

Best Practices in Addressing Sexually Transmitted Infections (STI) in Primary Care: ECHO[®] Learning Series

Session 4: Chlamydia & Gonorrhea

Date: December 10, 2024

PLEASE NOTE: Project ECHO case consultations do not create or otherwise establish a provider-patient relationship between any clinician and any patient whose case is being presented in a project ECHO setting

Care Transformation Collaborative of RI



Agenda

Time	Торіс	Presenter
7:30-7:35 AM	Welcome, Announcements Introductions	Yolanda Bowes, CTC-RI Dr. Pat Flanagan, CTC-RI
7:35-8:00 AM	Chlamydia & Gonorrhea	Dr. Matthew Perry, Warren Alpert Medical School Brown University
8:00-8:20 AM	Case Presentation	Dr. Carol O'Shea, P.R.I.M.A. Inc
8:20-8:30 AM	Discussion & Questions	Dr. Pat Flanagan, CTC-RI



Welcome

- The didactic portion of today's session will be recorded for educational purposes and to enhance quality improvement.
- Case presentations will not be recorded, in consideration of confidentiality and respect for sensitive information.
- Please refrain from sharing any protected health information (PHI) or other sensitive information during the session.
- We kindly ask all participants to be respectful of their peers by adhering to the following guidelines:
 - Please enable your video when possible, so we can foster a more engaging & collaborative environment
 Enter your name and organization in the chat box upon joining the session

Introduce Yourself



 Please keep your microphone muted when not actively speaking to minimize background noise & interruptions

Microphones

12/9/2024



Announcement:

Webinar: Long-Acting Injectable PrEP for LGBTQIA+ Communities: Implementation in Health Centers

Join Dr. Ard from the National LGBTQIA+ Health Education Center and Jeannie McIntosh from Community Health Center, Inc. for an informative webinar on the benefits and practical implementation of long-acting injectable PrEP in health centers. Focused on improving care for LGBTQIA+ communities, this webinar will explore eligibility and assessment of candidates, administering long-acting injectable PrEP, and common challenges in prescribing and integrating injectable long-acting injectable PrEP.

When: Thursday December 12, 2024 Time: 12:00-1:00pm Eastern / 9:00-10:00am Pacific

Register Here



Date	Торіс	Didactic Presenter	Case Presenter
9/25/24	Sexual Health & Confidentiality Health Disparities, Sexual History, Counseling	Jack Rusley	/ MD, MHS
10/23/24	Syphilis	Erica Hardy, MD, MMSc	Dr. Elizabeth Lange
*11/20/24	HIV and PrEP	Philip A Chan, MD, MS	Dr. Adam Pallant
*12/10/24	Chlamydia & Gonorrhea	Matthew Perry, MD, ScM	Dr. Carol O Shea
1/22/25	Hepatitis C	Alan Epstein, MD	Kristen Foskett, DNP
2/26/25	Other STIs	Katherine Hsu, MD, MPH, FAAP	

Today's Speaker



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Matthew Perry, MD, ScM Pronouns: they/them

Dr. Matthew Perry received their medical degree from the Warren Alpert Medical School at Brown University, then completed residency in Brown's Family Medicine Department in Pawtucket, RI. They work as a primary care provider at Providence Community Health Center's Crossroads clinic which serves people experiencing homelessness. In this role, they oversee PCHC's street-based medicine program in partnership with local harm reduction agency Project Weber-Renew; they have also served as the medical provider for PCHC's HIV panel for the past two years. They previously worked as a community health worker at a Harlem-based health center for youth with HIV, as well as in community organizing here in Providence. They graduated form the Premedical Postbaccalaureate program at Columbia University and received their Bachelor of Arts in Mathematics from Wesleyan University.

