HIV TESTING SAVES LIVES

THERE ARE 4 REASONS WHY PEOPLE ARE STILL DYING OF ADVANCED HIV IN THE UK:

1. They do not consider themselves at risk and therefore have not been tested.
2. HIV testing is not routinely offered in GP practices or hospitals.
3. One in four people (>25,000) infected with HIV in the UK remain undiagnosed.
4. If undiagnosed they cannot receive life-saving treatment and can unknowingly infect others.

Could your next patient’s symptoms be related to HIV? Think about it and recommend testing...

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Conditions where HIV testing should always be done

<table>
<thead>
<tr>
<th>Respiratory</th>
<th>Neurology</th>
<th>Dermatology</th>
<th>Gastroenterology</th>
<th>Rheumatology</th>
<th>Haematology / Oncology</th>
<th>Ophthalmology</th>
<th>Other</th>
<th>The “Viral illness”</th>
</tr>
</thead>
<tbody>
<tr>
<td>• TB</td>
<td>Unexplained neurology including</td>
<td>• Any macular/papular rash if HIV seroconversion could be in the differential diagnosis</td>
<td>• Hepatitis or C</td>
<td>When investigating for</td>
<td>• Thrombocytopenia</td>
<td>• All Infective retinal diseases including herpes viruses</td>
<td>• Investigating chronic weight loss</td>
<td>• The “viral illness” without coryzal symptoms (could this be primary HIV infection / HIV seroconversion?)</td>
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<tr>
<td>• Any cough with raised RR despite normal CXR (could this be Pneumocystis?)</td>
<td>• Peripheral neuropathy</td>
<td>• Any macular/papular rash if HIV seroconversion could be in the differential diagnosis</td>
<td>• Oral candidiasis</td>
<td>• Raised ESR</td>
<td>• Neutropenia</td>
<td>• All Infective retinal diseases including herpes viruses</td>
<td>• When you can’t explain the patients presentation</td>
<td>• Oral ulcers</td>
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<tr>
<td>• Any pneumonia</td>
<td>• Any meningitis/encephalitis</td>
<td>• Exoplageal candida</td>
<td>• Lymphopenia</td>
<td>As part of routine work up of</td>
<td>• Lymphopenia</td>
<td>• All Infective retinal diseases including herpes viruses</td>
<td>• Oral ulcers</td>
<td>• Allergic reactions requiring steroids</td>
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<tr>
<td>• Any meningitis/encephalitis</td>
<td>• Any space-occupying lesion</td>
<td>• Unexplained weight loss</td>
<td>• NHL /Hodgkins</td>
<td>• Raised ESR</td>
<td>• Lymphopenia</td>
<td>• All Infective retinal diseases including herpes viruses</td>
<td>• Prior to renal biopsy/dialysis</td>
<td>• Severe drug reactions</td>
</tr>
<tr>
<td>• Guillain Baré</td>
<td>• Transverse myelitis</td>
<td>• Unexplained chronic diarrhoea</td>
<td>• NHL /Hodgkins</td>
<td>As part of routine work up of</td>
<td>• Lymphopenia</td>
<td>• All Infective retinal diseases including herpes viruses</td>
<td>• Investigating proteinuria</td>
<td>• Parotid cysts/Parotid swelling</td>
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<tr>
<td>• Memory change</td>
<td>• Cerebral toxoplasmosis,</td>
<td>• Oral hairy leukoplasia</td>
<td></td>
<td></td>
<td>• Anaemia</td>
<td></td>
<td></td>
<td>• Cervical dysplasia</td>
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<tr>
<td>• Cerebral toxoplasmosis,</td>
<td>• Primary cerebral lymphoma</td>
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<td></td>
<td>* Oral ulcers</td>
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<tr>
<td>• Cryptococcal meningitis</td>
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<td>* The “viral illness” with coryzal symptoms</td>
</tr>
</tbody>
</table>

WHEN TESTING IS RECOMMENDED?

Healthcare professionals should have a low threshold for recommending testing; a test should be included along with routine bloods when:

- HIV enters the differential diagnosis (see opposite).
- You don’t know the cause for the patient’s presentation.
- You consider requesting an ESR (a surrogate for excluding things).

POINTS TO REMEMBER:

- ‘Viral illness’ can also be sexually transmitted e.g. HIV seroconversion.
- All pregnant women in the UK are tested for HIV as a routine.

HOW TO TEST?

- **Recommend:** as a routine test alongside other bloods.
- **Normalise:** simply say, ‘HIV testing is a routine blood test in our hospital / clinic / practice.’
- **Reassure:** there are no insurance or mortgage penalties for taking a test, in the same way that there are none for having a chest x-ray.
- **Send:** a clotted blood sample to microbiology / virology or local labs and request a routine HIV test.

ONLY verbal notification that the test is being done is required.

Adapted from UK National guidelines on HIV testing.
HIV TESTING HOTLINE

Place your details here to create a bespoke HIV testing handout, and other resources branded for your hospital, practice or workplace.

Testing - Treatment - Saving Lives

www.savinglivesuk.com

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