

GONORRHEA AND CHLAMYDIA (PLUS): UPDATE ON TESTING AND TREATMENT

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POPULATION HEALTH DIVISION SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

Disclosures

- The views expressed herein do not necessarily reflect the official policies of the City and County of San Francisco; nor does mention of the San Francisco Department of Public Health imply its endorsement
- I have <u>no</u> financial relationships to disclose
- I will discuss off label use of NAATs



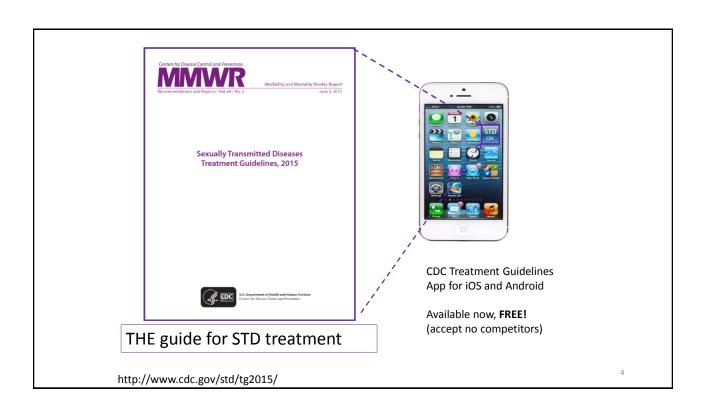


Clinical Practice Objectives

- Screen for gonorrhea (GC) and chlamydia (CT), include extra-genital screening in MSM
- Understand implications of emerging antibiotic resistance in GC
- Ensure partners are treated
- Improve re-testing for GC and CT









Chlamydia

- Incidence: #1 reported nationally
- notifiable disease (n=1.59 million cases reported in 2016)
- Intracellular bacterium that infects columnar epithelium
- Can cause cervicitis, urethritis, epididymitis, proctitis, PID
- Majority of infections are asymptomatic

Gonorrhea



- <u>Incidence</u>: #2 reported nationally notifiable disease (n=468,514 cases in 2016)
- Developed resistance to multiple classes of antibiotics
- Can cause cervicitis, urethritis, epididymitis, proctitis, PID, disseminated infection
- Often asymptomatic in cervical, oral, and rectal infections

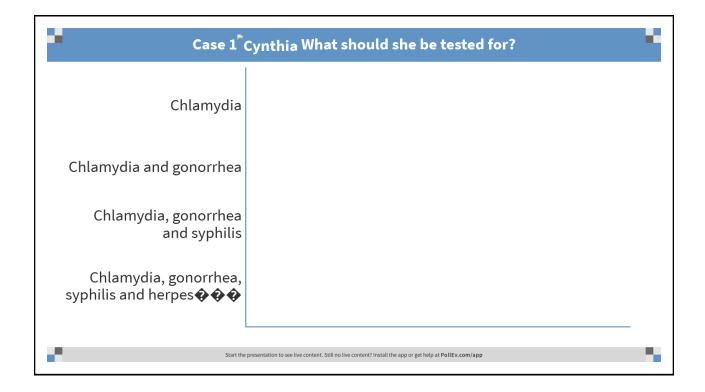
Screening is essential to prevent complications

Case 1: Cynthia

18 yo woman presents for physical exam. No complaints, no prior medical history. She reports 1 male sex partner in the past 6 months. She's on OCPs and does not use condoms with her partner. She smokes marijuana and drinks alcohol, but denies other drug use. She has no prior history of STDs and no history of intimate partner violence.

What should she be tested for?

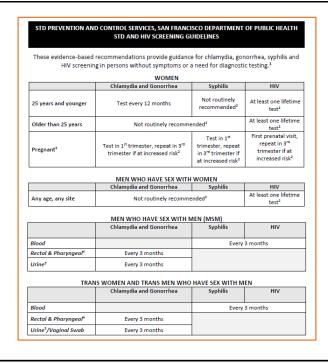
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WHY SCREEN?

