

CDC Releases Updated STI Treatment Guidelines

The CDC has released Sexually Transmitted Infections Treatment Guidelines, 2021. This document provides current evidence-based diagnostic, management, and treatment recommendations, and serves as a source of clinical guidance for managing sexually transmitted infections (STIs).

Main STI Diagnostic, Treatment, and Management Updates for Providers

The new guidelines include notable updates from the previous 2015 guidance, including:

- Updated treatment recommendations for chlamydia, trichomoniasis, and pelvic inflammatory disease.
- Updated treatment recommendations for uncomplicated gonorrhea in neonates, children, and other specific clinical situations (e.g., proctitis, epididymitis, sexual assault), which builds on broader treatment changes published in Morbidity and Mortality Weekly Report.
- Information on FDA-cleared diagnostic tests for *Mycoplasma genitalium* and rectal and pharyngeal chlamydia and gonorrhea.
- Expanded risk factors for syphilis testing among pregnant patients.
- Recommended two-step serologic testing for diagnosing genital herpes simplex virus.
- Harmonized recommendations for human papillomavirus vaccination with the Advisory Committee on Immunization Practices.
- Recommended universal hepatitis C testing in alignment with CDC's 2020 hepatitis C testing recommendations.

STIs are common and costly. In 2020, there were 3,529 persons diagnosed with chlamydia, 1658 with gonorrhea and 81 with syphilis in North Dakota. With 26 million new STIs occurring each year in the US, totaling nearly \$16 billion in medical costs, evidence-based prevention, diagnostic, and treatment recommendations are critical to STI control efforts now more than ever.

During the COVID-19 pandemic, CDC provided guidance for the disruption of STD clinical services, focusing on syndromic management and STI screening approaches to maximize the number of people with STIs identified and treated, while prioritizing those most likely to experience complications. However, most drug and testing kit shortages have since resolved and many health care providers are returning to normal clinical practices, which includes conducting STI evaluation and management in accordance with CDC Sexually Transmitted Infections Treatment Guidelines, 2021.

Provider Resources for STIs

You can stay informed on the latest STI recommendations and clinical guidance with CDC and partner resources which include:

- **High-quality printable copies of the wall chart, pocket guide, and MMWR**, which are available for download now on the STD website. A limited number of free copies will be available for order through CDC-INFO On-Demand in the coming weeks.
- **Training and technical assistance**, which are available through the National Network of STD Clinical Prevention Training Centers.
- **STD clinical consultation services**, which are available through the STD Clinical Consultation Network.
- **Free continuing education credits (CME and CNE)**, which are available through the National STD Curriculum.
- **Recommendations for Providing Quality STD Clinical Services** (or STD QCS), which complement the STI treatment guidelines, focusing on managing clinical operations.
- **An updated STI Treatment Guidelines mobile app**, which is in development and is expected to launch in the coming months. **NOTE:** The 2015 STD Treatment Guidelines app will be retired at the end of July 2021. CDC is finalizing an interim, mobile-friendly solution – please visit STI Treatment Guidelines (cdc.gov) for information, as it becomes available.

NDDoH will be hosting a webinar on **August 25, 2021 at 12:00 PM** to review the major changes and recommendations in this guidance. To register, visit:

<https://www.health.nd.gov/HIV/Education>

You can also find additional information and resources on NDDoH's website, health.nd.gov/sti.

For questions about the updated 2021 STI Treatment Guidelines, you can email the Clinical Team in CDC's Division of STD Prevention at stixguidelines@cdc.gov. You can also contact Sarah Weninger at sweninger@nd.gov. NDDoH is also able to offer in clinic education on these recommendations or other topics related to HIV/STI/Hepatitis prevention and care.

Thank you for your commitment to improving the sexual health and wellness of people in North Dakota.

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Categories of Health Alert Network messages:

Health Alert Requires immediate action or attention; highest level of importance

Health Advisory May not require immediate action; provides important information for a specific incident or situation

Health Update Unlikely to require immediate action; provides updated information regarding an incident or situation

HAN Info Service Does not require immediate action; provides general public health information

##This message was distributed to state and local health officers, state and local epidemiologists, state and local laboratory directors, public information officers, HAN coordinators, and clinician organizations##