



Evaluation of user satisfaction and preferences between oral and long-acting PrEP in an Italian reference center.

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Background: Pre-Exposure Prophylaxis (PrEP) is a key HIV prevention strategy. The recent introduction of long-acting injectable cabotegravir (LA-PrEP) has expanded the available options beyond oral therapies. This innovation requires a deep understanding of user preferences to guide personalized therapeutic choices, improve adherence, and optimize the service. In this context, monitoring satisfaction and tolerability and ensuring the appropriate use of different formulations is a crucial activity

Purpose: To assess the degree of satisfaction, tolerability, and user preferences for different PrEP strategies (daily oral, on-demand oral, long-acting injectable) in order to identify user profiles and enhance the quality of care.



An anonymous survey was administered via REDCap platform to all individuals receiving PrEP at our University Hospital.

Material and methods



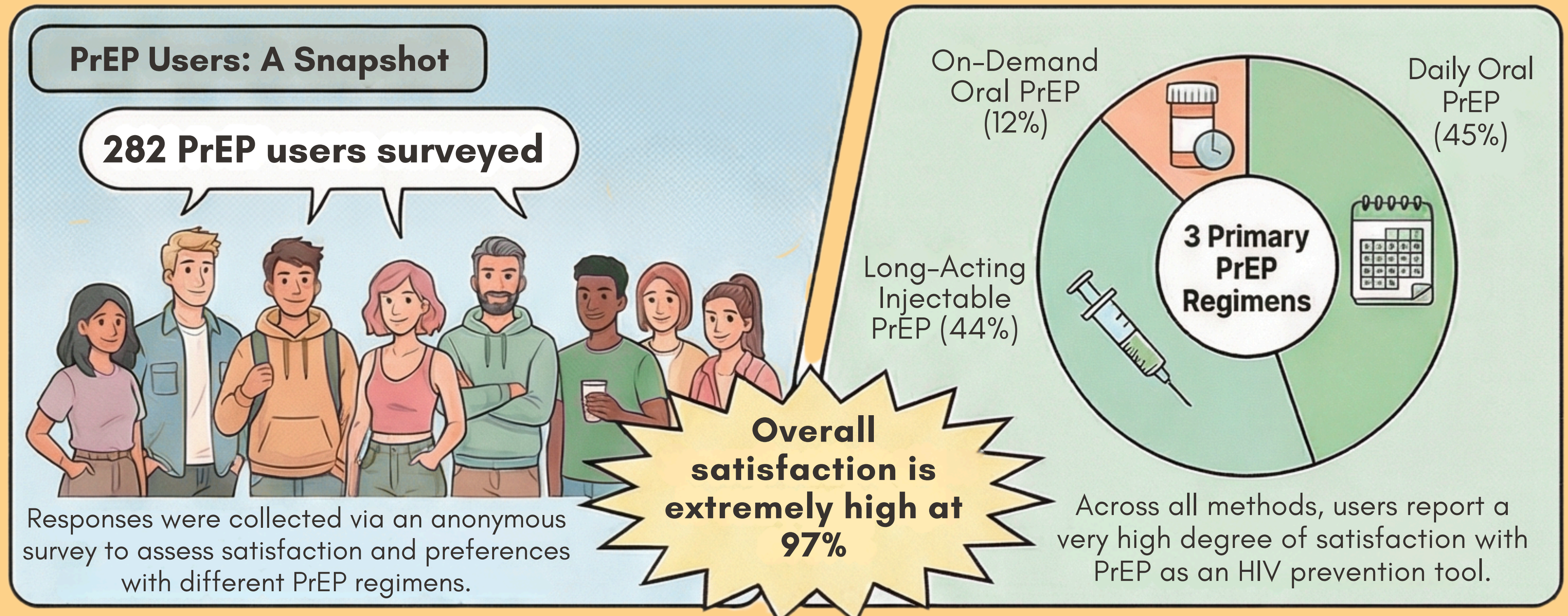
Measuring the 5-Point Likert Scale

Satisfaction was evaluated based on effectiveness, ease of use, impact on daily life, and tolerability. The questionnaire collected data on current and previous PrEP regimens. Reasons for switching therapy and future preferences were also investigated.



