

How to Make Adolescent STD Screening Easy

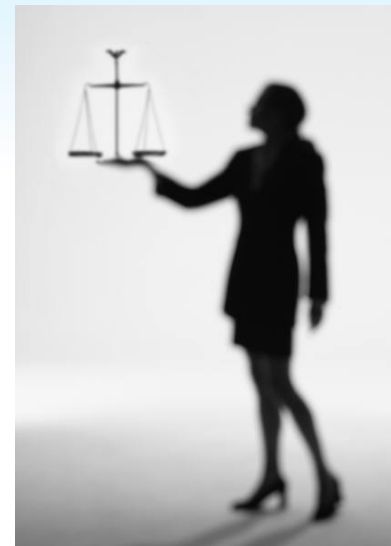
Jill Grimes, MD



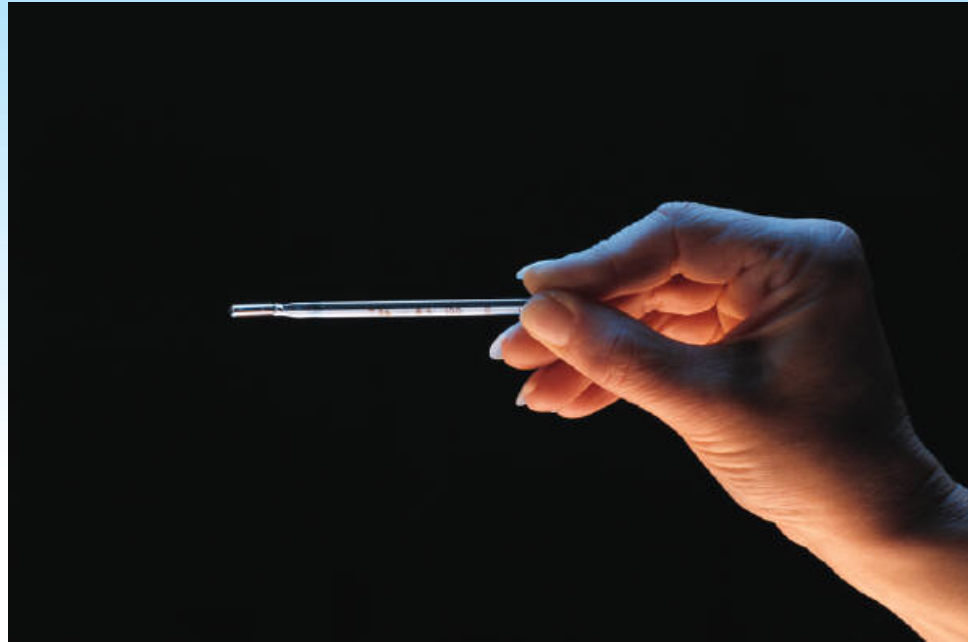
KEEPING CENTRAL TEXAS CHILDREN WELL 2010

Disclaimer

This presentation reflects the opinions of Jill Grimes, MD, and is not intended to represent the opinions of the Seton family of hospitals.



You can't find a fever if you don't check a temperature



Chlamydia is SILENT...

- Women: 75%
- Men: 50%



CHLAMYDIA

- Over 1 million cases/year *reported*
- **15-19 year old girls** have the highest incidence: nearly 3 in 100!
- **Causes scarring** that leads to PID, chronic pelvic pain, tubal pregnancies and infertility
- **Screening everyone** would prevent over 20,000 cases of infertility each year in the US



Chlamydia Consequences

- Up to 40% of untreated infections lead to Pelvic Inflammatory Disease
- *REGARDLESS* of symptom severity, after one case of PID:
 - 20% Infertility
 - 18% Chronic pelvic pain
 - 9% Ectopic pregnancy

Chlamydia Screening

- The U.S. Preventive Services Task Force (USPSTF) recommends: screening for all sexually active young women aged 24 and younger.
- Grade: [A Recommendation](#).
- Screening for men?



TESTS:

- Culture: 2-3days, specific, but not too sensitive
- **NAATs** (Nucleic Acid Amplification Test): increased sensitivity, work for endocervical & urethral swabs as well as urine
- Nucleic Acid Hybridization Tests
- EIA's (Enzyme Immunoassays) and DFA's (Direct Fluorescent Antibodies) : detect Antigens
- Serologies: Can't tell if old or new infection

What TEST is BEST?

