DOES YOUR PATIENT NEED HIV TESTING?[1]

Assess for high-risk exposure or symptoms of acute infection

High-risk Exposure

3P assessment shows ALL the following:

- **Partner** HIV+ **AND** viremic (>200 copies/ml) or HIV status unknown and from a population with higher rates of HIV
- **Practices** including anal or vaginal sex, injecting drugs
- **Protection** gaps, such as no or broken condom, delayed condom use, removed condom, sharing equipment to inject drugs

STBBI[4] or contact of an HIV case

Symptoms of acute HIV

Symptoms not explained by other condition:

- Fever
- Fatigue
- Rash
- Swollen lymph nodes
- Muscle pain
- Headache
- Diarrhea (GI distress)
- Unexplained mononucleosis or flu-like illness

Recommend:

- HIV test at baseline, and at 3 weeks and 6 weeks after the possible high-risk exposure using laboratory-based serology
- STI and hepatitis C tests at baseline and according to guidelines
- Other prevention/harm reduction tools

If within 72 hours of high-risk exposure:

- Assess for/start on PEP[3]
- Test at baseline, and at 3 weeks and 6 weeks after the 28-day course of PEP
- If at risk of ongoing high-risk exposures, transition from PEP to PrEP[3]

If >72 hours after high-risk exposure, at ongoing high risk, and no symptoms of seroconversion:

- Assess for/start on PrEP[3]
- Test at baseline, and at 3 weeks and 6 weeks after high-risk exposure

Assess for symptoms associated with chronic HIV

Symptoms of chronic HIV

TB or other AIDS-associated condition[2]

- Unexplained weight loss
- Shingles (herpes zoster) before age 55
- Unexplained thrombocytopenia/ leukocytopenia >4 weeks
- Persistent or recurrent oral thrush or vaginal candidiasis
- Persistent or recurrent skin lesions
- Recurrent or chronic swollen lymph nodes
- Reccurrent or chronic pneumonia in individuals ages 15-54
- Infectious endocarditis (with past or present drug use)

Recommend:

- HIV test

Belongs to a population with higher rates of HIV[2]

- Gay, bisexual and other men who have sex with men, including trans men
- African, Caribbean and Black populations
- Indigenous Peoples
- People who use drugs
- Cis and trans women, including those from communities above, who face systemic and social inequities, and are more likely to be exposed to HIV through a sexual or drug-using partner

Sexually active and/or injecting drugs

If no, routine testing not required

- Assess for high-risk exposures (3P assessment) (see page 12)
- If low risk of exposure, recommend annual HIV test
- HIV test when:
- the person reports a recent high-risk exposure
  - the person presents with another STBBI[4]
  - the person has a new sexual partner
  - the person or partner has travelled AND engaged in sex and/or injection drug use
- If ongoing high risk of exposure:
  - Assess for/start on PrEP[3]
  - Recommend more frequent HIV testing (e.g. after each exposure or every three months)

Specific care situations

Initiating immune suppressing therapy

Recommend:

- HIV test before initiating therapy
- Re-test during therapy if possible exposure or ongoing risk

Pregnancy

Recommend:

- HIV test at first prenatal visit
- If at ongoing risk of exposure:
  - assess for PrEP[3] and other prevention tools (e.g. condoms)
  - HIV test @ 36 weeks
  - HIV test at delivery

1. Behaviours associated with HIV infection are often stigmatized; if a person requests testing, testing is appropriate. If the person is a frequent tester with no evidence of risk, offer support and referral in accordance with the Counselling Guidelines for Clients with High HIV Anxiety and Low/No Risk.
2. See Ontario's Infectious Disease Protocol for AIDS.
3. Post-exposure prophylaxis (PEP) is a 28-day course of antiretroviral medications started within 72 hours of a high-risk exposure to HIV to prevent infection. Pre-exposure prophylaxis (PrEP) is the use of antiretroviral medication to prevent HIV infection in adults who are at high, ongoing risk of infection. See Canadian guideline on HIV pre-exposure prophylaxis and nonoccupational postexposure prophylaxis.
4. Sexually transmitted and blood borne infections. See page 13.

Based on Ontario Guidelines for Providers Offering HIV Testing, 2023. See hivtestingontario.ca.