, and cost-effectiveness outcomes.³⁶

The effectiveness of academic detailing depends heavily on how well it is implemented. The Cochrane review noted that some researchers referred to their interventions as academic detailing but did not actually apply the principles of social marketing,³³ which are characterized by an adaptation of the persuasive communication techniques used in marketing in support of interventions to stimulate beneficial actions.^{37–39} The principles of academic detailing (Table 1⁴⁰), as defined in the original work, include encouraging clinician participation through interactive dialog; developing clinically relevant programs; defining behavior change objectives; establishing credibility; using concise, visually engaging, and clinically relevant educational materials;

Table 1. Principles of Academic Detailing⁴⁰

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| Encouraging clinician participation through interactive dialog |
| Developing clinically relevant programs |
| Defining behavior-change objectives |
| Establishing credibility |
| Using concise, visually engaging, and clinically relevant educational materials |
| Repeating key messages |
| Providing reinforcement through subsequent visits |

repeating key messages; and ideally, providing reinforcement through subsequent visits.⁴⁰ Less successful approaches that diverge from these principles have included didactic and noninteractive presentation of materials, excessive emphasis on cost rather than on clinical priorities, and the use of clinician data in a punitive manner.

After the publication of the initial studies of academic detailing, the approach was implemented in several locations, including a national program in Australia, the Kaiser Permanente system in Northern California, and several Canadian provinces. Smaller programs were developed in multiple U.S. sites, but overall, uptake was relatively slow. Over the past 15 years, interest in academic detailing as a public health strategy has grown. In 2010, the National Resource Center for Academic Detailing (NaRCAD) (www.narcad.org) was created with initial funding from the Agency for Healthcare Research and Quality. NaRCAD has created a training curriculum in the principles and techniques of academic detailing; details on specific initiatives focused on PrEP are discussed in the final section of this paper.

Implementation of academic detailing requires an initial development of key messages and a series of action-oriented, evidence-based statements specifying the recommendations made to frontline clinicians. Each key message recommends a specific action by the clinician. Academic detailers promote key messages by presenting the features (supporting clinical evidence) and benefits (how applying that evidence helps patients) most relevant to the clinician’s practice. Preparation of a topic also entails anticipating likely barriers that clinicians may raise for each message and the strategies that may help academic detailers overcome these barriers and gain commitment from clinicians. Supporting materials are used to supplement the interaction, fostering engagement and conversation, allowing the intervention to work across diverse learning styles, and providing a resource that can be left behind for reinforcement at the end of a visit.

Training in academic detailing focuses on learning the 6 elements of a visit (Figure 1) and the communication techniques to deliver all the components effectively. Most trainees come from health professional backgrounds, with pharmacists as the largest single group, reflecting the approach’s origins and its frequent use for prescribing topics.³⁹ Many programs have successfully trained and deployed academic detailers who do not have clinical backgrounds, including medical or dental students, public health workers, or other nonclinical staff. In these circumstances, the quality of the training and the provision of support from clinical experts for complex questions are critical.

Identification of relevant clinicians to receive academic detailing may be done by the sponsoring organization or may be the responsibility of individual

