

# Health & Human Services Committee

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*April 10, 2018*

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1. Overview of STD Trends Nationally & in Maine
  - a. Chlamydia
  - b. Gonorrhea
  - c. Syphilis
  - d. HIV
  
2. India Street Public Health Center
  - a. Demographics
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3. Projects and Future Needs

INDIA STREET

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**INDIA**

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PUBLIC HEALTH CENTER

This report includes a summary of the sexually transmitted diseases (STDs) we most commonly test for at India Street Public Health Center (India Street). Please note that all national reporting by the Center for Disease Control and Prevention (CDC) is by rate (per 100,000 population) while all reporting in the state of Maine is shown as total number of cases. Trends in Maine for chlamydia, gonorrhea, and syphilis mirror rising national trends. Additionally, 2017 preliminary data has been included for Maine but is not yet available at the national level.

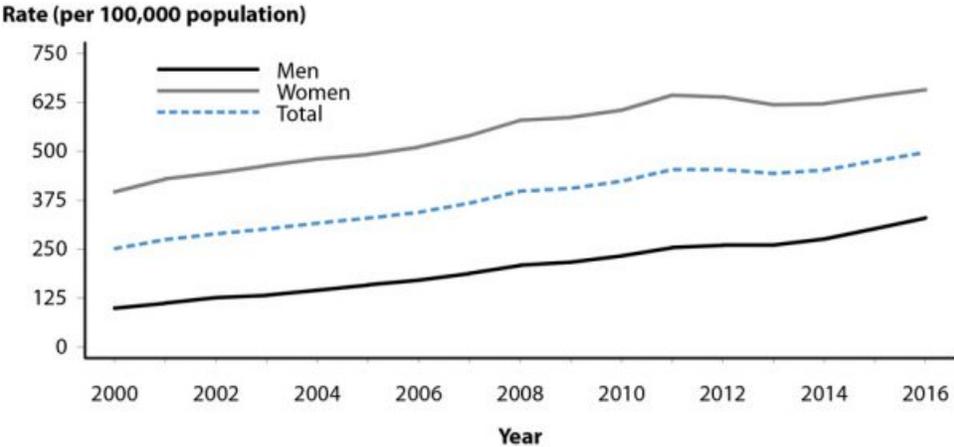
Following the trends in STDs nationally and in Maine you will find data specific to India Street as well as our current and future projects.

India Street STD Clinic is staffed by a multifaceted team:

- Office manager and front desk staff
  - Debra Adams
- Intake workers who conduct sexual history intakes and collect specimens:
  - Zoe Odlin-Platz, Community Health Promotion Specialist
  - Lizzy Garnatz, Community Health Promotion Specialist
  - Kimberly Meehan-Brown, Disease Intervention Specialist (DIS)
  - Chris Buerkle, part-time volunteer
- Clinic assistant
  - Shawn Peterson, Community Outreach Coordinator
- Laboratory personnel
  - Isabella Borrero, Laboratory Director
  - Doug Smith, Laboratory Technician
  - Emily Keller, Laboratory Technician
- Medical Director and clinician
  - Dr. Christina DeMatteo
- Other clinicians
  - Dr. Kinna Thakarar
  - Dr. Christina Holt