Data were analyzed using descriptive statistics and correlation tests

Results: Analysis of 282 responses (45% on daily oral PrEP, 12% on-demand, 44% on LA-PrEP) reveals distinct user profiles. LA-PrEP users are significantly older than on-demand users (36-55 age groups vs. 26-35 for on-demand; $p < 0.001$) and are more likely to have previously switched regimens. Overall satisfaction is extremely high (97%). However, on-demand users report the lowest satisfaction with convenience and the greatest impact on sexual spontaneity. Consequently, they show the strongest future preference for LA-PrEP (85.7%). For LA-PrEP users, the injection experience is positive (>85%) and provides greater peace of mind (>90%). While injection site pain is common, discomfort is considered acceptable by almost 90%



Checklist: The ideal Candidate for Long Acting PrEP



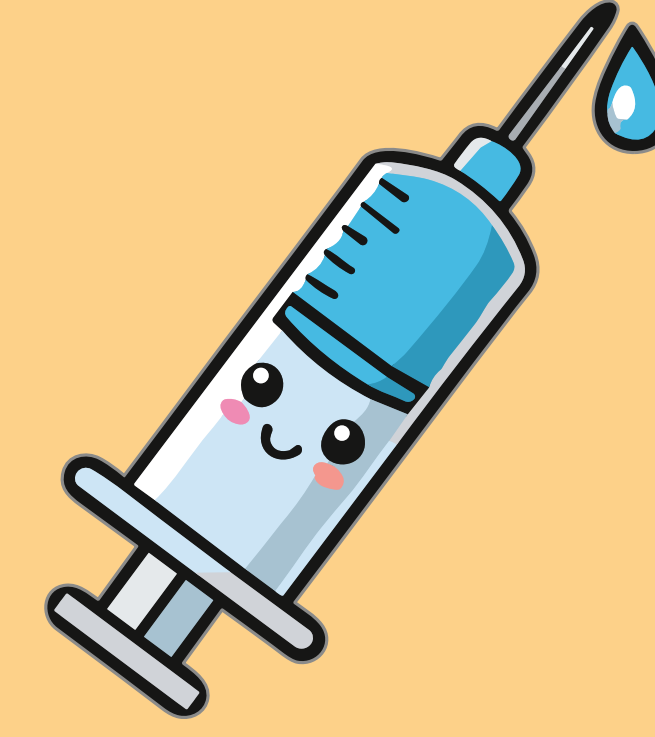
Typically over 35-40 years old and has previous experience with oral PrEP. They are not switching due to adherence issues, but to improve quality of life.



Wants a "zero thoughts" approach to prevention. Their dynamic lifestyle make a daily pill a challenge, or they desire maximum discretion.



Values the continuous, long-term protection that reduces the anxiety of potentially forgetting a pill.



Is not needle-phobic and is comfortable with receiving a periodic intramuscular injection.