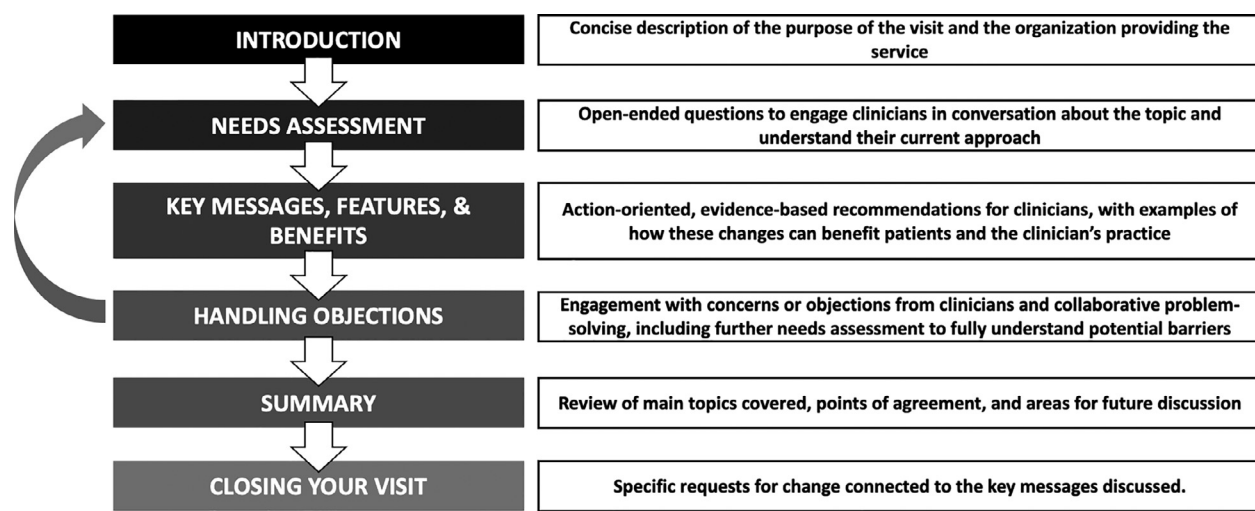


Figure 1. The structure of an academic detailing visit.

academic detailers. Given the time pressures faced by most frontline clinicians in the current era, gaining access to academic detailing visits can be a significant challenge, and the difficulty has increased in the setting of the coronavirus disease 2019 (COVID-19) pandemic. In general, once a first visit is conducted and clinicians understand the role of an academic detailer as a supportive educator who is neither promoting a specific product nor conducting a punitive review of practice, scheduling of follow-up visits becomes far easier, and a longitudinal relationship can be developed on the basis of trust and usefulness.

APPLICATION OF ACADEMIC DETAILING MODEL TO PRE-EXPOSURE PROPHYLAXIS PRESCRIBING

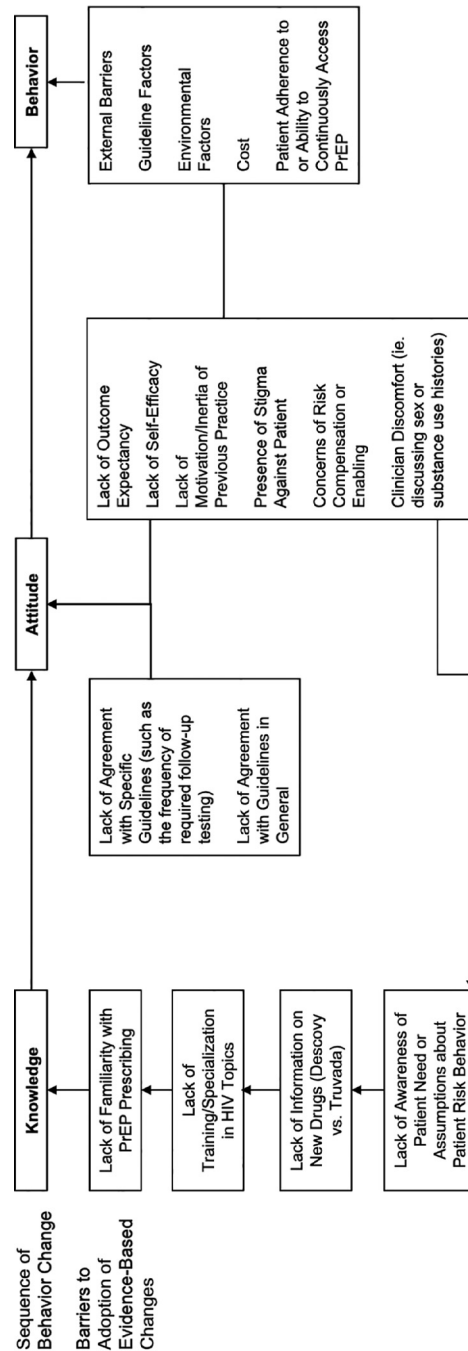
The academic detailing model, with engaged 1-to-1 interactions, provides a venue that is well suited for addressing the barriers that limit the uptake of PrEP prescribing by generalist clinicians. The framework proposed by Cabana et al.⁴¹ (Figure 2) classifies the barriers to the adoption of new practices in terms of knowledge, attitude, and behaviors. This conceptual model applies well to the challenges to clinician adoption of PrEP prescribing, which may encompass all 3 of the elements illustrated in the figure.