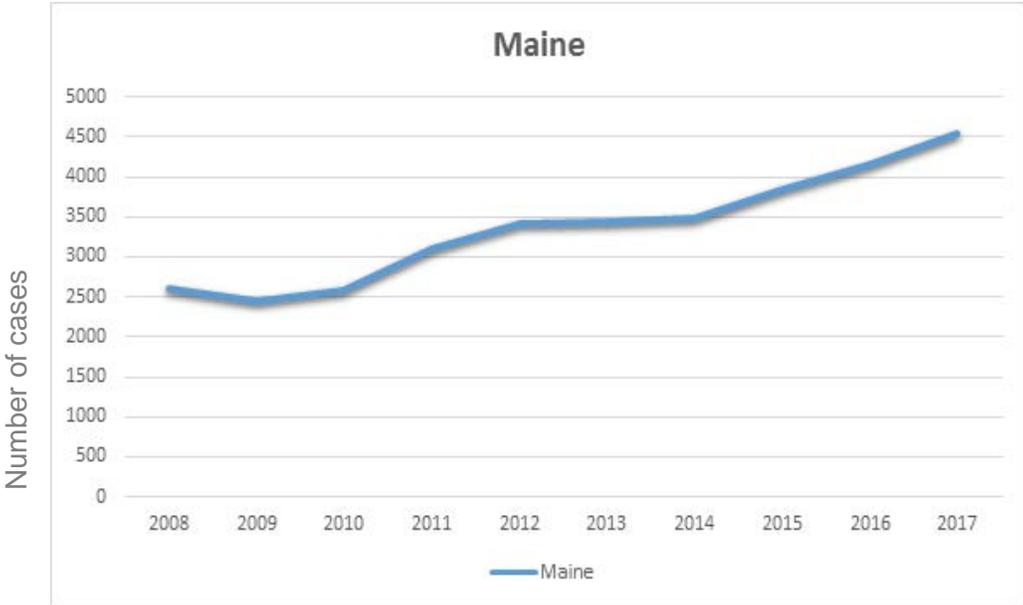
# CHLAMYDIA

## United States



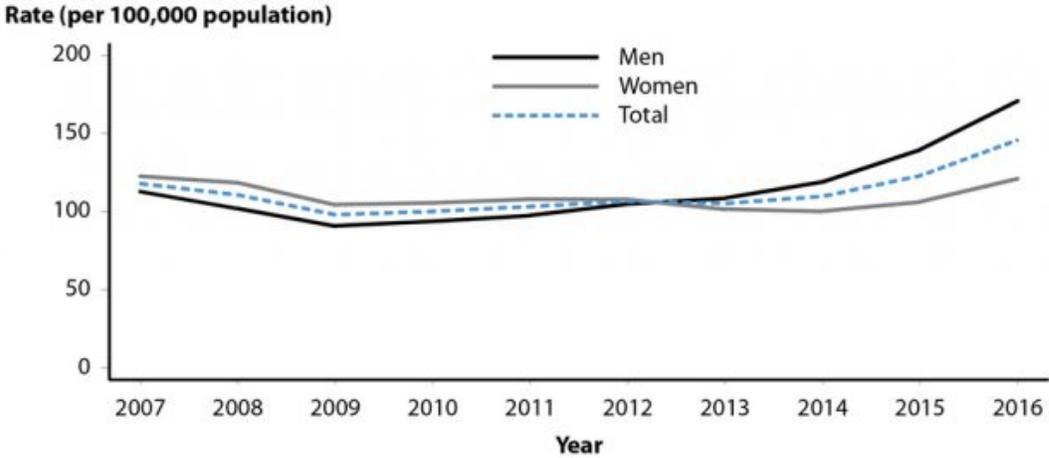
In 2016, a total of **1,598,354 chlamydial infections** were reported to the CDC in 50 states and the District of Columbia. This case count corresponds to a rate of 497.3 cases per 100,000 population. During 2015–2016, the rate increased 4.7%, from 475.0 to 497.3 cases per 100,000 population. (<https://www.cdc.gov/std/stats16/toc.htm>)

Maine, like the nation, is experiencing an increase in chlamydia. Of the **4,159 cases in Maine in 2016**, over half (2,801) were in women. The rate of infection is lower than in the U.S. as a whole at 312.4 per 100,000 population. In addition, the majority of cases were among 15-24 year olds (2,719).

