

It's Best to Test

Universal screening with opt-out for better patient care

CDC guidelines endorse universal screening with opt-out for *Chlamydia trachomatis* (CT) and *Neisseria gonorrhoeae* (NG) for female patients ages 15-24—regardless of the patient's sexual history.¹ The example below provides an overview of how universal screening with opt-out can work in your practice and can be used to ensure all staff are trained on CT/NG screening efforts.

Implementation considerations:



Customize an office protocol for screening **all females ages 15-24** for *Chlamydia trachomatis* and *Neisseria gonorrhoeae* as a routine part of preventive healthcare visits



Train staff on the universal screening with opt-out protocol and identify who is responsible for specific tasks for STI testing



Let patients know about the practice's screening protocol. Mail/email information prior to the appointment or include with intake forms upon check-in

The waiting room:



At check-in, determine if **patient meets the practice's requirement for testing**



Remind all patients ages 15-24 of screening protocol and **provide written materials** for review



Highlight to patient that testing is done regardless of sexual history but **patients may opt-out**

The exam room:



Discuss options for receiving results to **ensure privacy**



Place the order for *Chlamydia trachomatis* and *Neisseria gonorrhoeae* tests for eligible patients in the EMR



Educate patient on the benefits of *Chlamydia trachomatis* and *Neisseria gonorrhoeae* testing for STI prevention



Collect specimen. Collection options include physician-collected vaginal swab, patient-collected vaginal swab, Pap vial, or urine cup



Reassure patient of any concerns over a potential positive result

We caught it early

"Early identification reduces your chances of developing other issues like pelvic inflammatory disease, chronic pelvic pain, and infertility."²⁻⁴

It's inexpensive to treat

"Most insurance covers the treatment with a zero to minimal out-of-pocket cost."

It's easy to treat

"The good news is it's easily treated with antibiotics."

We have a series of patient education materials and sample templates to help you communicate the value of screening to your patients. **Contact your Quest Diagnostics sales representative to learn more.**

As part of mandatory reporting requirements to identify potential abuse, when testing minors under the age of consent, healthcare professionals may be required in certain jurisdictions to report positive results of sexually transmitted disease testing to authorities.

References

1. CDC. Sexually Transmitted Infections Treatment Guidelines, 2021. Accessed September 1, 2022. <https://www.cdc.gov/std/treatment-guidelines/STI-Guidelines-2021.pdf>
2. CDC. CDC fact sheet: How STDs impact women differently from men. Accessed September 6, 2022. <https://www.cdc.gov/nchhstp/newsroom/docs/factsheets/stds-women.pdf>
3. CDC. CDC fact sheet: Pelvic inflammatory disease (PID). Updated July 21, 2021. Accessed September 6, 2022. <https://www.cdc.gov/std/pid/stdfact-pid-detailed.htm>
4. Farley TA, Cohen DA, Elkins W. Asymptomatic sexually transmitted diseases: the case for screening. *Prev Med.* 2003;36(4):502-509. doi:10.1016/S0091-7435(02)00058-0

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