Knowledge Barriers

Many clinicians have difficulty in identifying people who may benefit from PrEP because they do not routinely conduct HIV risk assessments owing to lack of training, discomfort eliciting sexual and substance use histories, and time constraints.^{42–45} In addition, many providers have limited knowledge of the indications and procedures for providing PrEP.^{22,46} Some providers also inaccurately assume that only a few of their patients have indications for PrEP, which may decrease their investment in PrEP screening or education.⁴⁷ A public health detailing program delivered to >2,000 providers in New York City (NYC) to prepare them to screen for and prescribe PrEP more frequently, which included tools to address patient and structural barriers to PrEP (e.g., patient materials, guidance on financial support), showed changes in provider knowledge and behaviors between initial and follow-up visits (4–6 weeks apart) and was concurrent with a population-level increase in PrEP use in observational analyses.^{48–50}

Attitude Barriers and Stigma

Stigma can act as a barrier to HIV testing, care, and prevention services,^{51,52} including access to PrEP.^{53–59} Intersectional stigma, the convergence of multiple



Adapted from Cabana et al⁴¹

Figure 2. Barriers to clinicians' adoption of HIV prevention practices. PrEP, pre-exposure prophylaxis.

stigmatized identities within a person or group, is a major barrier to PrEP⁶⁰ because clinicians may harbor and enact biased beliefs about their clients, their clients' behavior, or who deserves PrEP on the basis of race/ethnicity, sexual orientation or gender identity, social class, or other factors. Clinicians' hesitation to prescribe PrEP may also be driven by concerns that users will reduce their condom use, referred to as risk compensation.^{61–64} PrEP prevents virtually all new HIV infections when taken with high adherence for the duration of possible HIV exposure, even when rates of condom use are low.⁵ Notably, some evidence suggests that providers are more likely to assume that risk compensation will occur for Black than for white patients, leading to lower willingness to prescribe PrEP to Black patients. This bias can exacerbate inequities in HIV because Black populations experience disproportionately high rates of HIV infections due to longstanding race-based inequities that affect health and healthcare access but still face greater challenges to accessing PrEP.^{11,19,20,65} In 1 chart review study conducted in the Veterans Health Administration, stigmatizing attitudes among providers were found to be a key barrier to PrEP delivery, resulting in delays of PrEP prescriptions of up to 16 months.⁶⁶

Behavioral Barriers

Even when issues of clinician knowledge and potential stigma are addressed, clinicians need guidance and self-efficacy on how to navigate multiple and evolving practical barriers to prescribing PrEP. Barriers include financial and insurance considerations (which may vary by state or insurance provider and over time),⁶⁷ providing effective patient-centered counseling about adherence and persistence despite time constraints, and engaging patients in shared decision making about choosing from among expanding PrEP options beyond daily oral tenofovir disoproxil fumarate with emtricitabine.⁶⁸ These include the recent approval of daily oral tenofovir alafenamide with emtricitabine as PrEP for men who have sex with men and transgender women,^{69,70} studies showing the efficacy of event-driven tenofovir disoproxil fumarate with emtricitabine PrEP for men who have sex with men,^{71,72} and trials that have recently proved the high efficacy of long-acting injectable cabotegravir as PrEP for both men and women.^{73,74} Clinicians and their office staff have also struggled with implementing systems for follow-up testing, counseling, and quarterly monitoring of oral PrEP patients and are likely to benefit from updated best practices and tools to accomplish these tasks.⁷⁵ The mechanics of PrEP delivery will have new challenges with the expected rollout of injectable cabotegravir, which will require bimonthly injections administered by clinicians.