- **Women: NAAT on endocervical swab or urine sample***
 - **Men: NAAT on intraurethral swab or urine sample***
- * *Urine samples are thought to have slightly less sensitivity, but are often preferred by patients*

Examples of NAATs: Amplicor, LCx, BDProbeTec, Gen-Probe

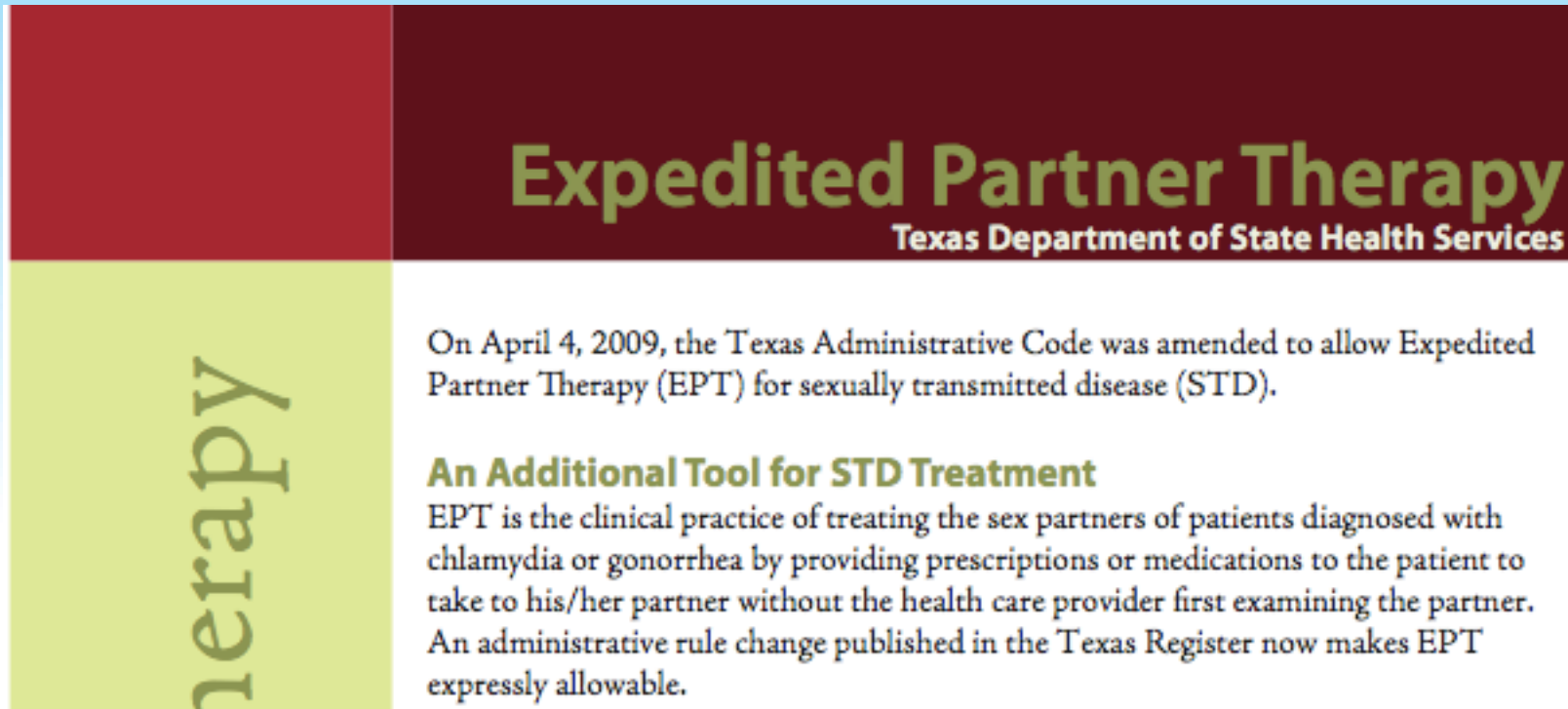
Chlamydia Treatment

- azithromycin 1g single dose
OR
- doxycycline 100mg BID x 7d

Remember: the PARTNERS need treatment, too!



Expedited Partner Therapy

A graphic with a dark red header and a light green footer. The header contains the title 'Expedited Partner Therapy' in green and 'Texas Department of State Health Services' in white. The footer contains the word 'therapy' in a light green font, oriented vertically. The main body is white with black text.