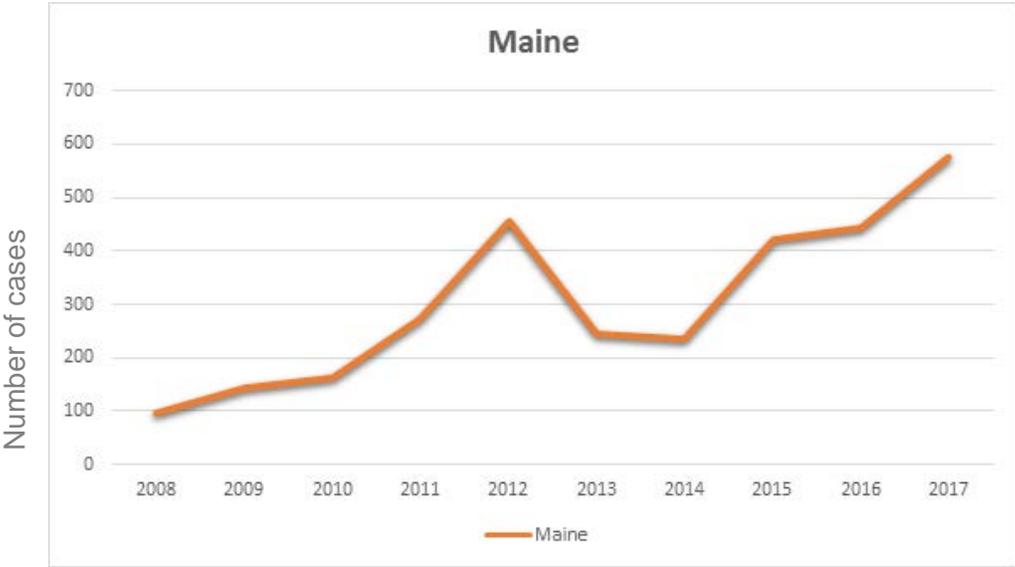


# GONORRHEA

## United States



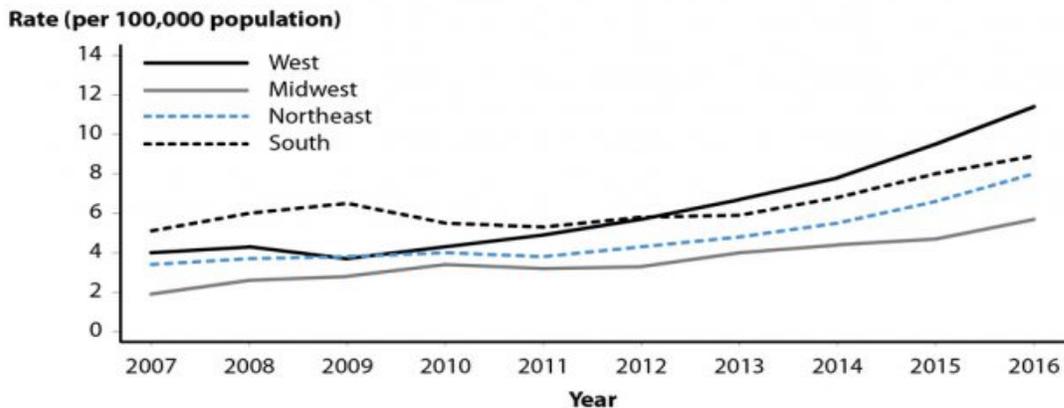
In 2009, the national rate of reported gonorrhea cases reached a historic low of 98.1 cases per 100,000 population. However, during 2009–2012, the rate increased slightly each year to 106.7 cases per 100,000 population in 2012. In 2013, the rate decreased slightly to 105.3 cases per 100,000 population, followed by a yearly increase during 2013–2016. **In 2016, a total of 468,514 cases** were reported for a rate of 145.8 gonorrhea cases per 100,000 population.



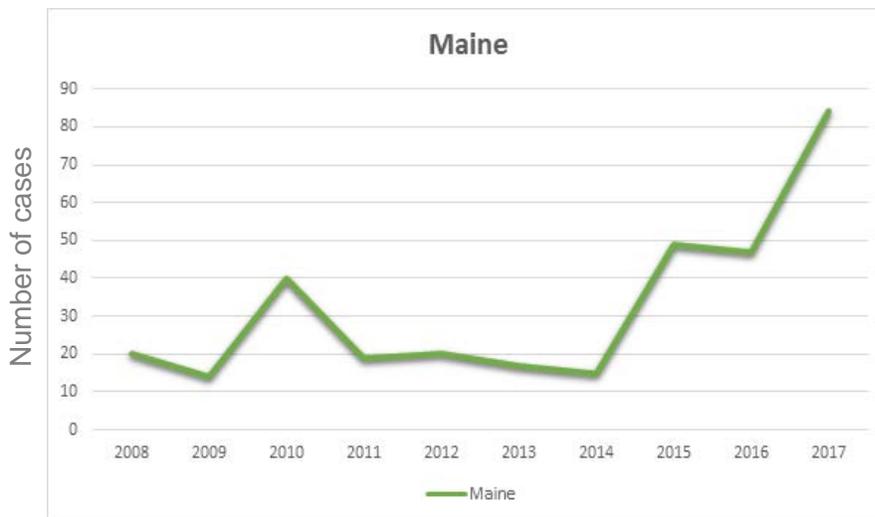
**There were 444 cases of gonorrhea reported in 2016 with the overall rate for the state at 33.3 per 100,000 population.** Nearly three quarters of those diagnosed were male (311 of 444) and nearly all cases were among those 15-24 and 25-34 years of age.

# SYPHILIS (primary and secondary)

## United States



In 2000 and 2001, the national rate of reported primary and secondary (P&S) syphilis cases was 2.1 cases per 100,000 population, the lowest rate since reporting began in 1941. However, the P&S syphilis rate has increased almost every year since 2000–2001. **In 2016, a total of 27,814 P&S syphilis cases were reported.** During 2015–2016, the national P&S syphilis rate increased 17.6% to 8.7 cases per 100,000 population, the highest rate reported since 1993.

