HIV Screening and Counseling

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Learning Objectives

- 1. Understand the guidelines for HIV screening
- 2. Relate issues that are important to discuss with a patient who is newly diagnosed with HIV
- 3. Recognize current laws and resources involving partner disclosure

Case: J.M. is a 21 year old Caucasian male who presents to clinic for a routine health exam. He states that he has no complaints at this time and is feeling well. He has no significant medical history and does not take any medication. He denies any past or present smoking or illicit drug use. He drinks alcohol socially and denies any binge drinking. He is sexually active with a male partner who he has been with for the past one year. He reports that he "usually" uses condoms and that he and his partner are monogamous. He is usually the bottom partner in sexual intercourse. He denies any history of STDs. He has not been seen by a physician for the past 2 years and has never been screened for HIV or other STDs.

1.	What are the current recommendations for HIV screening?
2.	What type of consent is required to obtain HIV screening on this patient?
3.	What type of testing should be used to screen this patient for HIV?

Case continued: The patient gives verbal consent to obtain HIV testing, as well as
screening for other STDs. He is found to have positive HIV-1 antigen and antibody.
HIV-1 RNA PCR shows a viral load of 360,000 copies. Other screening for STDs
including gonorrhea, chlamydia, and syphilis are negative. He returns to the office
several days later for you to update him on the results.

4. What should your patient be counseled on now that he is found to be HIV positive?

Case continued: You discuss the diagnosis with your patient and encourage him to notify his current sexual partner, as well as any past sexual partners. He reports that he had several casual encounters over a year ago, before dating his current partner. He thinks he likely contracted HIV then. He is nervous to tell his current partner and does not know how he would notify those prior sexual contacts.

5. What types of assistance and support are available for partner notification?

6. What if a patient refuses to notify their sexual partner(s)? Are you legally mandated to report?

Recommended Reading

1. "HIV Infection: detection, counseling, and referral". Sexually Transmitted Diseases Treatment Guidelines, 2010. Center for Disease Control and Prevention. Updated August 2014. http://www.cdc.gov/std/treatment/2010/hiv.htm

Additional References/Reading

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- 6. Moyer V. "Screening for HIV: U.S. Preventive Services Task Force Recommendation Statement". Annals of Internal Medicine. 2013; 159:51-60.
- 7. O'Brien TR, George JR, Holmberg SD. "Human immunodeficiency virus type 2 infection in the United States". JAMA 1992; 267:2775--9
- 8. "Reducing HIV Transmission From Mother-to-Child: An Opt-Out Approach to HIV Screening". Center for Disease Control and Prevention. January 10, 2014. http://www.cdc.gov/hiv/risk/gender/pregnantwomen/opt-out.html
- 9. Rochelle P. Walensky, Kenneth A. Freedberg, Milton C. Weinstein, and A. David Paltiel. "Cost-Effectiveness of HIV Testing and Treatment in the United States". Clin Infect Dis. 2007; 45:S248-S254