A clinician's barriers to PrEP prescribing may be in ≥ 1 of these domains. Because of this variability, passive learning interventions such as lectures or webinars may not address the true impediments for a given clinician. The structure of an academic detailing visit, with the focus on open-ended needs assessment, allows the detailer to identify specific topics for an individualized conversation. For clinicians with knowledge barriers, the detailer can review the evidence for PrEP, going into as much detail as required and providing access to further resources when needed. The 1-to-1 format allows for questions and teach-back approaches to ensure that the data have been communicated clearly. When attitudinal barriers are identified, the detailer can provide information on health inequities and engage with the clinician's professionalism and commitment to equity to spark discussion and introspection. Attitudinal barriers or stigma may arise from other members of the clinical team in addition to potential PrEP prescribers. Academic detailers can engage with those other team members when feasible or support prescribers in training clinic staff to reduce stigma. If the barriers are more behavioral and require specific practical interventions, the detailer can connect the clinician with complementary resources that are tailored to the local environment. These additional resources may be as simple as links to external resources such as patient support programs or may require more complex follow-up steps such as providing additional training for office staff on specific protocols. Financial barriers can be especially significant, and specific local resources that clinicians and clinic staff can use to help patients afford PrEP prescriptions should be identified and incorporated into PrEP-focused academic detailing.

ONGOING PRE-EXPOSURE PROPHYLAXIS AND HIV ACADEMIC DETAILING INITIATIVES

In light of the need to increase the number of clinicians prescribing PrEP, several organizations have implemented academic detailing programs focused on PrEP and other elements of HIV care. The NYC Department of Health and Mental Hygiene (NYC DOHMH) began conducting public health detailing in 2003⁷⁶ and has implemented initiatives focused on HIV testing⁷⁶ and PrEP prescribing in recent years, among many other topics.⁷⁷ NYC DOHMH launched their public health detailing program on PrEP and related best practices in 2014 aiming to reach high-priority primary care and infectious disease providers in NYC on the basis of HIV and sexually transmitted infection (STI) surveillance data.⁷⁸ Key messages addressed taking sexual history, screening and treating STIs, discussing PrEP with

patients, and providing PrEP to those who would benefit. Most recently, NYC DOHMH launched a PrEP public health detailing campaign aimed at reaching women's healthcare providers.⁷⁹ The San Francisco Department of Public Health (DPH) has created an HIV-specific academic detailing program starting in 2016, with a significant focus on PrEP for underserved populations and additional coverage of other HIV topics. Several other organizations have implemented programs; these are listed at www.narcad.org/the-detailing-directory.html.

Seeking to support smaller public health departments in implementing PrEP-focused academic detailing, in 2018, NaRCAD, NYC DOHMH, and the San Francisco DPH collaborated to convene the national Public Health Detailing Institute for High-Impact HIV Prevention.⁸⁰ Supported through capacity-building assistance funds from CDC, this annual event provides training for personnel from city or state health departments on the techniques of academic detailing and the practical elements of developing a program.⁸¹ The third annual Institute took place in March 2020 in California, and the fourth Institute, which took place in March 2021, was conducted virtually because of the COVID-19 pandemic. Other capacity-building efforts supported by CDC include the development of learning communities for public health departments using academic detailing as part of their HIV prevention work.

Existing academic detailing programs for PrEP have developed key messages using the principles described previously, focusing on clear and specific actions to recommend to clinicians. Figure 3 shows the key messages from a PrEP-focused academic detailing campaign implemented by the Colorado DPH. Each key message recommends a concrete action step (e.g., take a thorough sexual history, test for HIV, follow-up with testing), and the document in which the key messages are presented provides supporting evidence that allows the academic detailer to present the features and benefits associated with each key message.

