

5. Combination HIV prevention

Combination HIV prevention is an approach that combines biomedical, behavioral, and structural interventions that are tailored to the needs of specific populations and local HIV epidemics. No single intervention is sufficient on its own; combining multiple evidence-based strategies provides the greatest reduction in HIV transmission.

1. Biomedical interventions

- HIV testing services (HTS)
- Antiretroviral therapy (ART) / Treatment as Prevention (TasP)
- Pre-exposure prophylaxis (PrEP)
- Post-exposure prophylaxis (PEP)
- Condoms and lubricants
- Voluntary medical male circumcision (VMMC)
- Prevention of mother-to-child transmission (PMTCT)
- Harm reduction interventions for people who inject drugs (PWID):
 - Needle and Syringe Programmes (NSP)
 - Opioid Agonist Therapy (OAT/OST) (e.g., methadone or buprenorphine)

2. Behavioral interventions

- HIV education
- Risk-reduction counselling
- Safer sex education
- Adherence counselling
- Partner notification services

3. Structural interventions

- Reducing stigma and discrimination
- Protecting human rights
- Gender equality
- Community empowerment
- Legal and policy reforms
- Improving access to health services

A comprehensive prevention package for a person at substantial risk of HIV may include:

- Regular HIV testing.
- Daily or long-acting PrEP
- Consistent condom uses with lubricants.
- Needle–syringe programmes (NSP)
- Evidence-based treatment of drug dependence
- Screening and treatment for sexually transmitted infections.
- Risk-reduction counselling.
- Access to stigma-free and confidential health services.
- Support for adherence to PrEP and follow-up care.

The combination prevention package for a person living with HIV may include:

- Immediate initiation and continuation of ART to achieve viral suppression ("Undetectable = Untransmittable" when viral suppression is sustained).
- Adherence support.
- Condom use as appropriate.
- Needle–syringe programmes (NSP)
- Evidence-based treatment of drug dependence
- Partner testing and partner notification services.
- Reproductive and sexual health services.
- Screening and treatment for tuberculosis, hepatitis, and sexually transmitted infections.

References

- World Health Organization; Consolidated guidelines on HIV prevention, testing, treatment, service delivery and monitoring: recommendations for a public health approach. Geneva_ 2021; available at <https://www.who.int/publications/i/item/9789240031593>.
- WHO. Consolidated Guidelines on Person-Centred HIV Strategic Information and related HIV prevention guidance_Jul 2022; available at <https://www.who.int/publications/i/item/9789240055315>.