

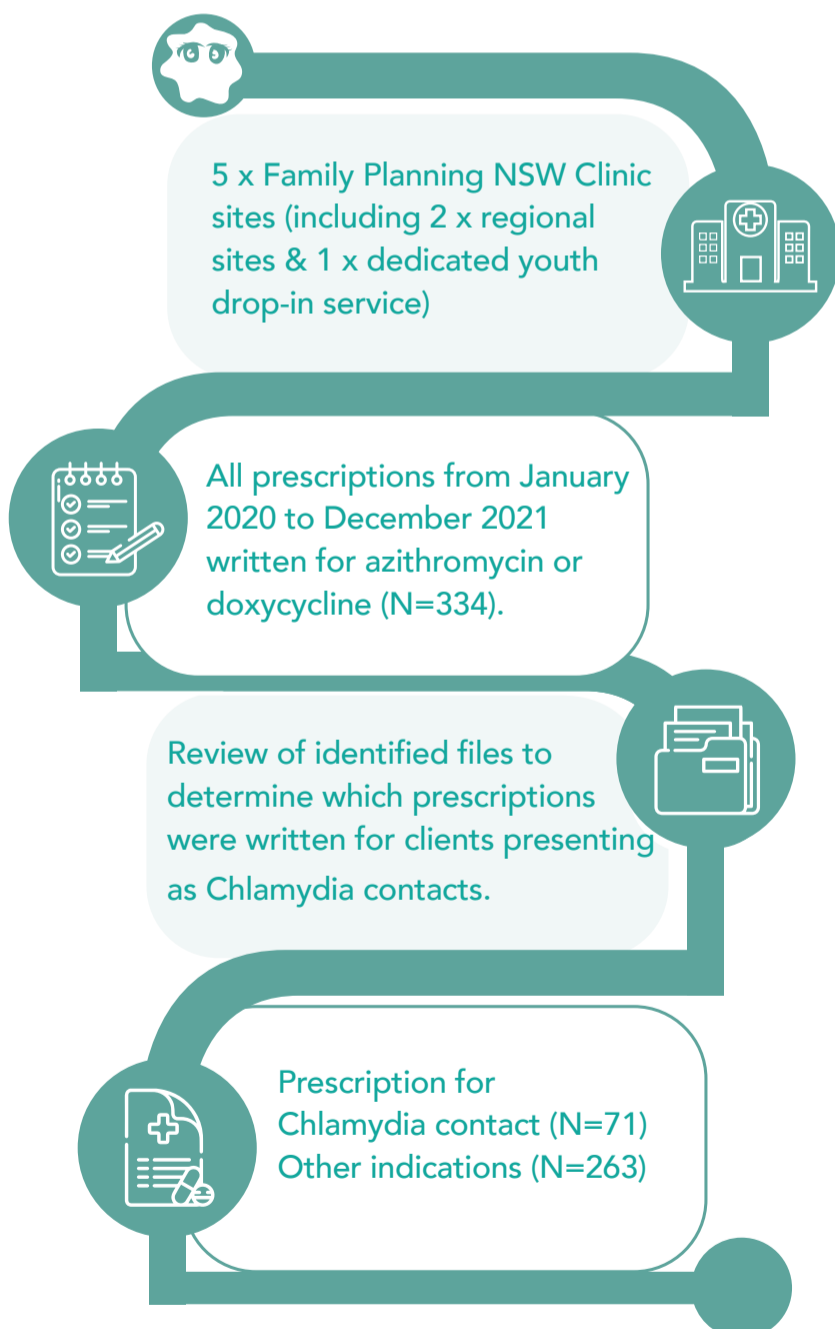
## BACKGROUND

In December 2020, NSW STIPU updated the management guidelines of Chlamydia contacts within Public Funded Sexual Health Clinics. These guidelines advised deferral of treatment for asymptomatic Chlamydia contacts, instead advising to test and await results before treating<sup>1</sup>. These updated guidelines were implemented to improve antimicrobial stewardship and address increasing macrolide resistance in other pathogens.