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Disclosures

• None

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Agenda

- Epidemiological Trends
- Screening Guidelines
- Clinical Presentation
- Testing & Diagnosis
- Treatment & Prevention
 - What's the Latest?
- Health Equity: Trans Sexual Health



Resources

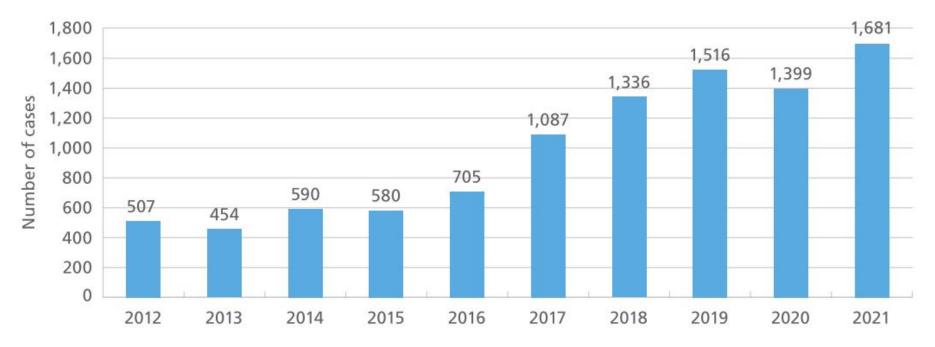
- CDC's Sexually Transmitted Infections (STI) Treatment Guidelines, 2021
- <u>Rhode Island HIV, Sexually Transmitted Infections, Viral Hepatitis, and</u> <u>Tuberculosis Surveillance Report</u>
- <u>National STD Curriculum from University of Washington</u>
- <u>Injustice at Every Turn: A Report of the National Transgender</u> <u>Discrimination Survey</u>
- 2023 Expedited Partner Therapy Chlamydia/Gonorrhea RI HCP Guidance
- <u>RIDOH: Best Practices Under RI's Confidentiality of Health Care</u> <u>Communications and Information Act</u>



Epidemiological Trends: Gonorrhea

FIGURE 10

Number of Gonorrhea Cases, Rhode Island, 2012-2021



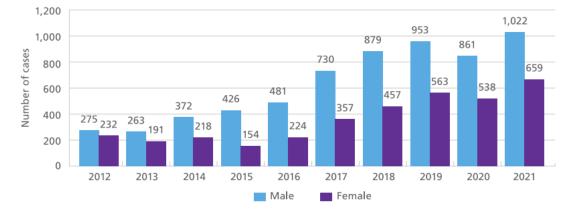
Source: Rhode Island Department of Health

https://health.ri.gov/publications/surveillance/2021/HIVSTI.pdf

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FIGURE 11



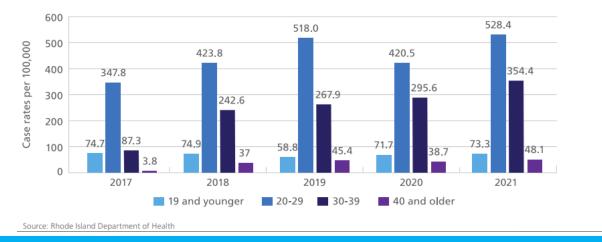
Number of Gonorrhea Cases, by Sex, Rhode Island, 2012-2021

Source: Rhode Island Department of Health

In the last 10 years, more gonorrhea cases have been observed in males than in females.

FIGURE 12

Rates of Gonorrhea Cases, by Age, Rhode Island, 2017-2021



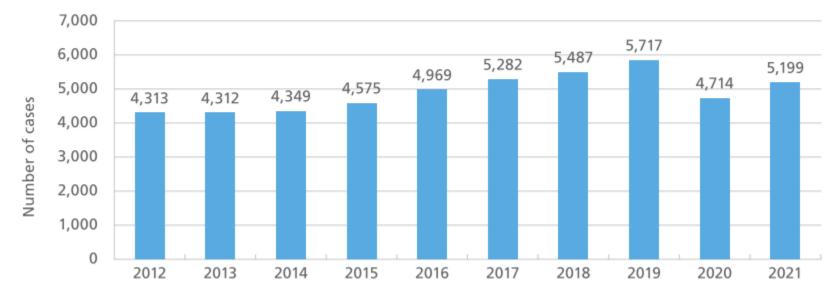
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Epidemiological Trends: Chlamydia