- Highly prevalent
- Frequently asymptomatic
- Reduces transmission
- Prevents complications, such as PID
- Standard of care
- Quality Measure: Chlamydia screening in females under 25 years old

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Citywide STD Screening Guidelines

Other risk factors to consider:

- Sex with a man who has sex with men
- · History of STD in the past year
- Methamphetamine use
- Sex work
- Intimate partner violence



- Incarceration
- Contact to STD

http://www.sfcityclinic.org/providers/ScreeningandSurveillance_CitywideSTDscreeningauidance.pdf

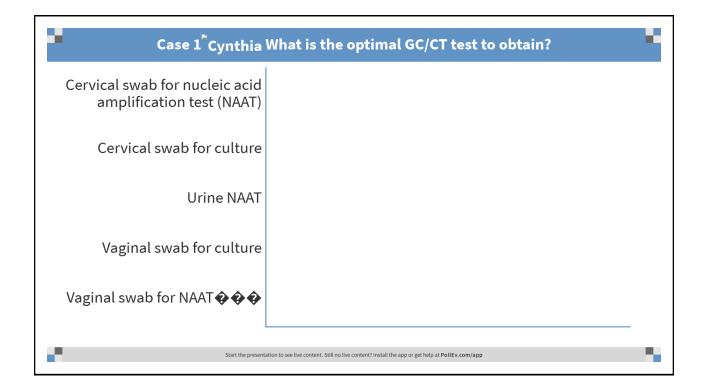
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Case 1: Cynthia

You correctly decide to screen Cynthia for Chlamydia and Gonorrhea.

What is the optimal GC/CT test to obtain?

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Morbidity and Mortality Weekly Report

March 14, 2014

Nucleic acid amplification tests (NAATs) are recommended for detection of genital tract infections in men and women – with and without symptoms

- highly sensitive and specific compared to culture
- less dependent on specimen collection and handling

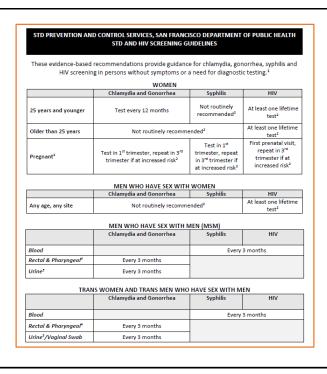
Optimal specimen types are:

First catch **urine** for men
Self collected **vaginal** swabs from women



NAATs are recommended for: detection of **rectal** and **oropharyngeal** infections*

*Not FDA-approved but validated at PHL and many commercial labs



Citywide STD Screening Guidelines

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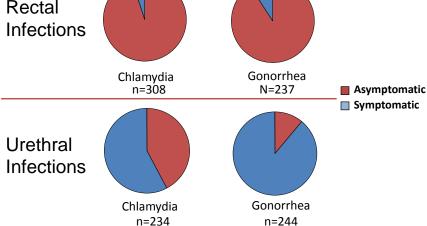


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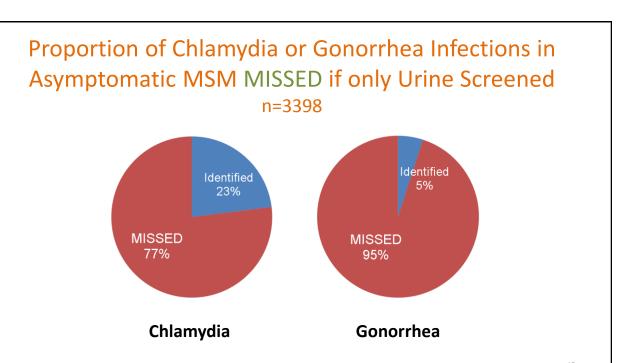
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Unlike Urethral Infections, Most Rectal Gonorrhea and Chlamydia Infections in MSM are Asymptomatic Rectal



San Francisco City Clinic, 2011; Adapted from Kent, CK et al, Clin Infect Dis July 2005

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Marcus et al, STD Oct 2011; 38: 922-4

Slide Courtesy I. Park MD, MS

Extragenital Screening in Women?

