



# 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.

## STI Test Results

Sexual contacts of chlamydia, gonorrhoea, trichomoniasis, syphilis, urethritis, PID and epididymo-orchitis need to be contacted and treated.

Contact tracing is not required for genital warts or genital herpes.

HIV and gonorrhoea are automatic laboratory-notifiable infections under Infectious and Notifiable Diseases Regulations.

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.

For all cases of syphilis and HIV refer to or discuss with a sexual health or infectious diseases specialist.

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

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

## Identify who needs to be contacted based on routine sexual history:

01

Ask about number of sexual contacts in past 3 months.

02

Are these contacts regular or casual? (Be mindful that the term partner may imply a relationship).

03

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).

04

The use of condoms does not affect the requirement for partner notification and contact tracing and treatment.

05

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

06

How many of these people does the patient have contact details for?

07

What contact details do they have for these people?

## Explain the Methods and Offer Choice

### Patient Referral

(Patient informs sexual contact/s – preferred method if possible)

### Provider Referral

(Clinician informs sexual contact/s with patient consent.)

**Note: Patient safety takes priority, if risk of violence then don't notify contacts.**

Provider referral preferred if contact/s incarcerated or for repeated infections with doubt as to contact treatment.

### Discuss with client how they are going to notify contact/s

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

### Obtain Details of Contact/s to be Notified

Discuss confidentiality with index case, however explain that contacts may be able to identify them.

### Provide Education, Support and Resources to Assist Patients, Based on their Chosen Method:

- Factsheets on infection and partner notification with appropriate websites for further information.
- Role play telling 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

### Follow-up (phone or in person) 1 Week Later

- All notifiable contacts informed?
- If unable to notify contacts, ask why and offer support and appropriate resources
- Check no unprotected sex with untreated contacts – will need re-treatment if re-exposed
- Advise retest for infection in 3 months
- Document in notes

### Notify Contacts Anonymously

- Do not give name of index client
- Advise them to attend for sexual health check and treatment
- Advise them where they can attend for this – GP, sexual health or family planning clinic

ESR: Institute of Environmental Science and Research

PID: pelvic inflammatory disease

STI: sexually transmitted infection

Resources:

- Ending HIV Tell Me Tool <https://www.endinghiv.org.nz/tellme/>

- Just the Facts <https://www.justthefacts.co.nz>