FIGURE 13

Number of Chlamydia Cases, Rhode Island, 2012-2021



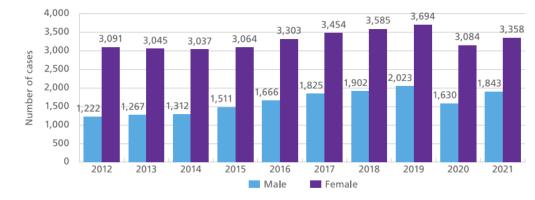
Source: Rhode Island Department of Health

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FIGURE 14

Number of Chlamydia Cases, by Sex, Rhode Island, 2012-2021

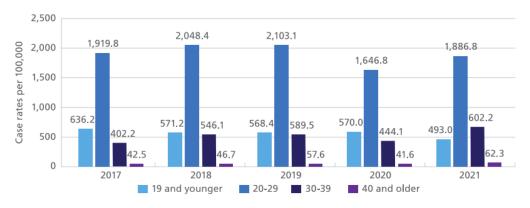


Source: Rhode Island Department of Health

Most chlamydia cases in the last 10 years have been diagnosed in females. In 2021, nearly twice as many cases were diagnosed in females than in males. This difference is likely due to two factors. First, women generally access routine healthcare and subsequent screening more than men. Second, men who have chlamydia often do not have symptons and do not seek health care for screening and treatment.

FIGURE 15

Rates of Chlamydia Cases, by Age, Rhode Island, 2017-2021



Source: Rhode Island Department of Health

12/9/2024



What's going on?

"There's a lot of reasons. People obviously continue to have sex. We think people are using condoms less. Use of oral contraceptives is increasing. There's also HIV pre-exposure prophylaxis, which protects against HIV. A lot of people are using that, but it doesn't protect against these other STIs. We're also seeing an increase in substance use. We know that with all substances, alcohol and other drugs, we see more risky sexual behavior."

- Dr. Philip Chan, consultant medical director of the Department of Health, from *The Providence Journal*



https://www.providencejournal.com/story/news/healthcare/2023/02/14/why-are-sti-rates-up-in-rhode-island-dr-philip-chan-answers-our-questions/69881486007/

12/9/2024



Screening Guidelines

Chlamydia

,		
Women	 Sexually active women under 25 years of age¹ Sexually active women 25 years of age and older if at increased risk^{*1} Retest approximately 3 months after treatment² Rectal chlamydial testing can be considered in females based on reported sexual behaviors and exposure, through shared clinical decision between the patient and the provider^{2,3,4} 	Sexually active women under 25 years of age ¹ Sexually active women 25 years of age and older if at increased risk ^{*1} Retest 3 months after treatment ² Pharyngeal and rectal gonorrhea screening can be considered in females based on reported sexual behaviors and exposure, through shared clinical decision between the patient and the provider ^{2,3,4}
Pregnant Women	 All pregnant women under 25 years of age¹ Pregnant women 25 years of age and older if at increased risk^{*1} Retest during the 3rd trimester for women under 25 years of age or at risk² Pregnant women with chlamydial infection should have a test of cure 4 weeks after treatment and be retested within 3 months² 	All pregnant women under 25 years of age, and those 25 and older if at increased risk ^{*1} Retest during the 3rd trimester for women under 25 years of age or at risk ² Pregnant women with gonorrhea should be retested within 3 months ²
Men Who Have Sex with Women	• There is insufficient evidence for screening among heterosexual men who are at low risk for infection, however, screening young men can be considered in high prevalence clinical settings (adolescent clinics, correctional facilities, STI/sexual health clinic) ^{1.5}	There is insufficient evidence for screening among heterosexual men who are at low risk for infection $^{\rm 1}$