- 4402 women screened at Baltimore STD clinics
- 57 (2%) had isolated extragenital CT and 50 (1%) had isolated extragenital GC
- This accounted for 14% of the 412 total CT and 30% of the 165 total GC
- Self-reported anal sex not predictive of rectal CT infection in women

- Potential benefits of screening women at extra-gen sites:
 - Prevent sequelae of cervical infxn (either in pt or her partner's partners)
 - Diminish incidence of GC and CT at population level
 - Prevent HIV acquisition and transmission

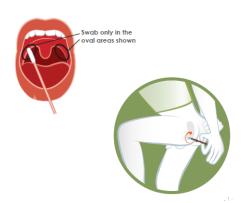
Bottom line:

- Women get rectal infections too! Test for extra-genital STDs if symptomatic
- No current recommendations for targeted screening

Dombrowski 2015; Trebach 2015; Gatrix 2015

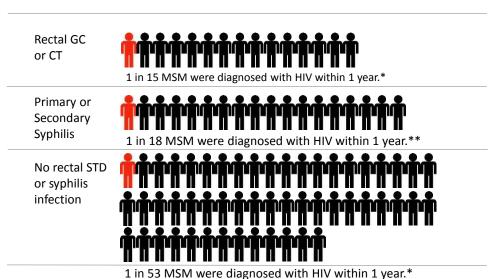
Self-collected Rectal/Pharyngeal STI Testing

- Highly acceptable, similar performance compared to clinician-collected specimens
- Self-collection can be performed at laboratory along with blood draw/urine collection or in the exam room before/after the provider visit
- Standing orders in EMRs may facilitate patient-collected testing
- Download patient instructions from SFCC website



Van der helm, 2009, STD; Sexton, 2013 J Fam Pract; Dodge, 2012 Sex Health Freeman 2011, STD; Alexander 2008, STI; Moncada 2009, STD

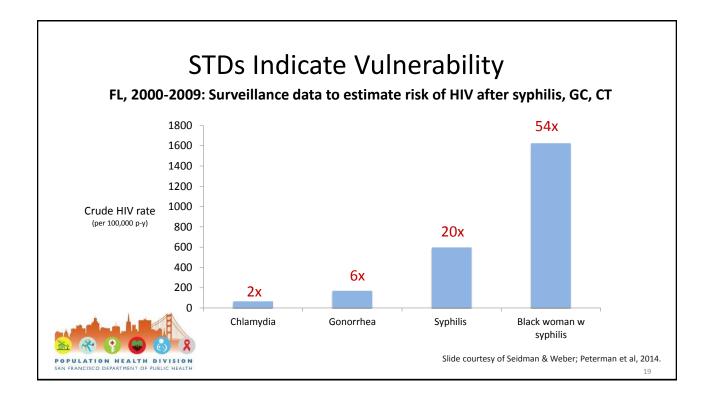
STDs Predict Future HIV Risk Among MSM

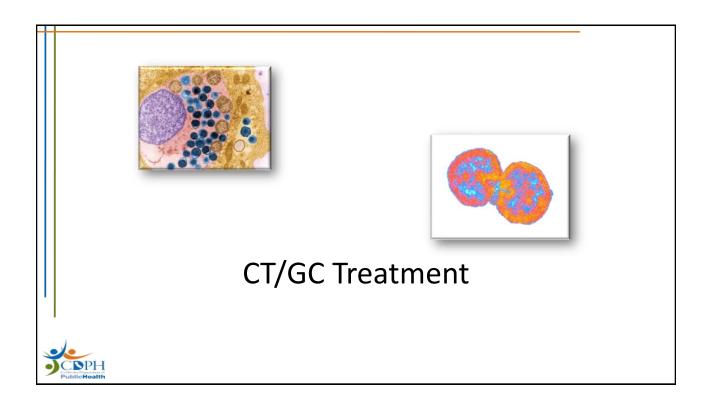




*STD Clinic Patients, New York City. Pathela, CID 2013:57;

