

TO: Vermont Healthcare Providers
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New STD Treatment and Screening Guidelines
Health Department Laboratory Resources for STD Testing
Pre-Exposure Prophylaxis (PrEP) for the Prevention of HIV Infection

Sexually Transmitted Diseases (STD) Treatment Guidelines 2015

These updated guidelines from the Centers for Disease Control and Prevention discuss:

1. alternative treatment regimens for *Neisseria gonorrhoeae*
2. use of nucleic acid amplification tests for the diagnosis of trichomoniasis
3. alternative treatment options for genital warts
4. role of *Mycoplasma genitalium* in urethritis/cervicitis and treatment-related implications
5. updated HPV vaccine recommendations and counseling messages
6. management of people who are transgender
7. annual testing for hepatitis C in people with HIV infection
8. updated recommendations for diagnostic evaluation of urethritis
9. retesting to detect repeat infection

Physicians and other health care providers can use these guidelines to assist in the prevention and treatment of STDs. For access to the guidelines and tools such as a phone app for clinicians: <http://www.cdc.gov/std/tg2015/default.htm>

STD Screening Recommendations

Updated *STD Screening Recommendations* are referenced within these *STD Treatment Guidelines*. The updated recommendations suggest:

1. annual testing for gonorrhea among Men who have Sex with Men (MSM) *at sites of contact* (urethra, rectum, pharynx) or at 3 to 6 months based on risk level
2. annual testing for syphilis among MSM or at 3 to 6 months based on risk level
3. annual testing for chlamydia among Men who have Sex with Men (MSM) *at sites of contact* (urethra, rectum) or at 3 to 6 months based on risk level
4. at least annual testing for HIV among MSM
5. annual hepatitis C testing in MSM with HIV infection

STD screening recommendations are also referenced for other populations (e.g. women, pregnant women, men who are not MSM). For access to the *STD Screening Recommendations*: <http://www.cdc.gov/std/tg2015/screening-recommendations.htm>

Health Department Resources for STD Testing

The Vermont Department of Health Laboratory performs testing for the following Sexually Transmitted Diseases: syphilis, HIV-1/HIV-2, gonorrhea and chlamydia (on urine, urethral, endocervical, vaginal and site specific rectal and oropharyngeal specimens), hepatitis B, and hepatitis C.

For information about Health Department clinical laboratory tests and fees:

http://healthvermont.gov/enviro/ph_lab/documents/VDHLClinicalLabServicesManual.pdf

http://healthvermont.gov/enviro/ph_lab/documents/feeschedule.pdf

Pre-Exposure Prophylaxis (PrEP) to Prevent HIV Infection Among People at Highest Risk

Pre-exposure prophylaxis, or PrEP, is an HIV prevention option for people who are at high risk of acquiring HIV. It's meant to be used consistently, as a pill taken every day, and to be used with other prevention options such as condoms. CDC released *PrEP Clinical Practice Guidelines* and a *Supplement* in 2014. They offer comprehensive information for medical providers and clinicians.

Clinical Practice Guidelines - <http://www.cdc.gov/hiv/pdf/PrEPguidelines2014.pdf>

Supplement - <http://www.cdc.gov/hiv/pdf/PrEPProviderSupplement2014.pdf>

CDC offers a telephone consultation service, available to any clinician seeking information about PrEP. Providers can receive expert guidance from a staff of experienced clinicians from 11:00 am to 6:00 pm ET Monday through Friday. Although all clinicians can benefit from the service, the focus of the PrEPline is on those physicians, nurse practitioners and physician assistants who are providing primary care to HIV-uninfected patients facing high risk of acquiring HIV infection.

Clinicians seeking advice and consultation on PrEP can call the hotline at 855-HIV-PrEP (855-448-7737). In addition, clinicians can call the UVM Medical Center Infectious Disease Program at 802-847-4594 for consultation on PrEP.

At this time, all insurance policies available in Vermont cover PrEP for people who need it. Co-pays and deductibles vary from policy to policy. Prospective patients, medical social workers, providers, and pharmacists can use this comprehensive tool from Project Inform to help assess insurance coverage for PreP:

http://www.projectinform.org/pdf/PrEP_Flow_Chart.pdf

HAN Message Type Definitions

Health Alert: Conveys the highest level of importance; warrants immediate action or attention.

Health Advisory: Provides important information for a specific incident or situation; may not require immediate action.

Health Update: Provides updated information regarding an incident or situation; unlikely to require immediate action.

Info Service Message: Provides general correspondence from the Health Department, which is not necessarily considered to be of an emergent nature.

You have received this message based upon the information contained within our emergency notification data base.

If you have a different or additional e-mail address or fax number that you would like us to use please contact your Health Alert Network (HAN) Coordinator at: vthan@vermont.gov or Lee.Dorf@vermont.gov.
