Partner Notification and Contact Tracing

**What is my role in Contact Tracing?**

When making an STI diagnosis, it is the diagnosing clinician’s responsibility to initiate a discussion about contact tracing. As part of good clinical care this includes encouraging and supporting the patient in notifying their contacts.

Complex situations may require support from your local sexual health or public health service.

**Introduce the reasons for partner notification/contact tracing as part of the STI treatment discussion?**

- Introduce the reasons for partner notification/contact tracing as part of the STI treatment discussion?
- Identify who needs to be contacted based on routine sexual history:
  - Sexual contacts of chlamydia, gonorrhoea, trichomoniasis, syphilis, urethritis, PID and epididymo-orchitis need to be contacted and treated.
- HIV and gonorrhoea are automatic laboratory-notifiable infections under the Infectious and Notifiable Diseases Regulations.
- All notification for syphilis is mandatory for clinicians. Clinicians may obtain secure website requesting the notification of suspects for cases of HIV or syphilis to be investigated.
- For all cases of syphilis and refer to or discuss with a sexual health or infectious diseases specialist.
- Contact tracing is not required for genital warts or genital herpes.
- ESR notification for syphilis and gonorrhoea is mandatory for clinicians.
- Clinicians may receive a secure website link requesting additional anonymous information for cases of HIV for national STI trend analysis.

**STI Test Results**

- Informing contacts gives them the opportunity to test +/− get treatment.
- Most people with an STI don’t have symptoms but could still have complications or pass the STI on.
- The more times a person is re-infected the greater the risk of complications.
- Ask about number of sexual contacts in past 3 months.
- Are these contacts regular or casual? (Be mindful that the term partner may imply a relationship).
- Are they able to contact these people? (Notifying all contacts may not be possible, e.g. if there is insufficient information or a threat of violence).
- The use of condoms does not affect the requirement for partner notification and contact tracing and treatment.
- Document number of contacts clearly in the notes – you may not be the one following-up partner notification.
- How many of these people does the patient have contact details for?
- What contact details do they have for these people?

**Provisional Referral (index case) – preferred method if possible**

- Face-to-face
- SMS/Social media/SXT
- Email
- Ending HIV ‘Tell me tool’

- Factsheets on infection and partner notification with appropriate websites for further information.
- Role play telling their sexual contact, if appropriate.
- Discuss confidentiality with index case, however explain that contacts may be able to identify them.

**Document number of contacts clearly in the notes – you may not be the one following-up partner notification.**

- All notifiable contacts informed?
- If unable to notify contacts, ask why and offer support and appropriate resources
- Check if contacts are unregistered and with untreated contacts - will need follow-up
- Advise testing for infection in 3 months
- Document in notes

**Obtain Details of Contact’s to be Notified**

- Discuss confidentially with index case, however explains that contacts may be able to identify them.
- Discuss with client how they are going to notify contact/s
- Follow-up (phone or in person) 1 Week Later
- Provide Education, Support and Resources to Assist Patients, Based on their Chosen Methods:
  - Information on infection and partner notification with appropriate websites for further information.
  - Advice about their sexual contact, if appropriate.

**Consult with sexual health service if required**

- Contact details of New Zealand sexual health services located at https://www.justthefacts.co.nz under Get STI Help > Find a local STI Clinic

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