**Matched STD/HIV Surveillance Data, New York City. Pathela, CID 2015:61





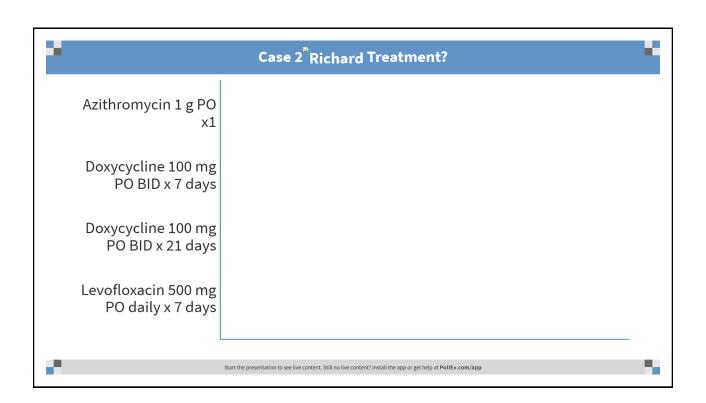
Case 2: Richard

• 30 yo HIV positive MSM at primary care visit.

Routine STD screen: Rectal CT NAAT is positive, treated with Azithromycin 1 g PO x1.

At his next follow-up visit 3 months later, his **rectal** CT NAAT is again positive and he reports that he has not had any receptive anal sex since his last visit.

How would you treat him?



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Chlamydia Treatment

Adolescents and Adults

Recommended regimens (non-pregnant):

- ❖ Azithromycin 1 g orally in a single dose
- Doxycycline 100 mg orally twice daily for 7 days

Recommended regimens (pregnant*):

- ❖ Azithromycin 1 g orally in a single dose
- * Test of cure at 3-4 weeks only in pregnancy

New Alternative Regimen (non-

pregnant):

- Doxycycline (delayed release) 200 mg QD x 7 d
 - Equally efficacious to doxycycline BID, \downarrow GI side effects
 - More \$\$\$

Moved to Alternative Regimen

(pregnant*):

- ❖ Amoxicillin 500 mg po TID x 7 days
 - CT persistence documented in vitro after treatment prompted removal from recommended to alternate

CDC 2015 STD Treatment Guidelines www.cdc.gov/std/treatment

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Azithromycin versus Doxycycline for Treatment of Urogenital Chlamydia

- RCT comparing azithromycin with doxycycline
- Directly observed treatment of urogenital chlamydia among adolescents in youth correctional facilities
- Primary end point was treatment failure at 28 days after treatment initiation
 - Treatment failure determined on basis of NAAT, sexual history, and genotyping of CT strains
- Efficacy:
 - Azithromycin 97% effective
 - Doxycycline 100% effective

Geisler et al. NEJM 2015:373:2512-21.

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Is Azithro Adequate Treatment for Rectal Chlamydia Infection?

Population MSM in Seattle	Treatment	Repeat positive
(N=407)	Azithro 1 g	22%
(N=95)	Doxy 100 BID x 7	8%

• Meta-analysis pooled efficacy 82.9% for azithromycin 1g PO x 1, 99.6% for doxycycline

100mg PO bid x 7 days but all beer down for recurrent

- Not randigencital CT!
- Varying times to test of cure
- Low rates of follow-up
- Australian, European guidelines have moved to doxycycline
- US CDC Treatment Guidelines remain azithromycin 1g PO x 1

Based on retrospective uncontrolled observational clinical data: Dummond, Int J STD AIDS 2011; 22:478 and Khosropour, STD 2014; 41:79

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Is Azithro Adequate Treatment for Rectal Chlamydia Infection?

Population MSM in Seattle	Treatment	Repeat positive
(N=407)	Azithro 1 g	22%
(N=95)	Doxy 100 BID x 7	8%

Use doxy for recurrent rectal CT!

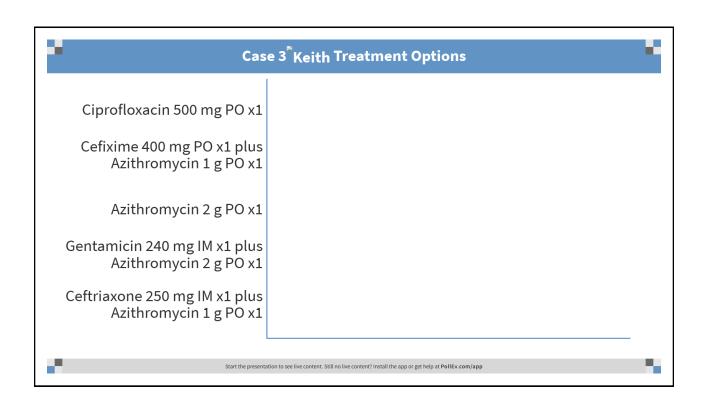
Based on retrospective uncontrolled observational clinical data: Dummond, Int J STD AIDS 2011; 22:478 and Khosropour, STD 2014; 41:79

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Case 3: Keith

- Keith is a 22 yo man with no PMH who presents with 2 days of urethral discharge and dysuria. He had 2 male and 1 female partner in the last 3 months. He has a documented history of anaphylaxis to cephalosporins.
- How would you treat him?





