

# Sexually Transmitted Infection (STI) Risk Assessment

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

### C&TC Requirements

#### General

STI *risk assessment* is required during all C&TC visits 11 years and older to determine if screening for sexually transmitted infections (STIs) is necessary. Based on risk factors, provide laboratory testing, treatment, and counseling as indicated.

Refer to specific testing recommendations based on risk factors in the Centers for Disease Control and Prevention's (CDC) [Screening Recommendations and Considerations \(cdc.gov\)](#).

- Screen all females who are sexually active for chlamydia and gonorrhea at least annually. Rescreen anyone treated for chlamydia or gonorrhea three months after treatment (Workowski, et al., 2021)
- Screen *all* adolescents for Human Immunodeficiency Virus (HIV) at least once between 15 and 18 years of age

#### Personnel

A licensed health care provider should review and interpret the STI risk assessment: physician, nurse practitioner, physician assistant, or registered or public health nurse (RN or PHN) who has completed the C&TC Comprehensive Screening training through the Minnesota Department of Health (MDH).

#### Documentation

Document that a risk assessment was completed and what laboratory tests were ordered, if applicable. It is not necessary to list lab results on the C&TC documentation form but should be documented elsewhere in the patient's health record.

For documentation examples, refer to the [C&TC Provider Documentation Forms \(mn.gov/dhs\)](#).

#### Procedure

Incorporate STI risk assessment into each C&TC visit as part of broader assessment and guidance related to sexual health.

STI risk assessment is best done in a one-to-one conversation with the patient without a parent or guardian present. Inform patient and parent or guardian of [Minnesota's minor's consent law: Minnesota statute 144.343 \(revisor.mn.gov\)](#).

Perform risk assessment using [Essential Sexual Health Questions to Ask Adolescents, p.3-4 \(nationalcoalitionforsexualhealth.org\)](#).

Refer to the CDC's [Guide to Taking a Sexual History \(cdc.gov\)](#).

#### Laboratory Tests

Offer laboratory testing to patients based on risk factors. Refer to the [STI Treatment Guidelines \(cdc.gov\)](#). For HIV treatment, refer to the [HIV Screening C&TC Fact Sheet \(health.state.mn.us\)](#).

## Importance of STI Screening

In 2019, chlamydia had the highest number of annual cases of any condition reported to the CDC. Many cases of chlamydia go undiagnosed as it is asymptomatic in about 7 out of 10 people (National Chlamydia Coalition, 2021). In 2021, 22,578 chlamydia cases and 9,671 gonorrhea cases were reported in Minnesota. Teens and young adults aged 15 to 24 accounted for 53% of chlamydia and 37% of gonorrhea cases (Minnesota Department of Health, 2022).

## Professional Recommendations

### American Academy of Pediatrics

Provide STI risk assessment and laboratory testing as appropriate at routine well visits beginning at 11 years (American Academy of Pediatrics, 2022).

### United States Preventative Services Task Force

Screen for chlamydia and gonorrhea in all sexually active females 24 years of age and younger (U.S. Preventive Services Task Force, 2021).

## Resources

### Minnesota Department of Human Services

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

### Minnesota Department of Health

- [Child and Teen Checkups \(C&TC\) \(www.health.state.mn.us\)](https://www.health.state.mn.us)
- [Sexually Transmitted Diseases \(STDs\) \(health.state.mn.us\)](https://health.state.mn.us)

### Other Resources

- [National STD Consultation Network \(stdccn.org\)](https://stdccn.org)

## References

- American Academy of Pediatrics. (2022). 2022 Recommendations for Preventive Pediatric Health Care. *Pediatrics*, 150(1). doi:10.1542/peds.2022-058044
- Minnesota Department of Health. (2022). *STD Statistics - 2021*. Retrieved from [www.health.state.mn.us/diseases/stds/stats/2021/index.html](https://www.health.state.mn.us/diseases/stds/stats/2021/index.html)
- National Chlamydia Coalition. (2021). *For Healthcare Providers*. Retrieved from [www.chlamydiacoalition.org/for-healthcare-providers/](https://www.chlamydiacoalition.org/for-healthcare-providers/)
- U.S. Preventive Services Task Force. (2021, September). *Chlamydia and Gonorrhea: Screening*. Retrieved from [www.uspreventiveservicestaskforce.org/uspstf/recommendation/chlamydia-and-gonorrhea-screening](https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/chlamydia-and-gonorrhea-screening)
- Workowski, K., Bachmann, L., Chan, P., Johnston, C., Muzny, C., Park, I., . . . Bolan, G. (2021). Sexually Transmitted Infections Treatment Guidelines, 2021. *Morbidity and Mortality Weekly Report (MMWR)*.

## 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](mailto:health.childteencheckups@state.mn.us).

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