Human Immunodeficiency Virus (HIV) Screening

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. HIV blood testing and results are covered under Minnesota’s minors’ consent statute.

Youth who have risk factors for HIV exposure should be tested at least annually. High-risk categories include having multiple sexual partners, failing to use barrier protection, using injection drugs, and young men who have sex with men (Centers for Disease Control and Prevention, 2015).

Under Minnesota’s minor’s consent law (MN Statute § 144.343), youth have the right to testing and treatment for sexually transmitted infections (STIs) without parental knowledge or consent.

Personnel

Physicians, nurse practitioners, physician assistants, nurses, medical assistants or lab technicians may complete lab screening for HIV. A licensed healthcare provider 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. HIV screening and results are confidential under Minnesota’s Minor’s consent law. 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 other health issues.

The Centers for Disease Control and Prevention (CDC) recommends opt-out universal HIV screening as routine part of clinical care in all health care settings, ensuring the patient’s option to decline HIV testing as well as a provider-patient relationship that supports optimal clinical and preventive care.

Rapid HIV test require further diagnostic testing. For additional information, refer to the CDC’s Revised Recommendations for HIV Testing of Adults, Adolescents, and Pregnant Women in Health-Care Settings (www.cdc.gov).

Importance of HIV Screening

The majority of new HIV infections in Minnesota occur in people under 35; many of whom could have been infected as adolescents and younger adults (Minnesota HIV/AIDS Surveillance System, 2019). Thirty percent of new HIV infections are transmitted by people with undiagnosed HIV (National Center for HIV/AIDS, 2017). Following AAP, CDC, and USPSTF recommendations for universal screening will help identify HIV early, treat it effectively, and prevent its spread.

When taken as prescribed, HIV medications can decrease the amount of HIV present in blood to be too low to measure. This is called being undetectable. A person living with HIV who gets and stays undetectable has effectively no risk of transmitting HIV to their sex partners.
This concept is known as **Undetectable = Untransmittable (U=U)** (www.health.state.mn.us). Following screening guidelines will also identify those appropriate for **HIV Pre-Exposure Prophylaxis (PrEP)** (www.health.state.mn.us).

### Professional Recommendations

**American Academy of Pediatrics**

Screen all youth for HIV once between 15 and 18 years of age, making every effort to preserve patient confidentiality (American Academy of Pediatrics, 2017).

**U.S. Preventive Services Task Force**

Screen for HIV in adolescents beginning at age 15 and in younger adolescents at increased risk for infection (Moyer, 2013).

### Resources

**Minnesota Department of Human Services**

- [Minnesota Health Care Programs Provider Manual C&TC Section](www.dhs.state.mn.us)
- [Minnesota Child and Teen Checkups Schedule of Age Related Screening Standards](www.dhs.state.mn.us)

**Minnesota Department of Health**

Clinical resources:

- [HIV FAQ](www.health.state.mn.us) for youth, to explain why you offer universal HIV screening in C&TC visits
- [Confidential care letter template](www.health.state.mn.us), to communicate clinic’s standard practice for confidential care of adolescent patients
- [Child and Teen Checkups](www.health.state.mn.us)
- [HIV/AIDS](www.health.state.mn.us)
- [HIV Testing Training](www.health.state.mn.us)

- [Sexually Transmitted Diseases (STDs)](www.health.state.mn.us)

### Centers for Disease Control & Prevention (www.cdc.gov)

- [HIV Guidelines and Recommendations](www.cdc.gov)
- [HIV Screening, Standard Care. (online CME): implementing universal HIV screening](www.cdc.gov)
- [Laboratory Testing for the Diagnosis of HIV Infection: Updated Recommendations](https://stacks.cdc.gov)

### References


### 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 email health.childteencheckups@state.mn.us.

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