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Current Recommended Gonorrhea Treatment – Any Anatomic Site

Ceftriaxone 250mg IM x 1



Azithromycin 1g PO x 1

This is Dual treatment for GC – add the azithromycin or doxycycline regardless of CT result

Example: If patient is treated empirically with azithromycin for urethritis and the NAAT is GC+ ≥ 5 days later, must repeat azithro in combination with ceftriaxone to meet treatment recommendations

CDC 2015 STD Tx Guidelines www.cdc.gov/std/treatment

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Gonorrhea Treatment and Test of Cure

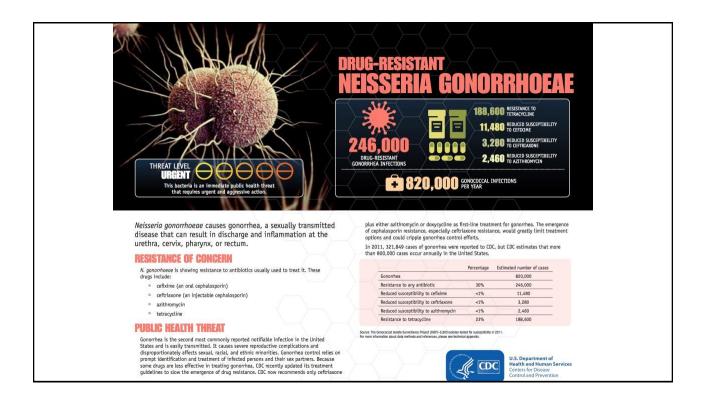
- Doxycycline no longer recommended (leaves only Ceftriaxone + Azithromycin as recommended tx)
- For cephalosporin allergic,2 options:
 - Gentamicin 240 mg IM (or 5mg/kg IM) with azithromycin 2g orally OR
 - Gemifloxacin 320 mg orally with azithromycin 2g orally

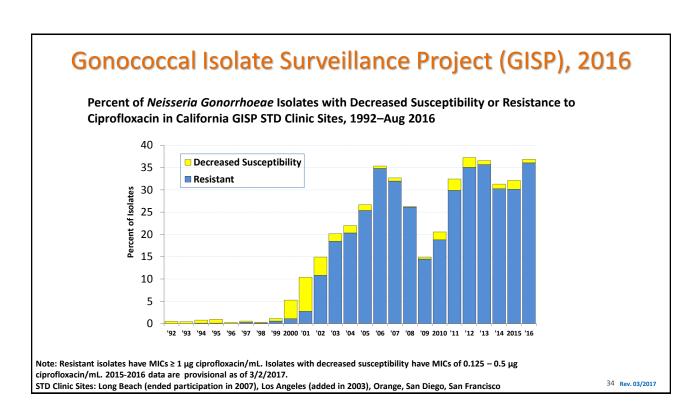
- Who needs a test of cure?
 - Pregnant patients
 - Patients with pharyngeal GC treated with an alternative regimen
 - Cases of suspected treatment failure (culture AND simultaneous NAAT)
 - Consider if using nonrecommended or monotherapy
- In addition, all patients should have a repeat test 3 months after treatment