The key messages in Figure 3 reflect those used by the PrEP-focused academic detailing campaigns described in the preceding 2 paragraphs. The sequence of messages guides clinicians through the process of prescribing PrEP, beginning with taking a sexual health history and testing for STIs, then offering PrEP to patients when indicated, and following up with monitoring and testing for HIV and STI. This structure allows an academic detailer to work collaboratively with a clinician to identify areas for beneficial change. Even clinicians who have already incorporated sexual health histories, STI testing, and offers of PrEP into their practice may be uncertain about the details of monitoring patients who are using PrEP. In these cases, an academic detailer will use the

needs assessment (Figure 1) to identify this challenge and will focus their visit on the fifth key message to provide the clinician with the information and support they need to improve. The specific key messages and evidence presented may differ to reflect the patient populations served in a given region or the specific gaps in HIV care that the academic detailing intervention seeks to address. Similarly, the additional information provided by the academic detailers about other resources for patients or clinicians will vary on the basis of local factors and which resources are available.

FUTURE PATHWAYS AND PRIORITIES

Although the preceding sections provide the conceptual framework supporting the use of academic detailing to increase PrEP prescribing, research evaluations have been relatively limited to date. One recent paper provided a qualitative evaluation of PrEP-focused academic detailing interventions in New England and NYC, identifying several specific challenges but without quantitative assessment of impact.⁸² Some publications have explored academic detailing for other elements of HIV care, including HIV testing^{76,83–85} and the treatment of opioid use disorder^{86,87} and cardiovascular conditions⁸⁸ among people living with HIV. Although academic detailing itself already has a substantial evidence base, applying the approach to PrEP prescribing can require some adaptation of the model. Studies documenting the adaptations used and the associated impact on clinician prescribing decisions would provide important data for organizations seeking to implement this model. Outcomes assessed should include the initial adoption of PrEP prescribing by clinicians, the sustainability of this behavior change over time, and the extent to which clinicians are able to help patients remain adherent to PrEP over the longer term.

One challenge for EHE will be increasing PrEP prescribing in regions with relatively fewer patients who could benefit from PrEP, especially if these regions are rural and thus require significant time for travel by academic detailers. In the general literature on academic detailing, interest in virtual academic detailing as an approach to enhance the reach of the intervention has been described,^{89–92} including in response to the COVID-19 pandemic,⁹³ but this adaptation has not been rigorously evaluated. NaRCAD has initiated an e-Detailing toolkit collecting current practices (<https://www.narcad.org/e-detailing.html>), but formally testing this approach would provide important insights for engaging clinicians outside of major urban centers even after COVID-19 pandemic-related travel restrictions are lifted.

Clinician stigma represents a significant barrier to PrEP prescribing, and this may be exacerbated in