Gonorrhea

https://www.cdc.gov/std/treatment-guidelines/screening-recommendations.htm#print

12/9/2024



Screening Guidelines, p2

	Chlamydia	Gonorrhea
Men Who Have Sex With Men	 At least annually for sexually active MSM at sites of contact (urethra, rectum) regardless of condom use² Every 3 to 6 months if at increased risk (i.e., MSM on PrEP, with HIV infection, or if they or their sex partners have multiple partners)² 	 At least annually for sexually active MSM at sites of contact (urethra, rectum, pharynx) regardless of condom use² Every 3 to 6 months if at increased risk²
Transgender and Gender Diverse Persons	 Screening recommendations should be adapted based on anatomy, (i.e., annual, routine screening for chlamydia in cisgender women < 25 years old should be extended to all transgender men and gender diverse people with a cervix. If over 25 years old, persons with a cervix should be screened if at increased risk.)² Consider screening at the rectal site based on reported sexual behaviors and exposure² 	 Screening recommendations should be adapted based on anatomy (i.e., annual, routine screening for gonorrhea in cisgender women <25 years old should be extended to all transgender men and gender diverse people with a cervix. If over 25 years old, screen if at increased risk.)² Consider screening at the pharyngeal and rectal site based on reported sexual behaviors and exposure²
Persons with HIV	 For sexually active individuals, screen at first HIV evaluation, and at least annually thereafter^{2,6} More frequent screening might be appropriate depending on individual risk behaviors and the local epidemiology² 	 For sexually active individuals, screen at first HIV evaluation, and at least annually thereafter^{2,6} More frequent screening might be appropriate depending on individual risk behaviors and the local epidemiology²

https://www.cdc.gov/std/treatment-guidelines/screening-recommendations.htm#print

12/9/2024



Screening Guidelines, Adolescents

- CDC:
 - Annual screening for sexually active females* & MSM age <25 (g,c)
 - Selected annual screening for males* (excl. MSM) age <25 if:
 - "High prevalence" settings adolescent clinics, correctional facilities, STD clinics
 - Chlamydia only
- Upcoming CTC-RI STI QI Project: Regular screening for all adolescents 16-24, regardless of sexual activity
- Confidentiality Concerns
 - Can remain on parents' insurance until age 26
 - RI Law: Insurers required to offer *confidential communications request form*:
 - EOB & other medical information can be sent to alternate address, email, or phone number so it goes directly to the patient; no age requirement listed

*sex not clearly defined by CDC, presumably assigned sex at birth



Clinical Presentation

- Persons with vagina/cervix/uterus
 - Cervicitis
 - discharge, bleeding, pain
 - often asymptomatic (G>C)
 - Urethritis (C>G)
 - Pelvic Inflammatory Disease, endometritis, salpingitis
 - Perihepatitis (*Fitz-Hugh-Curtis Syndrome*) usually only seen if PID also present (GC)
 - Bartholin Gland Infections (G)
- Persons with penis/testes
 - Urethritis
 - Often asymptomatic (C>G)
 - Can cause discharge/pain, and lead to epididymitis

https://www.std.uw.edu/go/comprehensive-study/chlamydial-infections/core-concept/all



Clinical Presentation

- Extragenital Infections
 - Regardless of biology
 - Anorectal Infections
 - Often asymptomatic // mild proctitis (G)
 - Lymphogranuloma Venereum (C) rectal infection, proctitis, inguinal lymphadenopathy
 - Conjunctivitis (GC)
 - Oropharyngeal infection (G>C)
 - Reactive Arthritis (FKA Reiter's syndrome) (C)
 - Post-inflammatory // autoimmune
 - Syndrome: Conjunctivitis, urethritis, oligo-arthritis, skin lesions (keratoderma blennorrhagica), and circinate balanitis
 - Disseminated Gonococcal Infection (G)
 - skin lesions arthralgia, tenosynovitis, arthritis, hepatitis, myocarditis, endocarditis, and meningitis very rare, can be fatal



Testing

NAAT testing

- POC testing available for both chlamydia and gonorrhea
- Culture & gram stain available for gonorrhea

• Site-Specific Testing is Essential

- Vaginal/cervical infections: vaginal, cervical swabs or first-void urine
- Penile infections: urethral swab or first-void urine
- Rectal swabs
- Oropharyngeal swabs
 - Gonorrhea swabs may pick up other Neisseria infections
- Self-swabs are great!
 - Perform similarly to provider-collected swabs at all sites
- POC Testing: Specificity & Sensitivity Study¹
 - Gonorrhea
 - Sensitivity: ~100.0% in women*, 97.3% in men*
 - Specificity: 99.9% in women*, 100.0% in men*
 - Chlamydia
 - Sensitivity: 96.1% in women*, 92.5% in men*
 - Specificity: 99.1% in women*, 99.3% in men*