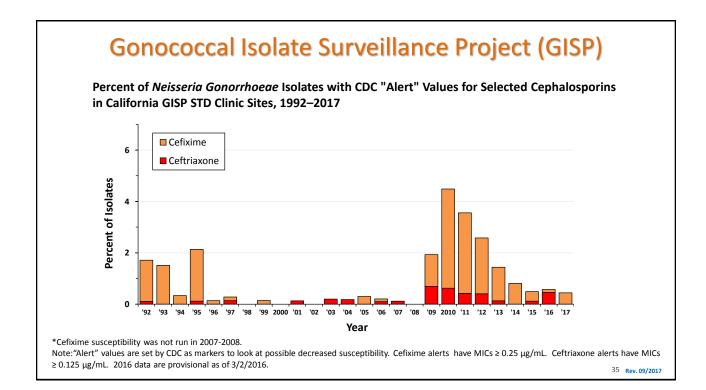
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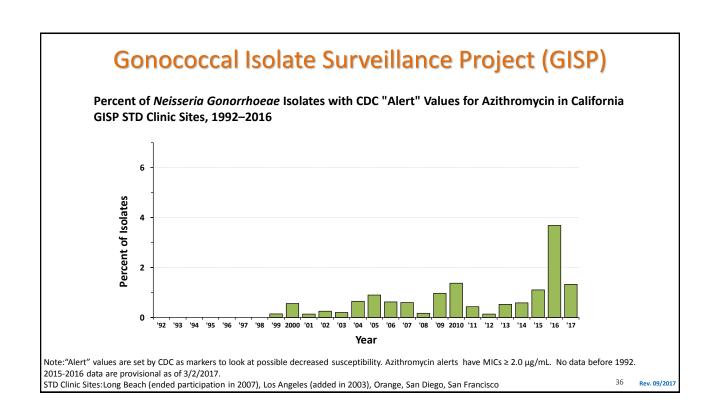
CDC 2015 STD Tx Guidelines www.cdc.gov/std/treatment

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Cephalosporin Treatment Failures

- Oral cephalosporin treatment failures reported worldwide
 - Japan, Hong Kong, England, Austria, Norway, France, South Africa, and Canada
 - No cephalosporin treatment failures reported in U.S. to date
- Ceftriaxone treatment failures in pharyngeal gonorrhea and a few isolates with high-level ceftriaxone resistance reported

Gonorrhea outbreak in Hawaii shows increased antibiotic resistance



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HEALTH ALERT
BEWARE OR
GONORRHEA
SUPERBUG

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Suspected GC Treatment Failure

TEST WITH CULTURE AND NAAT:

• If GC culture not available, call your local health department

REPEAT TREATMENT:

- Ceftriaxone 250 mg IM + AZ 1g PO if first Tx with alternative regimen
- Gemifloxacin 320 mg + AZ 2g OR Gentamicin 240 mg IM + AZ 2g if first Tx with CTX+AZ
- If reinfection suspected, repeat treatment with CTX 250 + AZ 1g

REPORT:

• To your local health department within 24 hours

TEST AND TREAT PARTNERS:

• Treat all partners in last 60 days with same regimen

TEST OF CURE (TOC):

• TOC 7-14 days with culture (preferred) and NAAT

Partner Management



- Clinical evaluation is first-line option
 - Partner should be examined and counseled and treated for STD of exposure
- Patient Delivered Partner Therapy (PDPT) clinician provides medication or a prescription to a patient to take to their partners to ensure treatment, without examining the partner
- Legally allowable in CA
- Recommended by CDC for non-MSM patients
- <u>SFDPH recommends for ALL patients (including MSM) treated for gonorrhea or chlamydia</u>
 - Gonorrhea: cefixime 400mg PO x 1 AND azithromycin 1g PO x 1
- Should give supporting materials including info sheet. SFDPH has available modifiable templates: http://www.sfcityclinic.org/providers/

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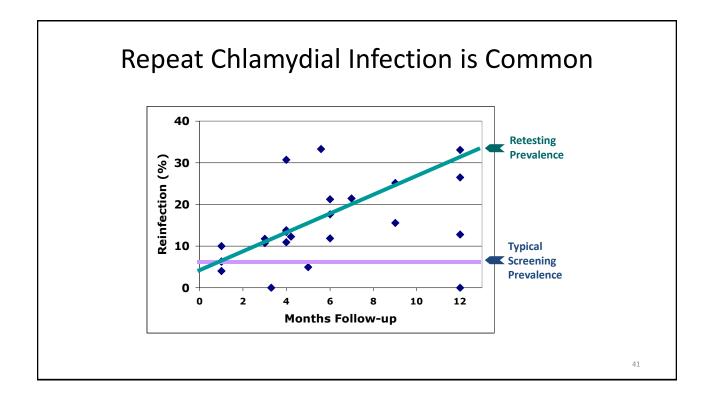