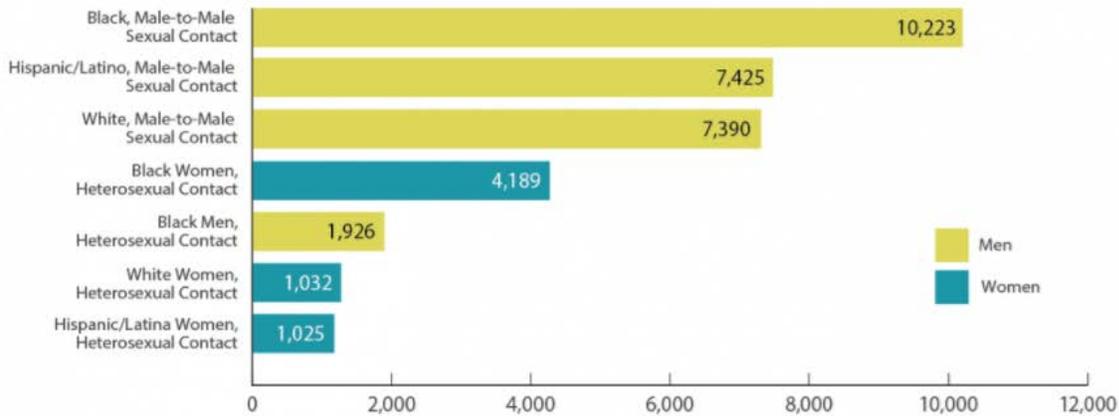


Nearly all of the 47 cases of syphilis in Maine in 2016 were among white (41) males (44). Again, reflecting a national trend, syphilis cases in the state have been on the rise; **prior to 2016 the 5 year median was 19 cases a year.** Maine also saw a significant increase between 2016 and 2017 with 84 cases reported last year.

# HIV

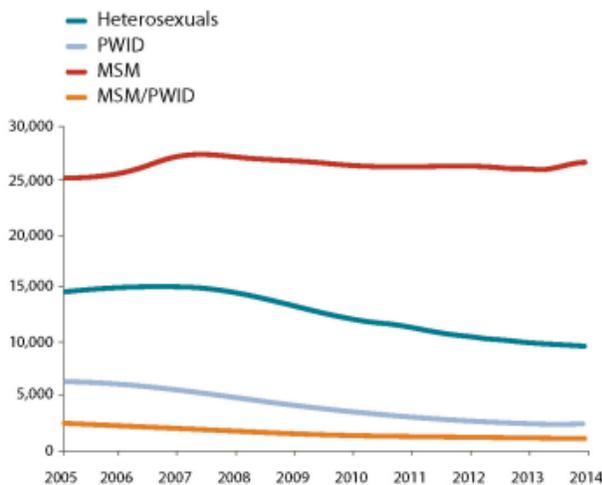
## United States

New HIV Diagnoses in the United States for the Most-Affected Subpopulations, 2016



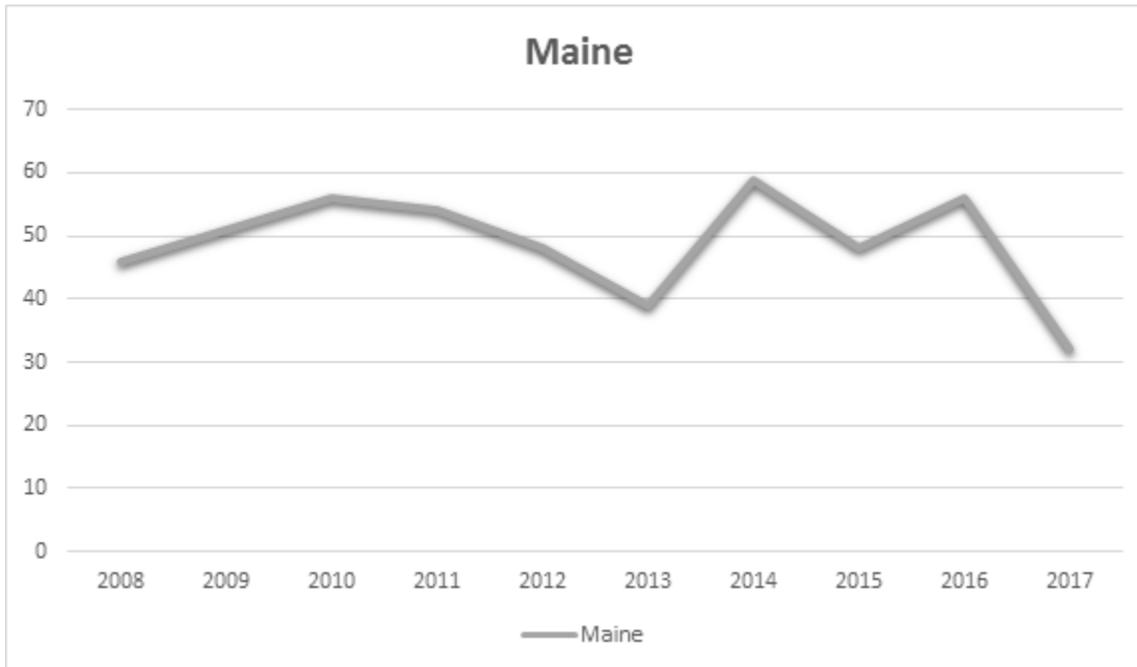
In 2016, 39,782 people received an HIV diagnosis (the annual number of HIV diagnoses declined 5% between 2011 and 2015). Gay and bisexual men accounted for 67% (26,570) of all HIV diagnoses and 83% of diagnoses among males. HIV diagnoses are not evenly distributed geographically. The population rates (per 100,000 people) of people who received an HIV diagnosis were highest in the South (16.8), followed by the Northeast (11.2), the West (10.2), and the Midwest (7.5)

