

STATE OF IOWA DEPARTMENT OF
Health AND **Human**
SERVICES

HIV Prevention Program
HIV Prevention & Testing Services Manual

December, 2023

PURPOSE

The purpose of the HIV prevention program is to distribute information, support increased routine HIV screening, offer HIV testing, provide linkage to HIV prevention services for Iowans who are vulnerable to acquiring HIV, and provide linkage to HIV medical care and support services for Iowans found to be living with HIV.

This manual is intended to provide recommendations and best practices for Iowa providers related to prevention and screening for HIV. Questions related to the content of this document and requests for technical assistance may be directed to the HIV and Hepatitis Prevention Program at HIVHCVPrevention@idph.iowa.gov.

EDUCATIONAL MATERIALS AND RESOURCES

The HIV and Hepatitis Prevention Program provides educational materials related to HIV through the Iowa Department of Health and Human Services (Iowa HHS) Bureau of HIV, STI, and Hepatitis Materials Order Form. Materials are available at no-cost and may be requested by any interested provider, agency, or community organization.

[Access the materials order form.](#)

CLINICAL SCREENING GUIDELINES

The Centers for Disease Control and Prevention (CDC) advises routine HIV screening of adults, adolescents, and pregnant women in health care settings in the United States. The CDC recommends that everyone between the ages of 13 and 64 be tested for HIV at least once as part of routine health care.¹ Screening for individuals with the following risk factors is recommended at least once annually:²

- Men who have sex with men (MSM);
- Individuals who have anal or vaginal sex with someone living with HIV;
- Individuals with more than one sexual partner since their most recent HIV test;
- Individuals who have shared any equipment used for injecting drugs;
- Individuals who have exchanged sex for drugs, money, or other goods;
- Individuals who have been diagnosed with or treated for another sexually transmitted infection;
- Individuals who have been diagnosed with or treated for hepatitis or tuberculosis; and
- Individuals who have had sexual partners who have any of the above-indicated risk factors.

¹ <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5514a1.htm>

² <https://www.cdc.gov/hiv/basics/hiv-testing/getting-tested.html>

ADDITIONAL PROGRAM PRIORITIZED POPULATIONS

The Iowa HHS Bureau of HIV, STI, and Hepatitis' HIV and Hepatitis Prevention Program recommends providers further prioritize the following populations for routine HIV screening in an effort to address locally identified health disparities:³

- Black individuals;
- Latino individuals;
- Women;
- Transgender individuals; and
- Youth ages 13 – 24.

REFERRALS FOR PERSONS TESTING NEGATIVE FOR HIV

Taking a sexual history is a vital part of offering routine HIV screening.⁴ Sexual health histories empower health care providers to make informed recommendations for repeat screening intervals and directly provide or refer individuals for additional prevention services. The following services or referrals should be considered for individuals testing negative for HIV who belong to any populations described in the section above.

REPEAT HIV TESTING

In the event that an individual has had a potential exposure to HIV within the window period of the test utilized in the screening encounter, follow up testing should be recommended based on the window period.⁵ Individuals with ongoing risk should be counseled to engage in more frequent routine screening practices (every 3 to 6 months).

POST-EXPOSURE PROPHYLAXIS (PEP)

Individuals who may experience HIV exposures in the future should be made aware of post-exposure prophylaxis (PEP), which is a reactive biomedical HIV prevention regimen that can be initiated within 72 hours of a potential exposure to minimize the chance of seroconversion. PEP is not necessary for individuals who are prescribed and adherent to PrEP therapy.

PRE-EXPOSURE PROPHYLAXIS (PrEP)

All sexually active individuals should be counseled on the availability and efficacy of pre-exposure prophylaxis (PrEP) as a proactive biomedical HIV prevention strategy. Health care providers are encouraged to prescribe and manage PrEP for clients who request it.⁶ ⁷In instances where PrEP is

³ https://www.stophiowaplan.org/files/ugd/42d436_cb5d1f02516a47a99398e787ca264617.pdf p. 128

⁴ <https://www.cdc.gov/std/treatment/sexualhistory.pdf>

⁵ <https://www.cdc.gov/hiv/basics/hiv-testing/hiv-window-period.html>

⁶ <https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2021.pdf>

⁷ https://www.prepiowa.org/files/ugd/b7f00d_6a972c7db4c74c1b82ddb3b4021706a9.pdf

indicated but cannot be prescribed, individuals may be referred to a prescribing provider in their area or to HIV Prevention Navigation Services provided by Iowa HHS.^{8 9}

CONDOMS

All individuals who are sexually active should be counseled on the efficacy and appropriate use of condoms as an HIV prevention strategy and educated on local condom availability.¹⁰

REFERRALS FOR PERSONS TESTING POSITIVE FOR HIV

LINKAGE TO CARE AND PARTNER SERVICES

All persons with a newly reported HIV diagnosis are assigned to a Disease Intervention Specialist (DIS) to link individuals to care and to provide partner services. DIS are skilled at providing HIV education and information about locally available resources and services. DIS also offer assistance in confidentially notifying a client's sex and/or needle-sharing partners.

To ensure success in the partner services process, diagnosing providers should:

- Report all known patient phone numbers and addresses;
- Document all known details of the patient's living situation, marital status, and employment;
- Document and report any other relevant information that can assist DIS in contacting the client and protecting confidentiality; and
- Inform the patient that they will be contacted by a DIS.

RYAN WHITE PART B

The Iowa Ryan White Part B program aims to meet the health care needs of people living with HIV by funding primary care and support services with the goal of engaging and retaining individuals in care. This includes providing access to treatment medications through Iowa's AIDS Drug Assistance Program (ADAP). Additional care-related services, such as case management, oral health care, medical nutrition therapy, mental health services, and substance abuse outpatient care may also be supported in communities through the Ryan White Part B Program. Individuals diagnosed with HIV will be provided information and offered referrals to Ryan White Part B services by DIS assigned to provide linkage and partner services.

CONDOMS

All individuals who are sexually active should be counseled on the efficacy and appropriate use of condoms as an HIV prevention strategy and educated on local condom availability.¹¹

⁸ <https://www.prepiowa.org/preproviders>

⁹ <https://www.prepiowa.org/navigation>

¹⁰ <https://www.myiacondoms.org/condom-locator>

¹¹ <https://www.myiacondoms.org/condom-locator>

REPORTING OF POSITIVE HIV TEST RESULTS

Providers are required to report newly diagnosed HIV-positive persons, persons previously diagnosed but new to the provider, and children born to HIV-positive mothers to the Iowa Department of Health and Human Services.

For newly diagnosed adult persons (above 13 years of age) complete the [Iowa Adult HIV/AIDS Case Report Form](#). In addition to the information on the form, the following information (when available) should also be reported in the comments section of the report form:

- Patient's past testing history and reason for the current test;
- Patient's response to notification of the positive confirmatory test result;
- Patient's living situation;
- Best way to contact the patient; and
- Details of any referrals to HIV medical care and treatment.

For adult persons (above 13 years of age) previously diagnosed, but new to the provider complete the [Iowa Adult HIV/AIDS Case Report Form](#). Any additional information should be reported in the comments section of the report form.

For children born to HIV-positive mothers or newly diagnosed children (ages 13 and below) complete the [Iowa Pediatric HIV/AIDS Case Report Form](#). All essential information for pediatric reporting are contained in the form and the comments section should be utilized to provide any additional relevant information.

All completed HIV reporting forms may be sent via U.S. mail or may be reported by telephone by calling 515-281-6918 or 515-721-8486. **Please do not fax the completed form.**