

# Human Immunodeficiency Virus (HIV) Screening

CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR PRIMARY CARE PROVIDERS

## C&TC Requirements

### General

Universal HIV screening (offering HIV blood testing to all youth, regardless of reported risk factors) is required at least once between 15-18 years of age.

Youth who have risk factors for HIV exposure should be tested at least annually. Risk factors include: multiple sexual partners, lack of barrier protection, diagnosis with another sexually transmitted infection (STI), use of injection drugs, trading sex for money or items of value, and young men who have sex with men.

Under [Minnesota's minor's consent law \(MN Statute §144.343\) \(www.revisor.mn.gov\)](http://www.revisor.mn.gov), youth have the right to testing and treatment for STIs without parental knowledge or consent. HIV testing and results are covered under this statute.

### Personnel

Physicians, nurse practitioners, physician assistants, nurses, or medical assistants or lab technicians may complete screening for HIV. A licensed health care provider (physician, nurse practitioner, physician assistant) must interpret the results and ensure appropriate follow-up.

### Documentation

Document HIV screening lab tests ordered. It is not necessary to note lab test results on the C&TC visit record, but ensure that results are documented elsewhere in the patient's health record. If the youth declines the HIV blood test or if their HIV status is already known, document the reason that the HIV blood test was not done.

## Procedure

Offer HIV screening to the young person at least once between 15-18 years. This should be done in the context of a broader, confidential conversation with the adolescent about sexual health and preventative care. An opt-out universal screening approach where the youth is informed that testing will be completed unless they decline is recommended.

HIV testing can be completed in a laboratory on a sample of blood drawn by venipuncture or by a rapid screening test on a sample of blood obtained by a finger stick.

A reactive rapid HIV screening test requires that further laboratory diagnostic testing be completed to confirm the result. For additional guidance, refer to CDC's [Laboratory Testing for the Diagnosis of HIV Infection \(https://stacks.cdc.gov\)](https://stacks.cdc.gov).

## Importance of HIV Screening

In 2018, youth aged 13-24 made up 13% of all the new HIV diagnoses in Minnesota (Minnesota HIV/AIDS Surveillance System, 2019). More than 30% of new HIV infections are transmitted by people with undiagnosed HIV (Li et al., 2019) and youth are least likely to be aware of their HIV positive status compared to any other age group (CDC, 2019).

When taken as prescribed, HIV medications can decrease the amount of HIV present in blood to levels too low to measure. This is called an undetectable viral load. A person living with HIV who takes HIV medicine and maintains an undetectable viral load cannot pass HIV to their sexual partners. This concept is known as Undetectable = Untransmittable (U=U).

Following recommendations for universal opt-out screening will help identify HIV early, promote linkage of those living with HIV to treatment, and prevent transmission.

Universal HIV screening completed in the context of a supportive conversation will also help identify youth appropriate for [Pre-Exposure Prophylaxis \(PrEP\)](https://www.cdc.gov/prep/). PrEP is for people at risk for HIV to take daily to prevent HIV. PrEP has been FDA approved for use in adolescents since 2018. Studies show that using PrEP reduces the risk of getting HIV from sex by 99% when taken consistently (CDC, 2019).

## Professional Recommendations

### American Academy of Pediatrics

The American Academy of Pediatrics, United States Preventative Services Task Force (USPSTF), and Centers for Disease Control (CDC) recommend universal HIV screening in adolescence (American Academy of Pediatrics, 2019) (USPSTF, 2019) (Branson et al., 2006).

## Resources

### Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](https://www.dhs.state.mn.us)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](https://www.dhs.state.mn.us)

### Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](https://www.health.state.mn.us)
- [1:1 Time Family Letter Template](https://www.health.state.mn.us)
- [HIV/AIDS](https://www.health.state.mn.us)
- [HIV & HIV Testing](https://www.health.state.mn.us)

## Centers for Disease Control and Prevention

- [Screening for HIV](https://www.cdc.gov)

## References

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## For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3760 or email [health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us).

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