Expedited Partner Therapy
Texas Department of State Health Services

On April 4, 2009, the Texas Administrative Code was amended to allow Expedited Partner Therapy (EPT) for sexually transmitted disease (STD).

An Additional Tool for STD Treatment

EPT is the clinical practice of treating the sex partners of patients diagnosed with chlamydia or gonorrhea by providing prescriptions or medications to the patient to take to his/her partner without the health care provider first examining the partner. An administrative rule change published in the Texas Register now makes EPT expressly allowable.

EPT: <http://www.dshs.state.tx.us/hivstd/ept/default.shtm>



Partner Notification



E-cards

- CDC Health e-cards
- <http://www2c.cdc.gov/ecards/>



Teen Talking



- Hook Up Math
- “Virginity”
- SAFE Sex

Hook Ups



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Define: Virginity





Condoms*

(*when they are used properly and don't break)

CAN Prevent:

- Gonorrhea
- Chlamydia
- Trichomonas
- HIV

HELP decrease transmission of:

- Herpes
- HPV
- Syphilis



Gonorrhea USPSTF

- Screen all sexually active women for gonorrhea infection *if they are at increased risk**

Grade: B Recommendation

* **YOUNG** (under 25)

* **NEW** or multiple sexual **partners**

* Hx of previous gonorrhea or other STIs

* *inconsistent condom use, sex work, or drug use.*

Gonorrhea

- 336,742 reported cases in 2008
- **Highest rate in 15-19 year olds (636/100,000)**
- DX: cx, gram stain, DNA probes and PCR tests



RX: Ceftriaxone 125mg IM or Cefixime 400mg po single dose

IF POSITIVE for GONORRHEA, TREAT ALSO for CHLAMYDIA

HIV

- **Incidence:** 56,300 new cases per year
- **Prevalence:** Estimated 1.1 million persons living with HIV/AIDS in US
- **Dx:** Screening ELISA and confirmatory Western Blot
- **Rx:** Combination antiretroviral



HIV USPSTF

- **Clinicians should screen all adolescents and adults at increased risk* for HIV infection.**
 - Grade: A Recommendation.
 - * *MSM after 1975, multiple partners with unprotected sex, injection drug users, sex workers, blood transfusion 1978-1985, sex partners with any risk factors, and **anyone requesting HIV testing***



HIV Practice Point

Since 2006, CDC recommends:

Screen all patients ages 13-64

(unless prevalence of undiagnosed HIV infection in their patients has been documented to be $<0.1\%$)

WHY?

- 47% High School Students reported having sex
- ONLY 37% used a condom
- Estimated half of HIV-infected adolescents are untested & unaware of their status
- Transmission is 3.5 times higher if unaware

Syphilis

Incidence: 40,920

Prevalence: 3.8/100,000 overall (P&S syphilis)

6.6/100,000 men vs. 1.1/100,000 women

Dx: RPR, VDRL and FTA

RX: For Primary and Secondary Syphilis

Benzathine penicillin G 2.4 million units IM (adult)

Benzathine penicillin G 50,000 units/kg IM (pediatric)

USPSTF:

Screen only those at risk* or pregnant;
do NOT screen asymptomatic low risk patients.

(*MSM, commercial sex workers, inmates)



Herpes

- **1 in 5** Americans >age 12 have HSV type2 AB
- **45 million** Americans
- **USPSTF: Recommends against routine serological screening** for HSV in **asymptomatic** adolescents and adults



When **should** you check for herpes AB?

- Parental confusion/concern
- History of recurrent sores
- “Full STD screen”
- Discordant couples/families

Human Papilloma Virus

NEW

Pap smear recommendation:

- Age 21 or three years after initiating sexual intercourse
- HPV testing only indicated as screening after age 30



THINK
PREVENTION!



 **dell children's**
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LICE

HEAD LICE: 6-12 million cases/year

PUBIC LICE: 3 million cases/year



- Head lice **do NOT travel** to the groin.
- Pubic lice prefer pubic, axillary, mustache, eyelashes & eyebrow hairs.
- **Most infectious** of all STI's, with up to 95% transmission from a single contact.
- They **do not live on toilet seats**, but can be transmitted via linens/clothing.

LOOK for STDs!



JillGrimesMD.com



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