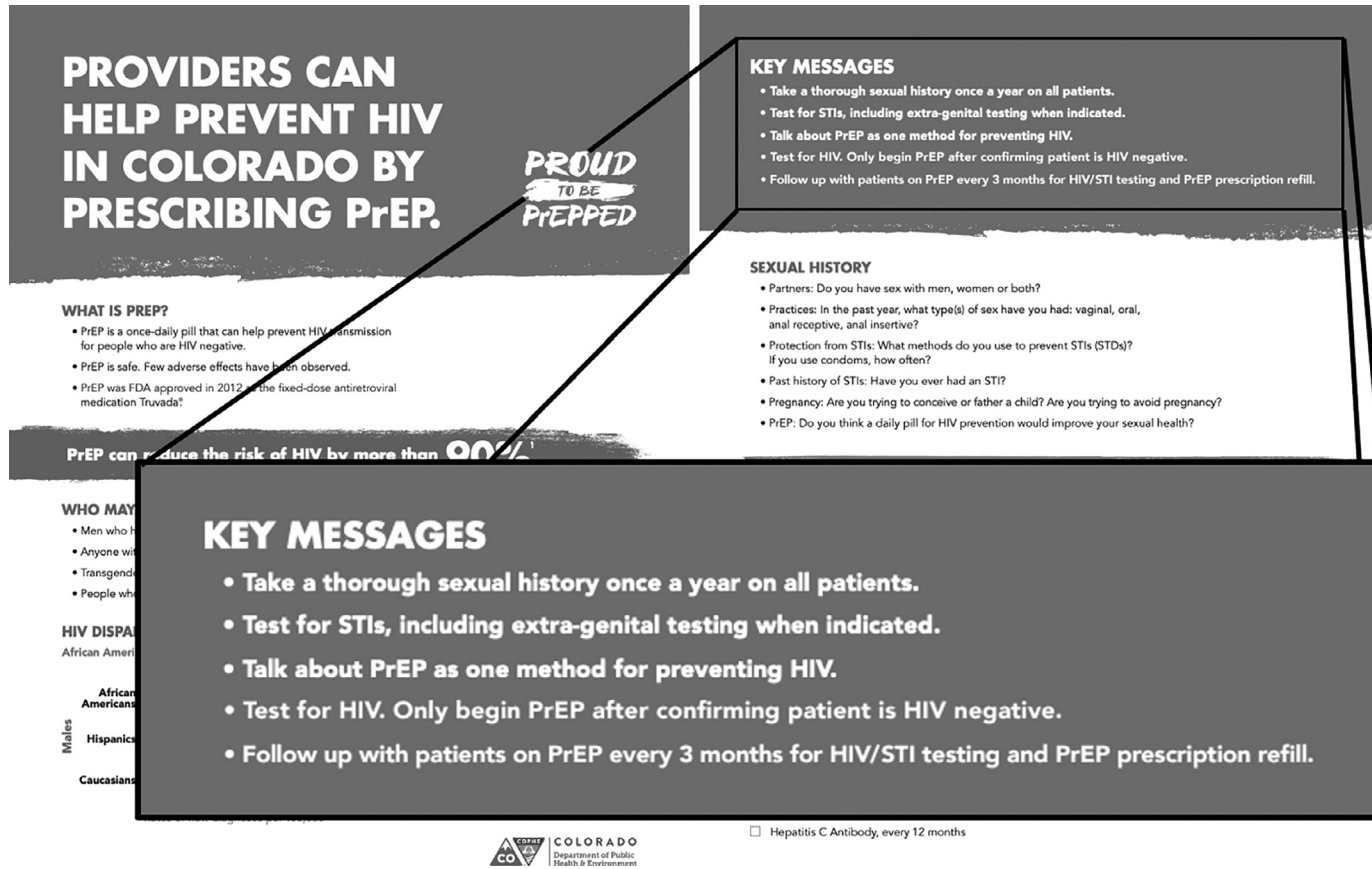


Figure 3. Key messages for PrEP academic detailing in Colorado. FDA, Food and Drug Administration; PrEP, pre-exposure prophylaxis; STD, sexually transmitted disease; STI, sexually transmitted infection.

culturally conservative regions with the greatest unmet need for PrEP, such as the Southeastern region of the U.S. As described in a preceding section, academic detailing offers an opportunity to engage with clinicians in individualized interactions, ideally with detailers from trusted healthcare or public health institutions, which may allow for discussion of difficult topics. Developing specific techniques to help clinicians recognize stigmatizing attitudes they may hold and use academic detailing to help reduce the impact of stigma on clinical care could enhance EHE efforts. Successful academic detailing interventions to increase prescribing of medications for opioid use disorder, another highly stigmatized condition, have included key messages to address and mitigate clinician stigma.⁹⁴ Taking lessons from this work and testing similar approaches in PrEP-focused academic detailing should be an important priority.

CONCLUSIONS

For EHE efforts to reach their maximum potential, primary care clinicians who have not typically seen themselves as providing HIV-related care must be informed about standards of care in HIV prevention and especially about PrEP. With new forms and regimens of PrEP emerging, active educational approaches will be required to give these clinicians the information, support, and self-efficacy they need. Academic detailing represents a proven approach for the type of active outreach education that can meet this need. Developing strategies to increase the uptake of academic detailing for PrEP prescribing while also performing a rigorous evaluation of adaptations and innovations to the approach can complement the many other current initiatives focused on EHE.

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