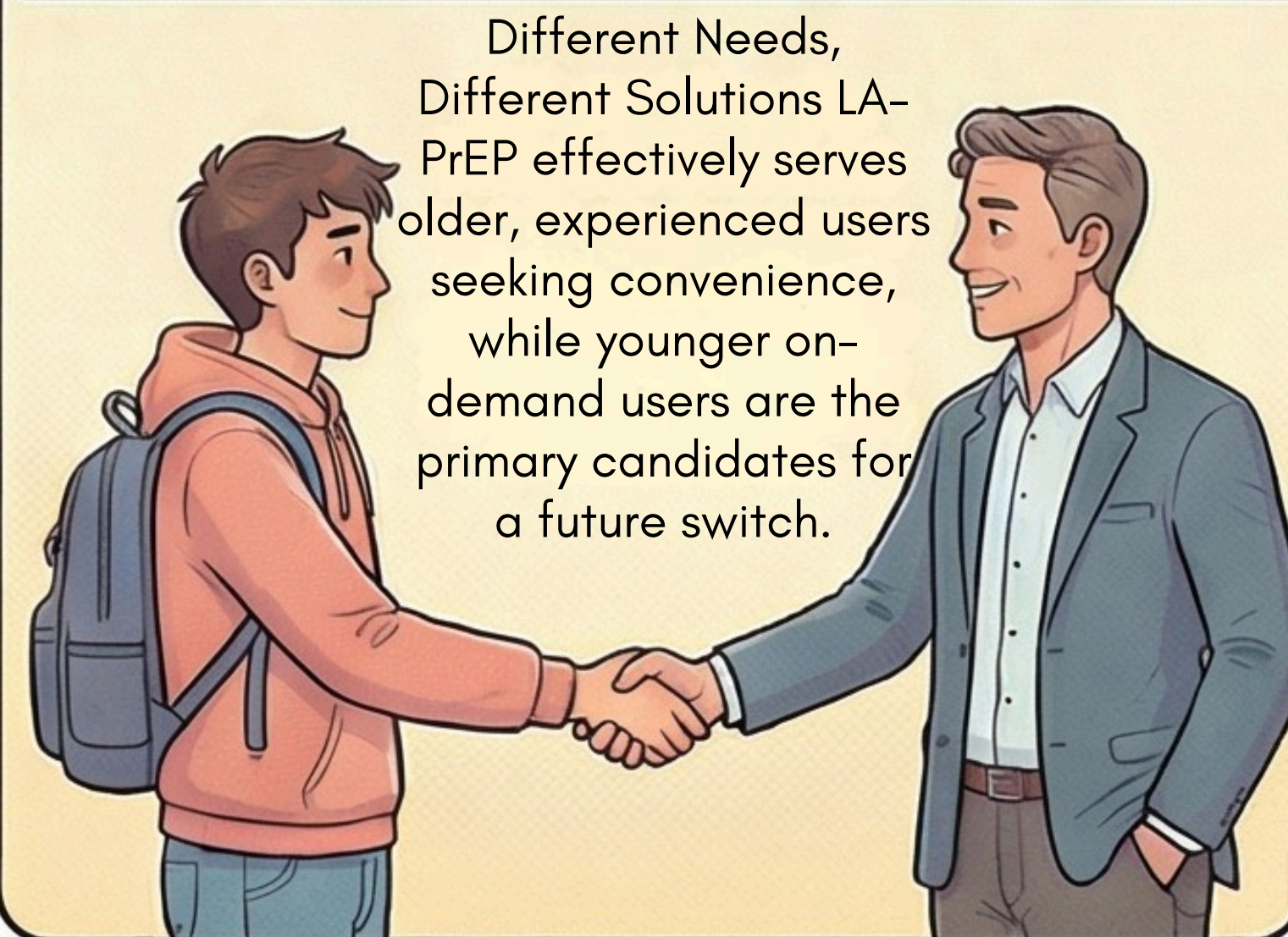


Is informed and accepts that temporary, local pain/discomfort at the injection site is a common, acceptable trade-off for next-total convenience.

Conclusions: The introduction of LA-PrEP effectively meets the needs of an older, experienced user seeking convenience.

The younger, on-demand user represents the primary candidate for a future switch, driven by a desire for greater spontaneity. This tailored approach is fundamental for service sustainability, ensuring that the more resource-intensive LA regimen is directed towards the users who will benefit most. Synergy between the infectious disease specialist's and the hospital pharmacist's is therefore essential for optimizing clinical outcomes while ensuring the long-term efficiency and viability of the PrEP program

The Power of a Personalized Approach



Different Needs, Different Solutions LA-PrEP effectively serves older, experienced users seeking convenience, while younger on-demand users are the primary candidates for a future switch.

Smart Resource Allocation is key point. This tailored approach ensures the more resource-intensive LA-PrEP is directed to users who will benefit the most, ensuring program sustainability.

“ Synergy... is essential

Collaboration between infectious disease specialists and hospital pharmacists is crucial for optimizing clinical outcomes and ensuring long-term program visibility.



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