

ASI Provider Guide

Effective Prevention in HIV Care



ASK: Routinely obtain a sexual and substance use history from all patients to assess risk behaviors.

Framework for asking: Reinforce confidentiality, be tactful, be clear, check your assumptions, and be non-judgmental.

Open with: *“To provide the best care, I ask all my patients about their sexual activity — so tell me about your sex life.”*

WHO?	WHAT?	HOW?
<p><i>“Tell me about your partners.”</i></p> <ul style="list-style-type: none"> Gender Number New Partners Partners with other partners 	<p><i>“What types of sex have you been having?”</i></p> <ul style="list-style-type: none"> Vaginal Anal Oral 	<p><i>“How do you protect your partners and yourself during sex?”</i></p> <p><i>“How do you make sure your works are clean?”</i></p>

SCREEN: Appropriately screen patients for STIs based on risk assessment, and ask about STI symptoms.

SCREEN all HIV-positive patients for the following:

	Men	Women
Syphilis	<ul style="list-style-type: none"> Annually, repeated as indicated by risk 	<ul style="list-style-type: none"> Annually, repeated as indicated by risk
Gonorrhea*	<ul style="list-style-type: none"> Annually, repeated as indicated by risk Urine specimen for urethral infection Rectal or pharyngeal specimen, if exposed 	<ul style="list-style-type: none"> Annually, repeated as indicated by risk Vaginal swab, urine or cervical specimen Rectal or pharyngeal specimen, if exposed
Chlamydia*	<ul style="list-style-type: none"> Annually, repeated as indicated by risk Urine specimen for urethral infection Rectal specimen, if exposed 	<ul style="list-style-type: none"> Annually, repeated as indicated by risk Vaginal swab, urine or cervical specimen Rectal specimen, if exposed
Trichomoniasis	<ul style="list-style-type: none"> n/a 	<ul style="list-style-type: none"> Initial visit and repeated as indicated by risk
Hepatitis B and C	<ul style="list-style-type: none"> First visit, and annually if immunity or infection is not documented 	<ul style="list-style-type: none"> First visit, and annually if immunity or infection is not documented

* Screen all exposed anatomic sites, as indicated, and treat even if asymptomatic. Repeat screening every 3-6 months as indicated by risk factors.

NOTE: Evidence suggests that the presence of other STIs increases the risk of HIV transmission and acquisition; therefore prompt diagnosis and treatment for STIs may reduce HIV transmission.

INTERVENE: Provide patients with brief, tailored behavioral interventions for risk reduction.

Discuss risk with patients:

- Unprotected sexual activity
- Anonymous partners
- Patient or partners with recent STI
- History of recreational or intravenous drug use (*particularly meth*)
- Exchange of sex for money or drugs
- Recent incarceration

Assess patients’ knowledge and misconceptions about transmission, and assess attitudes and beliefs. *“What are your concerns about giving someone HIV or getting an STI?”*

Assess circumstances affecting behaviors: What and with whom, where, when, triggers. Assess patients’ readiness to change. *“How do you tell your partners about your HIV status?” “What makes it difficult to use condoms with your partners?”*

Negotiate a behavioral goal: *“What is the one thing you can do to reduce your risk of giving someone HIV or getting other STIs?”*

Identify a first step toward the goal that is:

- concrete
- incremental
- individualized
- realistic

Know the resources in your community and refer for social, mental health, substance abuse, or reproductive concerns as needed.

PARTNER SERVICES: The health department helps patients with HIV identify and notify partners in need of testing. For partners, partner services staff provide education and access to testing. Contact your local health department for more information.

Partner Services:

- Are free, voluntary, and confidential
- Facilitate linkages to services
- Assist patients with telling their partners about HIV exposure
- May be handled differently for HIV based on jurisdiction

How to bring up the subject of partners:

“Now that we have talked about ways to keep you healthy, let’s talk about ways to keep your partners healthy. How do you feel about telling your partners they have been exposed to HIV?”

