

Best practices in HIV care > Initial assessment (IA) when diagnosed



> Histories, examinations and screens	
Family history	
Medications—Rx/OTC/herbal	
Vaccination history—some periodic	
Allergies	
Procedures/hospitalizations/surgery	
Medical problems—new, ongoing, resolved	
Short/ultra short screens for depression, neurocognitive and mental health	
Substance use—tobacco, alcohol, drugs (inc. illicit use of prescription drugs)	
Physical examination: include vitals, height, weight, BMI, waist circumference, thorough skin inspection, DRE with visual genital and anal inspection, manual breast exam	
Contact information, active appointment reminders and tracing	
Geriatric consult/referral when appropriate	
Eye exam for patients w/ indications of advanced infection	

> HIV Immune markers	
Confirmation serology ascertain recent infection if practical	
CD4 as and % *	
VL *	
HLA—*B5701	
Tropism testing	
CD8 count (and CD4/8 ratio)*	
Genotyping	

**In some cases, quarterly frequency may be relaxed/extended if patient is stable and sufficiently virally suppressed.*

> Laboratory investigations	
CBC with differential and platelets	
ALT/AST/ALP/Bilirubin	
Electrolytes, blood urea nitrogen, urine albumin to creatinine ratio (UACR)	
Lipid profile (total cholesterol, LDL/HDL/triglycerides)—fasting	
Fasting glucose/hemoglobin or A1C	
Urinalysis with urine protein/creatinine	
Bone mineral density testing based on guidelines	
Vitamin D	

> Co-morbid conditions	
TB (Annual if at risk)	
Syphilis	
Chlamydia/Gonorrhea	
Toxo [CD4 based?]	
Hep B	
Hep A	
Hep C	
CMV	
Varicella and VZV	
Measles	

> For women	
Trichomoniasis	
Rubella IgG test	

> For men who have sex with men	
LGV assessment per guidelines	
Trans men w. female genitalia, cervical screening	
Glucose-6-phosphate dehyd. def. for ACB, SE Asian and Mediterranean men	

> ART management	
Using appropriate techniques, discuss, assess benefit/risks of ART with patients	
Assess readiness, beliefs and acceptance/mutual decision making	
Assess access to ART including barriers, such as lack of insurance or drug coverage, other medications and mental health and substance use issues.	
Migration/location assessment	
Identify any population-specific factors (e.g. transgender affirmation, women and cART effects, partner or home dynamics)	

> Social needs assessment	
Poverty assessment	
Employment/other income benefits	
Housing/food security/transporation	
Access to medicine	
Individual and partner counselling	
Intimate partner violence	