

Clinical Practice Guidelines

Human Immunodeficiency Virus (HIV)

Objective

The purpose is to guide the appropriate diagnosis and management of Human Immunodeficiency Virus (HIV).

Guideline

These are only guidelines, and are based on the best available information at the time. These may not be “all inclusive” as new medications and treatments are ever-evolving. These guidelines are updated by MDwise at least biannually as national guidelines are updated.

The practice care guidelines detailed in this document are consistent with the with the U.S. Preventive Services Task Force (USPSTF) and the Revised Recommendation for HIV testing of adults, Adolescents, and Pregnant Women in Health-Care Settings September 22, 2006/55(RR14):I-17

National Guideline Clearinghouse (NGC) Guideline summary: Laboratory testing for the diagnosis of HIV infection: updated recommendations.

AIDSinfo with the National Institute of Health: Guidelines for the use of Antiretroviral Agents in Adults and Adolescents Living with HIV

Notice: Guidance for HIV treatment in adults is changing constantly with the advent of new therapies and other developments. You should frequently review the guidance on the <https://aidsinfo.nih.gov/guidelines> for the latest recommendations.

Assessment and Diagnosis

Screening and Risk Assessment:

- It is recommended all adolescents and adults ages 13-64 years should have HIV screening. Younger adolescents and adults over 65 who are at risk should also be screened. Repeat screening should be done for those persons at higher risk.
- Persons at very high risk should be screened at least annually.
- Very high-risk factors include:
 - Men who have sex with men (MSM)
 - Active injection drug users
- Behavioral high-risk factors include:
 - Unprotected vaginal or anal intercourse
 - Multiple sexual partners or sex with someone who has multiple sexual partners
 - Unprotected mouth –to-genital contact
 - Having sexual partners that are HIV-infected
 - Having sex with someone engaged in or has used injected drugs in the past
 - Engaging in anal sex or with someone else who has anal sex
 - Individuals who are bisexual
 - Exchanging sex for drugs or money
 - Individuals with new sexual partners
 - Other persons who have acquired or request testing for other sexually transmitted diseases (STD)
 - Individuals who live or receive medical care in a high-prevalence setting (defined as a geographic location or community with an HIV seroprevalance of at least 1%)