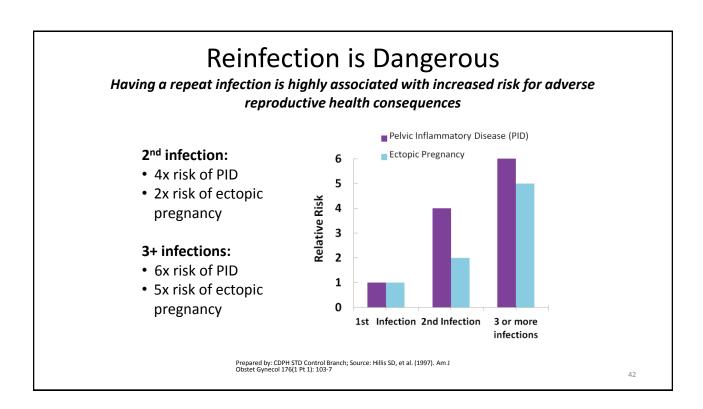


www.std.ca.gov

Patient-Delivered Partner Therapy (PDPT) for Chlamydia, Gonorrhea, and Trichomoniasis: Guidance for Medical Providers in California

These guidelines were developed by the California Department of Public Health Sexually Transmitted Diseases (STD) Control Branch in collaboration with the California STD Controllers Association, and the California Prevention Training Center (CAPTC)





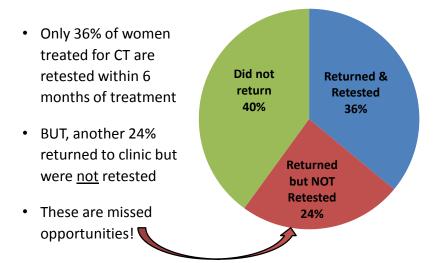
Testing After an STD Infection

- Women who test positive for CT/GC, or trichomonas should be rescreened three months following treatment
- Men who test positive for chlamydia or gonorrhea should be rescreened at three months after adequate therapy
- All patients with a bacterial STDs or trichomonas should be tested for other STDs including CT/GC, syphilis, and HIV

CDC 2015 STD Treatment Guidelines www.cdc.gov/std/treatment

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Retesting Rates in California FP Clinics





Source: Chow J. FPACT Data, FY11-12

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How Soon Can I Retest for CT/GC?

- Need to wait at least 3 weeks for CT to clear
- GC clearance within 1-2 weeks (2 weeks for pharyngeal infection)
- 3 months is the target, but retest opportunistically whenever patient returns in the next 1-12 months

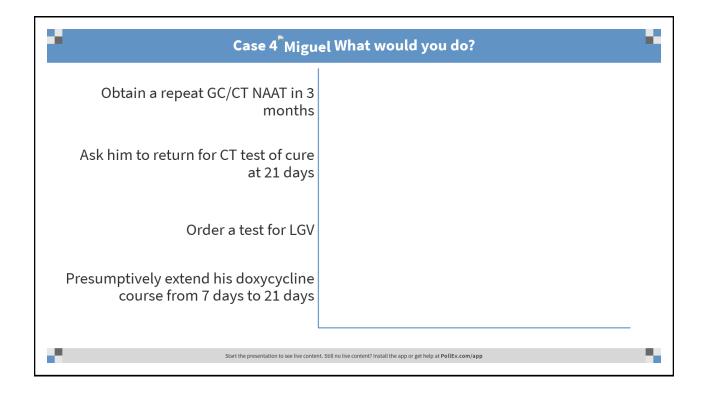
CDC 2015 STD Tx Guidelines, www.cdc.gov/std/treatment

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Case 4: Miguel

- 42 yo HIV positive MSM presents with rectal discharge and pain with sex
- Presumptively treated with Ceftriaxone 250 mg IM x1 and Doxycycline 100 mg PO BID x 7 days for proctitis
- Rectal CT NAAT positive
- VDRL and rectal GC NAAT are negative