*Study did not define how sex/gender information was collected

Van Der Pol B, Taylor SN, Mena L, Lebed J, McNeil CJ, Crane L, Ermel A, Sukhija-Cohen A, Gaydos CA. Evaluation of the Performance of a Point-of-Care Test for Chlamydia and Gonorrhea. JAMA Netw Open. 2020 May 1;3(5):e204819. doi: 10.1001/jamanetworkopen.2020.4819. PMID: 32407506; PMCID: PMC7225902.

12/9/2024



Treatment - Chlamydia

- First line: Doxycycline 100mg twice daily for 7 days
- Second line // First line in pregnancy: Azithromycin 1g once
- Alternative regimens:
 - Levofloxacin 500mg daily for 7 days
 - Amoxicillin 500mg three times daily for 7 days (2nd line in pregnancy)
- Doxycycline is *significantly* more effective than azithromycin
 - A randomized trial for the treatment of rectal chlamydia infection among MSM reported microbiologic cure was 100% with doxycycline and 74% with azithromycin¹
 - It is common for urogenital infections to reach rectum in patients with vaginal anatomy

1 Dombrowski JC, Wierzbicki MR, Newman LM, Powell JA, Miller A, Dithmer D, Soge OO, Mayer KH. Doxycycline Versus Azithromycin for the Treatment of Rectal Chlamydia in Men Who Have Sex With Men: A Randomized Controlled Trial. Clin Infect Dis. 2021 Sep 7;73(5):824-831. doi: 10.1093/cid/ciab153. PMID: 33606009; PMCID: PMC8571563.



Treatment - Gonorrhea

- Antimicrobial resistance has been observed over the past 20 years
 - Initially to fluoroquinolones
 - MIC levels began to increase for cephalosporins and azithromycin
 - "Amount of antibiotic needed to be effective"
 - Recommendation initially changed to dual therapy (azithro + ceftriaxone), however ctx has continued to be effective; this may change again
- Current 1st line: Ceftriaxone IM single dose
 - Weight >150kg \rightarrow 1gm ; weight < 150kg \rightarrow 500mg
- 2nd line
 - other cephalosporins (cefixime 800mg oral x1)
 - Azithromycin + gentamicin (available at TMH ID clinic, severe allergies only)
 - Ciprofloxacin *only* if culture-demonstrated sensitivity is available



Management Considerations

- Abstain from sexual activity until:
 - 7 days after treatment **or** completion of 7 day oral antibiotic course (chlamydia)
 - AND Resolution of symptoms
 - AND Partners have been evaluated & treated
- Test of cure: Not necessary except oropharyngeal gonorrhea
- Successful treatment does not protect against reinfection
 - Reinfection (new infection after treatment) vs. persistent infection (from resistance or incomplete course of medication)

Sexual Partner Management (both g & c):

- All sexual partners within the last 60 days should be referred for evaluation, testing, and presumptive treatment
- If no partners within the past 60 days, most recent partner should be referred
- If significant barriers to care exist, Expedited Partner Therapy is a reasonable option (legal in 47/50 states including RI)¹²
- 1. <u>https://www.cdc.gov/sti/php/ept-legal-status/index.html</u>
- 2. https://health.ri.gov/publications/guidelines/provider/expedited-partner-therapy.pdf



Prevention: DoxyPEP

- Doxycycline as post-exposure prophylaxis against sexually transmitted infections
- Protocol: 200mg doxycycline within 72 hours of sexual encounter; ideally within first 24h
- Rationale
 - STI prevalence rising
 - Doxy is well-tolerated, used for longer-term courses in other situations, e.g. malaria prevention
 - Low cost
- Doxycycline Appropriateness
 - 1st line for Chlamydia
 - 2nd line for Syphilis
 - Some efficacy against Gonorrhea