In the primary health care setting these changes did not commence until January 2022, when the Australian STI Management Guidelines for use in Primary Care management of Chlamydia reflected this move away from presumptive treatment of Chlamydia contacts. In line with NSW STIPU guidelines, the updated guidance is to offer testing to asymptomatic sexual contacts of Chlamydia cases and await results, with presumptive treatment only recommended for asymptomatic Chlamydia contacts with concerns about potential loss to follow up, or sexual contact within the past 2 weeks with the index case<sup>2</sup>.

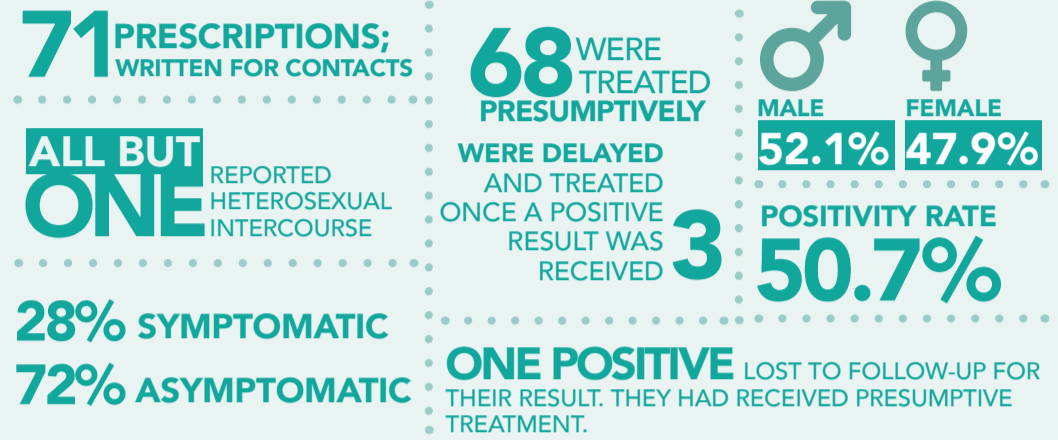
This retrospective file audit analysed outcomes of management of Chlamydia contacts over a 2 year period at Family Planning NSW (FPNSW) clinics to assess the potential impact of this change in clinical practice.

## METHOD:



At FPNSW all positive Chlamydia results, regardless of whether already given presumptive treatment, are contacted to discuss the result, arrange access to treatment if not already given, assess if symptoms are present or persist, and contact tracing is discussed and initiated for all contacts from the last 6 months. Three attempts to contact the client via mixed modes of communication are made.

## RESULTS



Results	n	%
Prescriptions written for Chlamydia contacts	71	21% (71/334)
Chlamydia contacts	n=71	
Average age (years)	23	
Sex		
Male	37	52%
Female	34	48%
Heterosexual intercourse		
Yes	70	99%
Not stated	1	1%
Chlamydia contacts treated presumptively		
Yes	68	96%
No, treated once a positive result was received	3	4%
Chlamydia contacts test		
Positive	36	51%
Negative	33	46%
Not tested	2	3%
Chlamydia contacts with symptoms		
Yes, symptomatic	20	28%
No, asymptomatic	51	72%
Loss to Follow-up for positive Chlamydia	1	1%

The results of the audit are consistent with the Australian STI Guidelines overview of Chlamydia in the Primary Health Care Setting with -

- Those < 30 years at greater risk
- Frequently asymptomatic and
- Simple to test and treat<sup>2</sup>

## CONCLUSIONS:

This audit demonstrates that despite a high positivity rate among Chlamydia contacts in an almost exclusively heterosexual cohort, the negligible loss to follow up rate makes delayed treatment a safe option. This data will assist us in reassuring both clients and clinicians that a move away from presumptive treatment of Chlamydia contacts is a safe approach with the benefit of improved antimicrobial stewardship.

## References:

1. [Chlamydia – NSW STI SOP](#)
2. [Chlamydia - STI Guidelines Australia](#)