

Human Immunodeficiency Virus (HIV) Screening

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

HIV screening is required at a C&TC visit once between 15-18 years of age regardless of risk factors. Minnesota's minor's consent law indicates youth have the right to testing and treatment without parental knowledge or consent.

C&TC Requirements

General

Universal HIV screening is required during C&TC visits at least once between 15-18 years of age. Offer HIV blood testing to all youth, regardless of reported risk factors.

Test youth who have risk factors for HIV exposure at least annually. Risk factors include multiple sexual partners, lack of barrier protection, another sexually transmitted infection (STI), injection drug use, trading sex for money or items of value, and men who have sex with men.

Under [Minnesota's minor's consent law \(MN Statute §144.343\)](#), 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, medical assistants, or lab technicians may complete HIV screening. A licensed health care provider (physician, nurse practitioner, physician assistant) must interpret results and ensure follow-up.

Documentation

Document HIV screening lab tests ordered. Lab test results do not need to be on the C&TC visit form but should be documented in the patient's record. Document the reason if an HIV blood test was not done.

For documentation examples or for use as a template with your electronic medical record, refer to the [C&TC Provider Documentation Forms](#).

Procedure

Offer HIV screening to the young person at least once between 15-18 years in the context of a broader, confidential conversation with the adolescent about sexual health and preventive care. Take an [opt-out screening](#) approach.

Complete HIV testing 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 further laboratory diagnostic testing to confirm the result. For additional guidance, refer to the Centers for Disease Control and Prevention's (CDC) [Laboratory Testing for the Diagnosis of HIV Infection](#).

Importance of HIV Screening

In 2020, youth aged 13-24 made up 21% of all new HIV diagnoses in Minnesota (Minnesota Department of Health, 2020). People with undiagnosed HIV can unknowingly transmit HIV; youth are less likely to be aware of their HIV-positive status and more likely to engage in HIV risk behaviors than other age groups (Centers for Disease Control and Prevention, 2022).

Undetectable = Untransmittable (U=U) is when a person living with HIV takes HIV medicine as prescribed and maintains an undetectable viral load so they cannot pass HIV to their sexual partners.

Universal screening helps identify youth at risk for HIV and who are appropriate for [Pre-Exposure Prophylaxis \(PrEP\)](#). PrEP is a daily medication to prevent HIV that is FDA-approved for adolescents. PrEP reduces the risk of getting HIV from sex by 99% when taken consistently (Centers for Disease Control and Prevention, 2022).

Professional Recommendations

American Academy of Pediatrics

The American Academy of Pediatrics recommends offering HIV screening at least once to youth 15 years and older (Hsu & Rakhmanina, 2022).

United States Preventive Services Task Force

The United States Preventive Services Task Force (USPSTF) recommends universal HIV screening in adolescence (United States Preventive Services Task Force, 2019).

Resources

Minnesota Department of Human Services

- [C&TC Schedule of Age-Related Screening Standards](#)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](#)

Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\)](#)
- [1:1 Time Family Letter Template](#)
- [HIV/AIDS](#)
- [HIV & HIV Testing](#)

References

Centers for Disease Control and Prevention. (2022). *HIV in the United States by Age*. Retrieved from www.cdc.gov/hiv/group/age/index.html

Centers for Disease Control and Prevention. (2022). *PrEP (Pre-Exposure Prophylaxis)*. Retrieved from www.cdc.gov/hiv/basics/prep.html

Hsu, K., & Rakhmanina, N. (2022). Adolescents and Young Adults: The Pediatrician's Role in HIV Testing and Pre- and Postexposure HIV Prophylaxis. *Pediatrics*, *149*(1). doi:10.1542/peds.2021-055207

Minnesota Department of Health. (2020). *HIV Incidence Report 2021 Tables*. Retrieved from www.health.state.mn.us/diseases/hiv/stats/2021/infectables.pdf

United States Preventive Services Task Force. (2019). *Human Immunodeficiency Virus (HIV) Infection: Screening*. Retrieved from www.uspreventiveservicestaskforce.org/uspstf/recommendation/human-immunodeficiency-virus-hiv-infection-screening

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 651-201-3650 or email health.childteencheckups@state.mn.us.

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Resource Links

- [Minnesota’s minor’s consent law \(MN Statute §144.343\)](https://www.revisor.mn.gov/statutes/cite/144.343)
- [C&TC Provider Documentation Forms](https://mn.gov/dhs/partners-and-providers/policies-procedures/minnesota-health-care-programs/provider/types/ctc-resources/)
- [Opt-out screening](https://www.cdc.gov/hiv/clinicians/screening/how.html#opt-out)
- [Laboratory Testing for the Diagnosis of HIV Infection](https://stacks.cdc.gov/view/cdc/23447)
- [Pre-Exposure Prophylaxis \(PrEP\)](https://www.cdc.gov/hiv/basics/prep.html)
- [C&TC Schedule of Age-Related Screening Standards](https://edocs.dhs.state.mn.us/lfserver/Public/DHS-3379-ENG)
- [Minnesota Health Care Programs \(MHCP\) Provider Manual - C&TC Section](http://www.dhs.state.mn.us/main/idcplg?IdcService=GET_DYNAMIC_CONVERSION&RevisionSelectionMethod=LatestReleased&dDocName=dhs16_150092)
- [Child and Teen Checkups \(C&TC\)](http://www.health.state.mn.us/divs/cfh/program/ctc/index.cfm)

- [1:1 Time Family Letter Template](https://www.health.state.mn.us/docs/people/childreneyouth/ctc/parentconf.docx)
- [HIV/AIDS](https://www.health.state.mn.us/diseases/hiv/index.html)
- [HIV & HIV Testing](https://www.health.state.mn.us/docs/people/childreneyouth/ctc/hivtesting.docx)