

# Sexually Transmitted Infection (STI) Risk Assessment

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

## C&TC Requirements

### General

A *risk assessment* should be done at each C&TC visit, beginning no later than 11 years of age, to determine if screening for sexually transmitted infections (STIs) is indicated. Based on risk factors, provide laboratory testing, treatment, and counseling as recommended.

Specific testing recommendations based on risk are listed in the Center for Disease Control and Prevention (CDC) [STD & HIV Screening Recommendations \(www.cdc.gov\)](https://www.cdc.gov/std/hiv/screening-recommendations):

- All females who are sexually active should be screened at least annually for chlamydia and gonorrhea. Anyone treated for chlamydia or gonorrhea should be rescreened three months following treatment (CDC, 2021).
- Screen *all* adolescents for Human Immunodeficiency Virus (HIV) at least once between 15 and 18 years of age. Youth at higher risk for HIV exposure should be tested for HIV at least annually. Refer to the [HIV Screening C&TC Fact Sheet \(www.health.state.mn.us\)](https://www.health.state.mn.us/hiv/screening-c&tc).

There are additional specific recommendations for STI screening for pregnant females, sexually active males who have sex with males, and anyone who has unsafe sex or shares injectable drug use equipment.

STI risk assessment is most informative when done in a confidential conversation with the patient, without a parent or guardian present. The patient and parent or guardian should be informed of [Minnesota's minor's consent law: Minnesota statute 144.343 \(www.revisor.mn.gov\)](https://www.revisor.mn.gov/statutes/cited/144.343).

### Personnel

Review and interpretation of the STI risk assessment should be completed by a licensed health care provider: physician, nurse practitioner, physician assistant, or by a 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 test results on the C&TC documentation form, but they should be documented elsewhere in the patient's health record.

For documentation examples, refer to the [C&TC Documentation Forms for Providers and Clinics \(www.dhs.state.mn.us\)](https://www.dhs.state.mn.us).

### Procedure

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

Risk assessment can be done through a confidential conversation with the patient using [Essential Sexual Health Questions to Ask Adolescents, pg. 3-4 \(www.nationalcoalitionforsexualhealth.org\)](https://www.nationalcoalitionforsexualhealth.org).

Also available is a guide from the [California Department of Public Health: Sexual Risk Assessment and Risk Factors for Sexually Transmitted Diseases \(www.cdph.ca.gov\)](https://www.cdph.ca.gov), "The 5 P's", pg. 3.

## Laboratory Tests

Offer laboratory testing to patients based on risk factors. Refer to the [CDC's Sexually Transmitted Infections Treatment Guidelines, 2021 MMWR \(www.cdc.gov\)](http://www.cdc.gov).

### HIV

Refer to the [HIV Screening C&TC Fact Sheet \(www.health.state.mn.us\)](http://www.health.state.mn.us).

### STI Treatment

Refer to the [Sexually Transmitted Infections Treatment Guidelines, 2021 MMWR \(www.cdc.gov\)](http://www.cdc.gov).

## Importance of STI Screening

In 2019, chlamydia had the highest number of annual cases of any condition reported to the CDC that year. This is of particular concern as many cases of chlamydia go undiagnosed because it is asymptomatic in about 7 out of 10 people (National Chlamydia Coalition, 2017). In 2019, 21,942 chlamydia cases and 10,217 gonorrhea cases were reported in Minnesota. Youth aged 15-19 and 20-24 years accounted for 62 percent of chlamydia and 41 percent of gonorrhea cases (Minnesota Department of Health, 2019).

## Professional Recommendations

### American Academy of Pediatrics

Provide STI risk assessment and laboratory testing as appropriate at routine well visits beginning at 11 years of age (Hagan Jr, Shaw, & Duncan, 2017).

### U.S. Preventive Services Task Force

Screen for chlamydia and gonorrhea in all sexually active females 24 years of age and younger (LeFever, 2014).

## Resources

### Minnesota Department of Human Services

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

### Minnesota Department of Health

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

### Other Resources

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

## References

- CDC. (2021, July 23). Sexually transmitted Infections treatment guidelines, . *MMWR* 2021, 70(4), 1-187.
- Hagan Jr, J. F., Shaw, J. S., & Duncan, P. M. (2017). *Bright Futures*. Elk Grove Village, Illinois: American Academy of Pediatrics.
- LeFever, M. L. (2014). Screening for chlamydia and gonorrhea: U.S. Preventive Services Task Force Recommendation Statement. *Annals of Internal Medicine*, 161(12), 902-911.
- Minnesota Department of Health. (2019). *STD Annual Data Release 2019*. Retrieved from [http://www.health.state.mn.us/divs/idepc/dtopics/stds/stds\\_tatistcs.html](http://www.health.state.mn.us/divs/idepc/dtopics/stds/stds_tatistcs.html)
- National Chlamydia Coalition. (2017, June 16). *For Health Care Providers*. Retrieved from National Chlamydia Coalition: <http://chlamydiacoalition.org/for-healthcare-providers/>

## 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 651-201-3760 or email [health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us).  
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