

Strength of Recommendations
Bold = Good
Italics = Fair
 Plain Text = consensus or inconclusive evidence

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| HPV, Herpes simplex | <i>Not recommended for primary screening</i> |
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Canadian Guidelines on STIs www.phac-aspc.gc.ca/std-mts/sti-its/index-eng.php USPSTF www.uspreventiveservicestaskforce.org, SOGC sogc.org



| Sexuality Questions | |
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| Partners | Sex with men, women, both or people who identify in other ways? How many partners in past 2 mos /12 mos? Any partners having sex with someone else while in a sexual relationship with you? |
| Pregnancy Prevention | What are you doing to prevent pregnancy? |
| STI Protection | What do you do to protect yourself from STIs / HIV? |
| Practices | Kind of sex: Vaginal, anal, oral. Condom use – always, sometimes, never. If not always, what situations or circumstances make condom use less likely? |
| Past STI history | Have you or a partner -ever had a STI? –exchanged sex for drugs or money? Is there anything else about your sexual practices I need to know in order to help you? |

Adapted from: <http://www.cdc.gov/std/treatment/2010/clinical.htm#shpc>

Cervical cancer, STI and Infectious Disease Screening

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| Pap smears for sexually active females beginning at age 21. Delay screening if not sexually active. Screen every three years. No HPV testing | |
| <i>Chlamydia and Gonorrhea</i> | |
| Screen all asymptomatic sexually active women under 25 years males- assess risk | <i>Urine or vaginal* or cervical swabs (use first 10 to 20 ml of urine, Preferable to avoid voiding 2hrs prior but does not preclude testing)</i> |
| Screen those who are symptomatic or who have contact with an infected person | <i>Use vaginal* or cervical swabs for females Urine for males</i> |
| * Vaginal self-administered swabs may be used. Instructions for sample collection should be given. | |
| Risk factors: <ul style="list-style-type: none"> • Having a new sex partner, more than one sex partner, a partner with other concurrent partners, a partner with an STI • Inconsistent condom use in persons who are not mutually monogamous • Previous or existing STI • At risk population – eg those in prison, military recruits, attending an STI clinic, certain communities | |

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| HIV | |
| Risk factors: <ul style="list-style-type: none"> • Men who have sex with men • Injection drug users • Those with STI's or requesting STI testing • Unprotected vaginal or anal intercourse • Having sexual partners who are infected with HIV, bisexual, or injecting drugs • Exchanging sex for drugs or money | Screen all sexually active individuals |

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| Syphilis | Screen for those at increased risk, including high community prevalence |
| Hep B | <i>Screen high risk</i> |
| | Risk factors: <ul style="list-style-type: none"> • Men who have sex with men • Injection drug users • HIV positive people • Household or sexual contacts of people with Hep B infection • Those born in countries with high prevalence of Hep B |
| Hep C | <i>Screen high risk</i> |
| | Risk factors: <ul style="list-style-type: none"> • IV drug use intranasal drug use • Unregulated tattoos, • High risk sexual contacts and behaviours • Other percutaneous exposures |

| Prevention Counselling for Sexual Activity | |
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| Abstinence and reduction of number of sex partners | CDC |
| Pre-exposure Immunization – Hepatitis B, HPV | CDC, PHAC |
| Pre-exposure Immunization for men who have sex with men – Hepatitis A | CDC, PHAC |
| Condom use (male), female condoms | CDC, PHAC |
| Education about STIs – signs, symptoms, transmission, risk factors, safer sex practices | PHAC |
| Nonoxynol 9 and increased risk of STI transmission | CDC, PHAC |
| Partner testing (previously sexually active) for youth contemplating initiation of sexual activity | PHAC |
| Folic acid – peri-conceptual | SOGC, USPSTF |
| Contraception | SOGC |
| <i>Emergency contraception</i> | SOGC, CDC |

CDC <http://www.cdc.gov/std/tg2015/>

SOGC sogc.org

PHAC <http://www.phac-aspc.gc.ca/std-mts/sti-its/cgsti-lcits/index-eng.php>

Iron deficiency

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| Counsel at risk populations: encourage consumption of adequate dietary iron. Measure ferritin in those with multiple risk factors or for clinical suspicion. |
| Risk factors: |
| • Poor nutrition |
| • Socio-economic factors |
| • Adolescent |
| • Menstruating |
| • Vegetarians |
| • Regular blood donors |
| • Certain ethnic groups – First Nations, Indo-Canadians |
| Symptoms: tiredness, restlessness, attention-deficit/hyperactivity disorder (ADHD), irritability, growth retardation, cognitive and intellectual impairment. |

www.bcguidelines.ca/guideline_iron_deficiency.html

Type II Diabetes Screening

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| Screen individuals at higher risk as per consensus guidelines |
| Youth guidelines http://guidelines.diabetes.ca/Browse/Chapter35 |
| Adult guidelines http://guidelines.diabetes.ca/Browse/Chapter4 |

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Disclaimer: Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only. Preventive care is delivered both episodically and at dedicated visits. This tool may be used in part or as a whole.