Priority Topic:

SEXUALLY TRANSMITTED INFECTIONS

Key Features:

I just really wish I had known about these Public Health Agency of Canada guidelines when I was a resident. These guidelines cover most of what you are expected to know on this topic:

Canadian guidelines on sexually transmitted infections (Primary care and STIs):


Make sure you know how to diagnose and treat the following:

- Chlamydia
- Gonorrhea
- Syphilis
- Human papilloma virus
  (make sure you know at least 4 treatment modalities for genital warts)
- Genital herpes
- Trichomonas
- HIV
- Hepatitis B

** Remember that Zika Virus is considered a sexually transmitted infection!
1. In a patient who is **sexually active** or **considering sexual activity**, take advantage of opportunities to advise her or him about **prevention**, **screening**, and **complications** of sexually transmitted diseases (STIs).

**What you should study:**

- Behavioural counselling for STIs AFP 2015
- Sexual Health Provider Guide
- Zika Virus: common questions and answers AAFP 2017
- Prevention du VPH MduQ 2016
- Genital Herpes - A review AAFP 2016
- La prophylaxie preexposition MduQ 2016
- Syphilis infectieuse MduQ 2016

2. In a patient with symptoms that are **atypical or non-specific** for STIs (e.g., dysuria, recurrent vaginal infections):

   a) **Consider STIs** in the differential diagnosis.

   b) **Investigate** appropriately.

**What you should study:**

- PHAC Laboratory diagnosis of STIs
3. In high-risk patients who are asymptomatic for STIs, screen and advise them about preventive measures.

**What you should study:**

✓ ITSS à rechercher selon les facteurs de risque Quebec Guidelines 2017
   This document is a table that tells you which infections to screen for in which patients

✓ PHAC STI risk factors and epidemiology

4. In high-risk patients who are symptomatic for STIs, provide treatment before confirmation by laboratory results.

**What you should study:**

✓ Management of Genital Warts AAFP 2014
✓ Chlamydia AAFP 2012
✓ Gonococcal Infections AAFP 2012
✓ Chlamydia trachomatis et Neisseria gonorrhoea MduQ 2016
✓ Syphilis AAFP 2012
✓ Epidydimitis - an Overview AAFP 2016
✓ PHAC Management of Specific Infections
5. In a patient **requesting** STI testing:
   a) Identify the **reason(s)** for requesting testing.
   b) Assess the patient’s **risk**.
   c) Provide **counselling** appropriate to the risk (i.e., human immunodeficiency virus [HIV] infection risk, non-HIV risk).

**What you should study:**

✓ PHAC Primary Care and STIs

6. In a patient with a **confirmed STI**, initiate:
   - treatment of **partner(s)**.
   - **contact tracing** through a public health or community agency.

**What you should study:**

✓ PHAC Reporting and Partner Notification
7. Use **appropriate techniques** for collecting specimens.

**What you should study:**

✓ Prélèvements et analyses recommandés - dépistage ITSS Quebec 2017  
   **This is a GREAT summary table that tells you according to who the patient is, which tests are recommended for each infection. It’s a little easier to sift through than the PHAC website.**

✓ La serologie du herpes simplex MduQ 2016

✓ PHAC Laboratory diagnosis of STIs  

8. Given a clinical scenario that is strongly suspicious for an STI and a negative test result, **do not exclude the diagnosis of an STI** (i.e., because of sensitivity and specificity problems or other test limitations).

**What you should study:**

✓ Just do it!