Figure 1. HIV Diagnoses by Transmission Category, 2005-2014

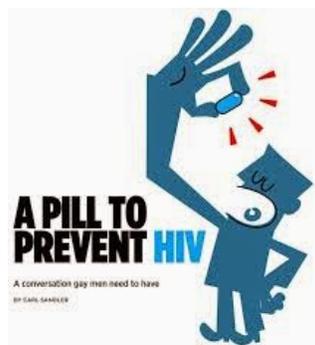


(CDC Fact Sheet: Trends in the U.S. HIV Diagnoses, 2005-2014)

Maine saw a decrease in the number of reported HIV cases last year and remains, overall, a low incidence state. While the majority of new cases reported in the U.S. were among those 20-29 years of age, Maine, with an older population, saw most new cases in those 35-44 years of age. The majority of cases are among white men reporting sexual contact with males.

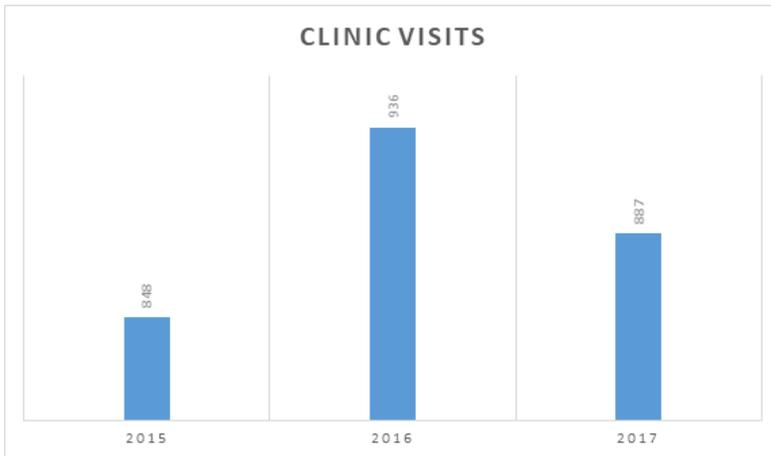


**As part of our HIV prevention work at India Street we prescribe Truvada as PrEP (pre-exposure prophylaxis).** PrEP is a one a day pill that is over 90% effective at preventing HIV acquisition. As part of our program we provide comprehensive STD screening, all required lab work based on CDC guidelines, a Truvada as PrEP prescription, and resources for primary care and patient assistance programs. India Street currently has signed up 31 active PrEP patients since the program restarted in October.

