

Introduction

December, 2014

Section 1
Page 1 of 2

Purpose of Guidelines/Goals

To ensure individuals exposed to blood and body fluids receive appropriate management, follow-up and information to prevent further transmission of infectious diseases including human immunodeficiency virus (HIV), hepatitis B, hepatitis C and, in the event of sexual assault, sexually transmitted infections (STIs).

General Considerations Regarding Recommendations for Prophylaxis

In evaluating the need for HIV post-exposure prophylaxis (PEP), the following factors should be considered:

- *duration of time passed* since the potential exposure;
- *likelihood of HIV* infection in the *source*;
- risk of transmission given the source *material* and *type* of exposure;
- effectiveness of therapy at modifying that risk;
- toxicity of the therapy;
- burden of adherence to antiretroviral therapy.

Introduction

This document is intended to guide health care providers caring for persons who have been exposed to blood and body fluids in the workplace or community setting. This guideline deals primarily with exposure to HIV, however information on hepatitis B virus (HBV), hepatitis C virus (HCV) and STIs are included so comprehensive care can be provided. This guideline details the process for the initial assessment and management for PEP for HIV in occupational and non-occupational settings in Saskatchewan, including instances of sexual assault. Information on how to access the HIV PEP kit and obtaining the remainder of prophylaxis is included.

This guideline does not address:

- prevention of perinatal transmission from a pregnant woman with HIV;
- pre-exposure prophylaxis (PrEP) as an approach to prevent HIV transmission for those who have ongoing high-risk exposures. Persons interested in PrEP should be referred to an infectious diseases specialist.

Introduction

December, 2014

Section 1
Page 2 of 2

For hepatitis B or C refer to [Appendices 8 and 9 – Management of Potential Exposures to Hepatitis B and C](#). Additional information can be found in the Saskatchewan Immunization Manual¹ and the Canadian Immunization Guide, current edition.² The Saskatchewan Communicable Disease Control Manual³ and the Canadian Guidelines on Sexually Transmitted Infections⁴ also provide information on HBV and HCV as well as STIs.

Prevention

Prevention is an essential component for the overall control and management of exposure to blood borne pathogens.

In the health care setting, prevention is largely achieved through the establishment of administrative controls, the training and insistence on safer workplace practices, the use of personal protective equipment, and utilization of the best instrument design available. For additional information refer to your regional infection control manual or to Public Health Agency of Canada's Prevention and Control of Occupational Infections in Health Care (2002).⁵

In community settings, prevention is achieved through the use of standards for infection prevention and control by private industry and use of harm reduction measures including such things as needle exchange programs and safer sex practices. Resources include the latest Infection Prevention and Control Practices for Personal Services or the Saskatchewan Personal Service Facility Best Management Practices.

Specific measures for HIV, HBV and HCV are included in [Appendix 7 – Prevention of Bloodborne Pathogens](#).

¹ <http://www.ehealthsask.ca/services/manuals/Pages/SIM.aspx>

² <http://www.phac-aspc.gc.ca/publicat/cig-gci/index-eng.php>.

³ <http://www.ehealthsask.ca/services/manuals/Pages/CDCManual.aspx>

⁴ <http://www.phac-aspc.gc.ca/std-mts/sti-its/guide-lignesdir-eng.php>.

⁵ <http://www.collectionscanada.gc.ca/webarchives/20071124130346/http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/02pdf/28s1e.pdf>.