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Acute Proctitis Management 2015 CDC STD Treatment Guidelines

- Ceftriaxone 250mg IM x 1 plus
- Doxycycline 100mg po BID x 7 days**
- +/- HSV and syphilis treatment depending on exam findings

**"Bloody discharge, perianal ulcers, or mucosal ulcers among MSM with acute proctitis and either a positive rectal chlamydia NAAT or HIV infection should be offered presumptive treatment for LGV with doxycycline 100 mg twice daily orally for a total of 3 weeks"

5-30% symptomatic rectal CT (i.e. CT proctitis) is LGV

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Trichomonas Vaginalis (aka "trich")

- Accounts for up to 35% of symptomatic vaginitis
- Increases risk of HIV acquisition in women
- Presents with copious discharge, often frothy
- Wet mount approximately 60% sensitive
- NAAT testing 95-100% sensitive
- DPH Public Health Lab (at 101 Grove) now offering a Trich NAAT!

WHO TO TEST

- Annual screening in asymptomatic HIV-positive women
- Diagnostic evaluation of vaginitis
- 3-month f/u screening after confirmed case of trichomonas
- Diagnostic evaluation of MSW with persistent or recurrent nongonococcal urethritis

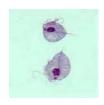


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Trich – How to Screen and Treat

Accepted specimen sources are:

- Vaginal swab (self-collected or clinician collected)
 - Use the orange Aptima kit
- Urine
- If also screening for GC/CT, you only need to send one kit



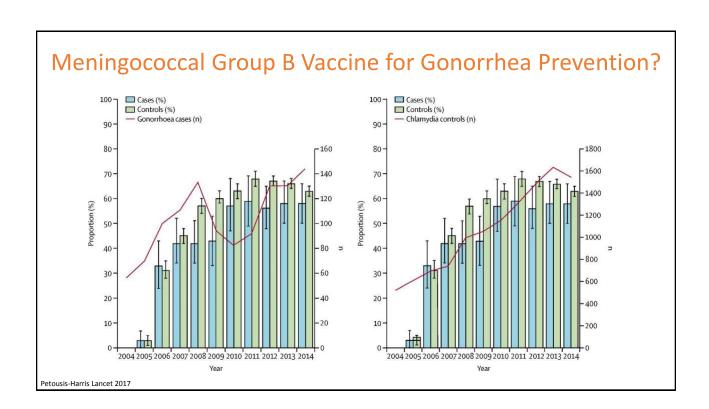
Treatment:

- HIV-negative:
 - Metronidazole 2 g PO x1 OR
 - Tinidazole 2 g PO x1
- HIV-positive:
 - Metronidazole 500 mg PO BID x 7 days
- No sex for 7 days after treatment
- Can be detected in 70% of male sexual partners of infected women:
 Sex partners should be empirically treated

Meningococcal Disease Outbreaks in MSM: Recommendations for San Francisco

- Offer the quadrivalent meningococcal vaccine (MenACWY; Menactra® or Menveo®) to:
 - All HIV-positive persons
 - All sexually active MSM
 - Also:
 - All indiv 11-18
 - High risk groups
 - Travelers
 - Military recurits
 - Microbiologists





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Take Home Points

- Routine screening is critical to STD prevention
 - Self-collection!
 - Don't forget extra-genital sites!
- Treat partners, and repeat a screen in 3 months
- Additional data required to determine best treatment for asymptomatic rectal CT: azithro vs. doxy
- High index of suspicion for LGV: If signs / symptoms of proctitis are present and LGV testing not available: offer presumptive treatment for LGV
- Trich testing now available
- Vaccinate MSM for meningococcal disease

ΕЛ

Thank you!

- Dominique Reminick and the CA HIV/STD Prevention Training Center
- Julie Stoltey
- Ina Park
- Susan Philip
- Tamara Ooms
- SF City Clinic NPs

- Stephanie.Cohen@sfdph.org
- For clinical questions: 415-487-5595
- To report a GC, CT or syphilis case: 415-487-5530



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- Clinical training
- STD clinical consultations
- Resources and tools for STD Treatment

Visit: www.nnptc.org







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