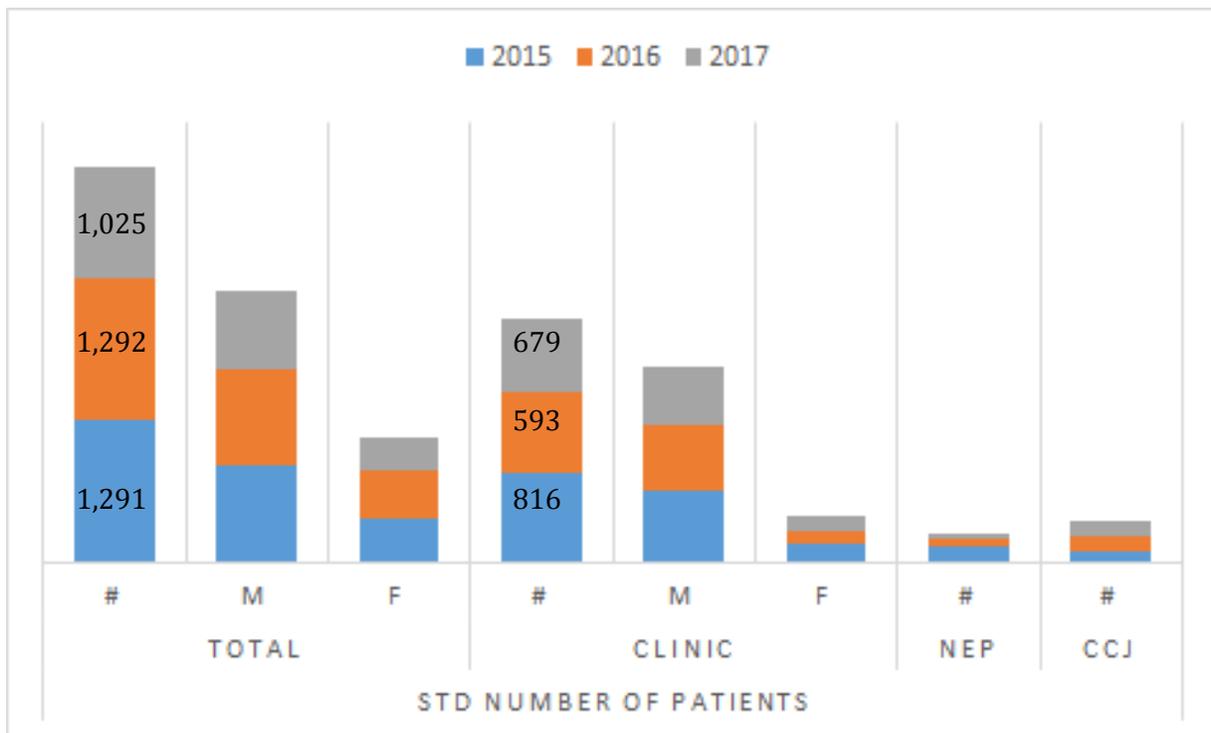


# INDIA ST PUBLIC HEALTH CENTER

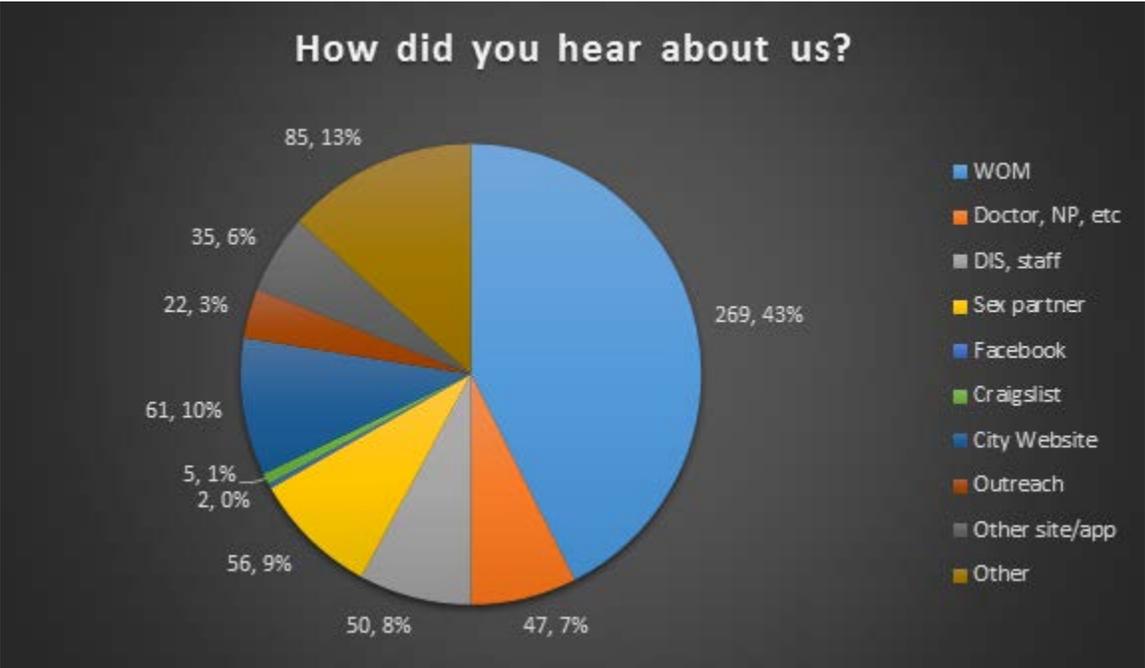
## Demographics of Population



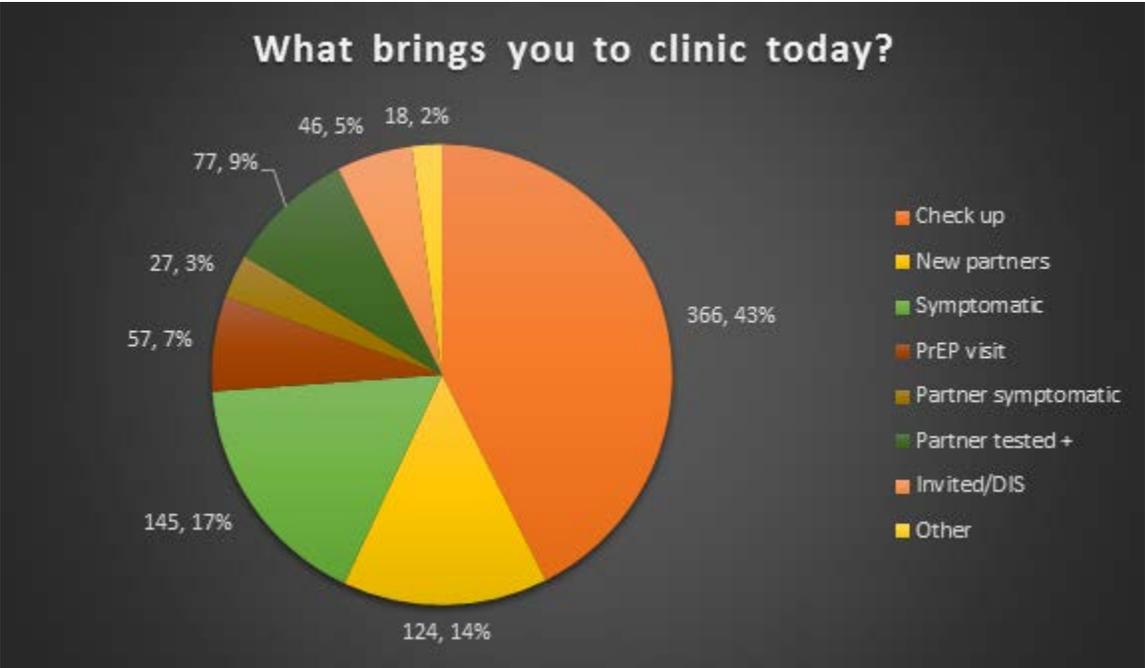
Clinic visits increased significantly in 2016 and then dropped in 2017. The decline was less than anticipated in the setting of service changes at India Street during that time. We are seeing fewer total patients but many of our patients return for regular screening multiple times a year, particularly if they are on Truvada as PrEP.



Reflects aggregate data from August 2017-February 2018.



The majority of patients visiting the clinic heard about our services through friends, family, and word of mouth, followed by Other, Sex Partner, and DIS/Staff Member.



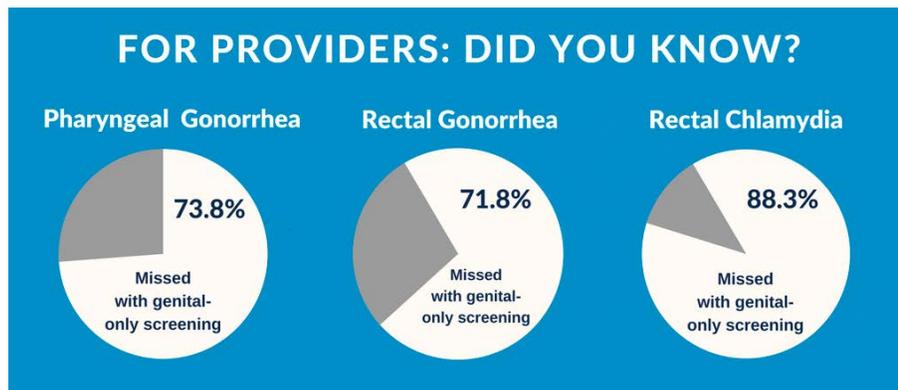
## Positive Test Results: Gonorrhea and Chlamydia (01/1/2017-12/31/2017)

At India Street we offer comprehensive STD testing, which means all sites of exposure are tested for chlamydia and gonorrhea. This is particularly important for men having sex with men (MSM) as many primary care offices do not swab for anal and oral infections. Without extragenital testing, infections can be missed and remain untreated. At India Street we calculated the percentage of infections that would have been missed (urine test is negative but anal and/or oral tests are positive) had we not provided comprehensive testing.

Gonorrhea				
