Guide to Disclosing Positive HIV Test Results
Recorded by Lela Bachrach, MD
Based upon a demonstration of disclosure by Ann Petru, MD
With modifications by Ann Petru, MD

- HIV+ Ab screen? Wait for Western Blot... If Western Blot is also +, have pt come in ASAP.
- Touch base w/ your favorite local clinic for HIV-infected youth or adults.
- Oakland? Downtown Youth Clinic http://www.downtownyouth.org/testing.php

Dr. Petru's Approach to Disclosure:

We're here to talk about your lab test results.
The test result we need to talk about is your HIV test.
Your initial test was positive and the confirmatory test was positive.

It is likely that you are infected with HIV.

<< Allow a few minutes of silence for processing time....

How could this be? Likely from sex.
Do you know the HIV status of your partners?
Ever been tested before?

<< Next steps: double check test results to make sure there was not a lab mix up, either as a blood test (or occasionally a rapid test—with results in 20 minutes)

Have you heard of HIV?

It is a germ that is a virus. If not treated, it can cause a lot of damage to the immune system, the part of the body that fights off germs.

There are many germs that the body can clear (like a cold). Some germs like chlamydia can be treated with antibiotics and go away. This virus doesn't go away.
The good news is that these days there are medicines that work well to keep the immune system functioning. We can do some blood tests to see if the virus has been there a long time or a short time or if it has influenced the immune system.

Do you know anyone that has HIV or AIDS? How are they doing?

<< Assess what this means... is the person alive or did he/she die with/of HIV? Is the person relatively healthy?

People can be infected with HIV from a sexual partner, from sharing needles (injecting drugs, self-tattoos, etc), rarely via a blood transfusion, to babies from moms that are infected.

Since you had a normal test not that long ago, changes are you were infected recently. If treatment is started soon, the medicines will keep your immune system functioning well. We are here to support you and help you take care of your health. Downtown Youth Clinic will help and support you.

<< Perhaps introduce a peer advocate or youth clinic representative, here to be supportive to the patient.

This advocate is here to be your support and to start getting you connected for care. With whom can you talk to about this? HIV is just another germ that can make people sick. There has been some stigma in our society. Just because a person has this germ doesn't mean they are a bad person. We want you to get support from people in your life who might understand. If you want, we can tell them together or if they have questions, they are welcome to call me with your permission.

The good news is that HIV is not a death sentence. There is very effective treatment these days. Women with HIV can have healthy babies. If she is getting treatment and followed closely, 98% of babies are born healthy. It is also important to prevent spread of this virus to others.

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**Labs to obtain:**

HIV 1 RNA PCR Quant (HIVQ) = viral load

**Further labs to obtain:**

(HIV-1,2 Ab)
HIV-1 RNA PCR QUANT = viral load [Collection Instructions: HIVQ: EDTA PLASMA 5 (3.0) mL; SEPARATE W/IN 4 HRS]
T&B CELL PHENOTYPE
COMPLETE BLOOD COUNT WITH DIFF
COMPREHENSIVE METABOLIC Panel
GC/CT/RPR/Trich testing (if not already done)
HEPATITIS B SURFACE ANTIBODY
HEPATITIS B SURFACE ANTIGEN
Hepatitis C Ab

**Practical tips**
Consider having pt sign a release to authorize giving lab results to HIV clinic, etc.

**Reporting:**
These are some of the extra questions you will need to complete the CDPH Case Report Form:

1) Where did the patient previously live, if not at the current address (City, State)

2) Any previous HIV tests? Date of last negative test, and how many tests within the last 2 years?

3) Any history of antiretroviral use for prevention or treatment of HIV or HBV?

4) Risk History?

5) Ethnicity (Hispanic or Not Hispanic or Latino)?

6) Country of Birth if other than US?

7) Signs or symptoms of HIV infection?

8) Who will disclosure to partners? Patient, Physician or Public Health?

9) Any children? If so, birth dates and where were they born?

10) Will viral load and CD4 count be done here?

11) Where will the patient be referred for HIV care?

Here is the link to the form for your information, but information cannot be saved. So I will complete the form once I get all of the information.

STI Testing & Treatment
at the Downtown Youth Clinic in Oakland

The Downtown Youth Clinic (DYC) is a safe place for Bay Area teenagers and young adults (13-24) to receive free testing and treatment for sexually transmitted infections (STIs).

Testing and treatment are free, private and confidential.

We're open Monday through Friday from 9am to 5pm. Testing is available by appointment only (not drop in), but same-day appointments are almost always available.

To make an appointment call:

- 510.501.3724 (Yamini)
- 510.965.5926 (Alex)

Call between 9am and 5pm to talk to someone live. After 5pm, leave a message and way to contact you. We will return your call within the next business day. We're very careful about protecting your privacy when we return calls.

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