

CHLAMYDIA SCREENING & MANAGEMENT



General Information

HEALTH CENTER ASSOCIATION OF NEBRASKA



Purpose and Documentation Requirements

Ensure consistent, guideline-based screening, treatment, and documentation for Chlamydia trachomatis (CT) in eligible patients, while meeting CDC, ACOG, and HEDIS quality measures.*

- Consent for Testing
 - Nebraska is an opt-in State, meaning the patient has to be informed of the testing and agree to having it performed. (Versus opt-out where the testing is done routinely and the patient has to decline the testing)
- Lab order + completed test result
- Screening is still recommended based on national guidelines

Who should be screened

Both the CDC and ACOG recommend screening all sexually active females under the age of 25 for Chlamydia trachomatis (CT)

- All sexually active females <25 years old
- Older patients based on risk factors

HEDIS also has a measure for this and it states:

The percentage of women ages 16–24 who are identified as sexually active and who had at least one test for chlamydia during the measurement year.

- Denominator
 - Are 16–24 years old by Dec 31 of the measurement year
 - Are identified as sexually active (via claims, pregnancy codes, STI history, contraception, etc.)
 - Have had at least one visit or enrollment during the measurement year
- Numerator
 - ≥1 CT test during the measurement year
 - Any acceptable specimen (urine, vaginal swab, etc.)
 - Must be documented/billed

When to offer Testing (Clinical Triggers)

Offer CT screening during:

- Well Woman Exams (WWE)
- Birth control / contraception consults
- Pregnancy confirmation visits
- Well Child Checks (age 16+)
- Acute or routine visits when appropriate
- STI-related visits or concerns

Treatment Guidelines (If Positive)

Non-pregnant

- Doxycycline 100 mg PO BID x 7 days
- No test of cure needed routinely

Pregnant

- Azithromycin 1 g PO once
- Test of cure required at ~4 weeks to ensure resolution

Patient Resource: Nebraska Every Woman Matters program (Provides Preventative women's health services)

<https://dhhs.ne.gov/Pages/Every-Woman-Matters.aspx>

**Nebraska's 2023 Chlamydia rate: 454 cases per 100,000*

www.hcanebraska.org

ROOMING STAFF

Chlamydia Testing Script

HEALTH CENTER ASSOCIATION OF NEBRASKA



Purpose

Standardize how rooming staff offer chlamydia screening (CT) to eligible patients in a way that:

- Normalizes testing as routine care
- Supports HEDIS/CDC/ACOG screening guidelines
- Ensures clinical questions are deferred to the provider
- Prepares the patient for specimen collection

The goal with scripting is to normalize testing for chlamydia and get the appointment ready for obtaining specimens. The expectation is not to have the rooming staff answer clinical questions, that should be deferred to the medical provider.

Standard Script for Adults (19+)

As part of routine care for patients under 25, we screen for chlamydia each year with a urine test. Would it be okay to include this testing today? If you have any questions, your provider will be happy to talk with you.

Standard Script for Pediatric/Minor Patients

As part of routine care for patients under 25, we screen for chlamydia each year with a urine test. Even though you are considered a minor, you can consent to STI testing without your parents' permission, and results are confidential. Your provider can discuss insurance concerns if you are worried about that.

Would it be okay to include this testing today? If you have any questions, your provider will be happy to talk with you.

Frequently Asked Patient Questions and Responses

Do you think I have an STI? / Do I have symptoms?

- "I'm not able to assess that, but your provider can talk through your symptoms and any concerns with you."

What is the test like?

- "It's usually a urine test. Your provider can give you more details if you have questions."

Is this confidential? (especially adolescents)

- "This testing is confidential. Your provider can go over any details or concerns you have about privacy."

Will this cost anything?

- "Your provider can talk through any insurance or cost questions with you."

I'm not sure / I don't want it

- "That's completely your choice. If you'd like, your provider can talk more with you about it."

What happens if it's positive?

- "Your provider will go over results and next steps with you if anything comes up."

Will this happen every visit?

- "We typically offer this once a year as part of routine care for patients under 25."

How long does it take to get results?

- "Results usually come back in a few days. Your provider or their staff will follow up with you."

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MEDICAL PROVIDER

Chlamydia Screening Script

HEALTH CENTER ASSOCIATION OF NEBRASKA



Purpose

Support consistent, guideline-based counseling for chlamydia screening in patients under 25, emphasizing:

- Normalization of CT screening as routine preventative care
- Early detection of asymptomatic infection
- Confidential, patient-centered consent
- Clear follow-up and prevention counseling

Standard Script for Adults (19–24)

“Because you’re under 25, we recommend routine yearly chlamydia screening for all patients your age. It’s a simple urine test. Many people don’t have symptoms, so screening helps us catch infections early and protect your future health.

Would it be okay to include this testing today?”

Standard Script for Minor Patients (<18)

“Because you’re under 25, we recommend routine yearly chlamydia screening for all patients your age. It’s a simple urine test. Many people don’t have symptoms, so screening helps us catch infections early and protect your future health.

Because you are under 18, you can consent to STI testing yourself, and your results are confidential. We can also talk about insurance privacy if that’s something you’re worried about.

Would it be okay to include this testing today?”

Provider FAQs

“Why do I need to be screened if I feel fine?”

- “Chlamydia often doesn’t cause symptoms, especially early on. Routine screening helps us catch it early and treat it before it can cause complications like pelvic infections or affect fertility.”

“How accurate is the test?”

- “The urine test we use is very accurate. It’s designed to reliably detect chlamydia, even when there are no symptoms.”

“What happens if my test is positive?”

- “It’s very treatable with antibiotics. We’ll go over treatment, make sure your partner(s) are treated as well, and talk about follow-up testing to ensure everything is cleared.”

“Will my parents/partner/insurance find out?”

- “Everyone can consent to STI testing confidentially, including minors. Let’s talk through how results are shared and any insurance considerations to make sure you feel comfortable.”

“How can I prevent this in the future?”

- “Using condoms, regular screening, and open communication with partners are all really important. We can talk through what prevention looks like for you specifically, if you’d like.”

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