Total Positive Individuals	Urine +	Oral +	Anal +	Missed w/o anal/oral
59	18	27	32	41 (70.7%)

Chlamydia				
Total Positive Individuals	Urine +	Oral +	Anal +	Missed w/o anal/oral
107	67	12	41	40 (37.4%)

The National Alliance of State and Territorial AIDS Directors (NASTAD) encourages all providers to provide comprehensive screening for MSM at least annually, 3-6 months for those at increased risk, and every 3 months for those on Truvada as PrEP. They created the below infographic in their provider outreach materials to similarly emphasize the number of missed infections.



STD Surveillance Network, July 2010- June 2012, STD clinic data for 11 SSuN jurisdictions. Patton, et al. Clin Infect Dis. March 2014.

## Treatment

**The total number of treatments administered at India Street in 2017 was 406. Of those 406, 127 were confirmed contacts (“epi” treatment).** Contacts are confirmed by Kimberly Meehan-Brown who is one of two Disease Intervention Specialists for reportable conditions: gonorrhea, syphilis, and HIV. She is also able to confirm chlamydia cases though many cases are not followed due to the volume of cases and limited staff.

At India Street we treat STDs on site for those who test positive with us as well as confirmed contacts. We carry medication for gonorrhea, chlamydia, syphilis, herpes, bacterial vaginosis, non-gonococcal urethritis, and trichomoniasis. We are also able to write prescriptions for those with insurance or able to pay out of pocket.

## Community Outreach

Staff at India Street currently offer outreach education groups and testing for HIV and Hepatitis C at a variety of treatment facilities and social service agencies in York and Cumberland counties, including Crossroads for women, Cumberland County Jail, Milestone Recovery, Amistad, Oxford Street Shelter, Preble Street Teen Center, Groups Recover Together, Catholic Charities, Blue Willow, and Enso Recovery. Staff also offer syphilis screening once a month at Frannie Peabody Center in partnership with their HIV testing and prevention program.

## Overdose Prevention and Naloxone Training

We provide Overdose Recognition and Response Training for numerous providers and social service agencies in Southern Maine, helping agencies develop response protocols, and providing technical assistance regarding prescribing practices of naloxone. Training sites include:

- All Maine Medical Partners primary care outpatient clinics
- Preble Street
- Oxford Street Shelter
- Family Crisis Services
- CAP Quality Care
- York County Shelter Programs
- Opportunity Alliance
- Cumberland County Jail
- The Recovery Oriented Community Center at USM
- Portland Food Co-op
- Space Gallery
- UNE College of Medicine
- Top of the Hill Counseling

Staff have also hosted general community training opportunities that are open to the public. Looking toward future training projects, staff are working on developing a City of Portland Train the Trainer overdose response curriculum in order to train future overdose prevention educators and ensure consistent messaging.

## 2017-2018 Projects:

- TDI Healthcare Improvement Course:
  - Healthcare Improvement Certificate through Maine Medical Center, Tufts University, and The Dartmouth Institute. This course is designed for inter-professional clinical teams who are willing to analyze practice patterns and population health reports to understand system-based quality of care improvement on a clinic and population level. India Street Staff just completed this nine month course on March 25th, 2018.
- Rescreen Rates:
  - We are in the process of creating a database of positive cases and tracking their follow up testing at 3-6 months, which is the CDC best practice.
- PrEP Therapy:
  - Pre-exposure prophylaxis is a one a day pill that is over 90% effective at preventing HIV. We provide a comprehensive PrEP program that offers low-barrier access and follows recommended CDC guidelines.
- Re-expansion of on-site laboratory services:
  - Moved back to CLIA moderate level complexity certificate, which allows laboratory staff to perform testing independently and allows for more types of testing to be done on site. This frees up providers to see more patients and spend more time with counseling and education.
- Maine CDC collaboration:
  - We are working to increase collaboration with the state CDC to better understand the resources and educational needs for our community.
- Medical education for physicians and students:
  - We are developing a harm reduction and sexual health curriculum for medical students, residents and fellows, including recorded lectures that can be more easily accessed and disseminated.
  - Implemented clinical rotation experience for medical residents from five disciplines at Maine Medical Center and Tufts Medical Students to provide essential clinical experience in STD evaluation and management.
  - Outreach education provided to community healthcare providers.
- Updating clinic operations policies and documentation processes.
- Electronic capture of demographic data:
  - Creation of a database for the examination of aggregate demographic and behavioral information that can be used to better target outreach, improve education, identify gaps in services, and understand the needs of our community.
- Partnering with Preble Street Learning Collaborative (PSLC):
  - Facilitating the implementation of comprehensive STD screening clinic at the PSLC by partnering India Street outreach staff with PSLC providers, ensuring expanded access to services.

- Collaboration with Cumberland County Jail:
  - India Street has been offering weekly testing at CCJ since 1998. In 2017, India Street staff tested 130 inmates at CCJ, and have tested 41 so far in 2018. In addition to offering HIV and Hepatitis C testing, India Street staff are collaborating with the CCJ medical department to offer STD testing services (syphilis, gonorrhea, and chlamydia) to high risk individuals who qualify under the current CDC contract. India Street staff are transitioning to provide weekly overdose prevention education groups at CCJ, and using the groups as a way to sign interested inmates up for testing.
- Collaboration with The Pharmacy at Maine Medical Center:
  - Uninsured patients are connected with MedAccess at The Pharmacy to assist with applications for insurance or Free Care coverage, connection to primary healthcare, and Patient Assistance Programs for coverage of medication costs.
- Collaboration with GPH to facilitate Hepatitis C treatment
- Naloxone Distribution Data Collection:
  - Volunteers and staff have collected one year of naloxone use data by individuals who access the Needle Exchange Program. This provides specific information about overdose response and characteristics of peer responses in the community.

## Future Plans

- 340B Status:
  - The 340B program through the Health Resources and Services Administration (HRSA), is a medication discount program. We submitted our application on Monday, April 2nd. If the City is approved, we will begin accessing 340B prices on July 1, 2018, with significant cost savings.
- Wi-fi for the building:
  - Valuable for our educational goals for both patients and medical learners.
- Portland Sexual Health Coalition:
  - We will continue to reach out to community members, including public and private healthcare organizations and advocacy groups to build a network of collaborative partnerships with the goal of addressing sexual health needs and disparities of care.