Borrowed heavily, with permission, from "Clinical Update in HIV/STI Prevention" by Dr. Phillip Chan



Prevention: DoxyPEP

Postexposure Doxycycline to Prevent Bacterial Sexually Transmitted Infections

- **Study**: Open label, randomized study 2:1; 200mg doxycycline within 72 hours of sex vs. no prophylaxis
- Inclusion Criteria: MSM or TGW; 1+ STI in past 12 mo; condomless sex; +HIV or on PrEP
- N = 501 (327 PrEP, 174 HIV)
- **Results:** Trial stopped early due to effectiveness; 65% reduction in STI incidence

Second Study (Stewart, et al) among Kenyan cis-women taking HIV prep showed no significant efficacy, *likely explained by 44% nonadherence rate to doxycycline during study*

^{1.} Luetkemeyer AF, Donnell D, Dombrowski JC, Cohen S, Grabow C, Brown CE, Malinski C, Perkins R, Nasser M, Lopez C, Vittinghoff E, Buchbinder SP, Scott H, Charlebois ED, Havlir DV, Soge OO, Celum C; DoxyPEP Study Team. Postexposure Doxycycline to Prevent Bacterial Sexually Transmitted Infections. N Engl J Med. 2023 Apr 6;388(14):1296-1306. doi: 10.1056/NEJMoa2211934. PMID: 37018493; PMC1D: PMC10140182.

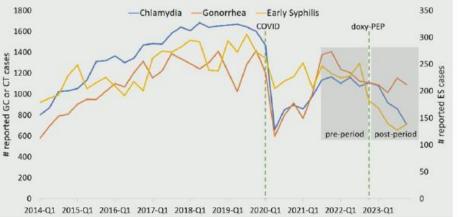
Stewart J, Oware K, Donnell D, Violette LR, Odoyo J, Soge OO, Scoville CW, Omollo V, Mogaka FO, Sesay FA, McClelland RS, Spinelli M, Gandhi M, Bukusi EA, Baeten JM; dPEP Kenya Study Team. Doxycycline Prophylaxis to Prevent Sexually Transmitted Infections in Women. N Engl J Med. 2023 Dec 21;389(25):2331-2340. doi: 10.1056/NEJMoa2304007. PMID: 38118022; PMCID: PMC10805625.



DoxyPEP: Unanswered Questions

- Will people take it?
- How do we effectively reach BIPOC communities?
- What about efficacy in cis-gender women?
- Is antimicrobial resistance a risk?
- Will this impact patients' microbiome?
- How do we define the **target population**?
 - HIV+ or on PrEP
 - Social History: Sex work, anonymous sex, condomless sex (12 months)
 - STI history (12 months)
 - Study populations: MSM/TGW vs. AFAB
- Effect on Condom Use?
 - Condoms remain the most important prevention strategy for bacterial STI's

Background: STI Trends in San Francisco MSM and TGW, 2014-2023



San Francisco Department of Public Health, San Francisco, CA, USA Disclosure. Ms Sankaran reported no relevant financial relationships with ineligible companies.

Doxy-PEP Associated With Declines

and Trans Women in San Francisco

in Chlamydia and Syphilis in MSM

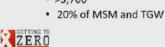
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Oral Abstract Session-04

Madeline Sankaran

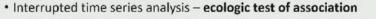
Background: Doxy-PEP Uptake at 3 SF Clinics

- 3 SF clinics provide sentinel surveillance data on uptake
- Rapid adoption of doxy-PEP
 - ~600 starts in first 2 months
- Starts through 2023:
 - >3.700





Methods



- Monthly case counts among MSM and TGW from citywide surveillance data
- Chlamydia, gonorrhea, and early syphilis
- Pre-period: Jul 1, 2021 Oct 31, 2022
- Post-period: Nov 1, 2022 Nov 30, 2023
- Supplemental analysis of chlamydia among cis women
- Autoregressive integrated moving average (ARIMA) models to predict post-period incidence in the absence of doxy-PEP
- Compared model predictions to observed trends in the post-period

Schaffer et al, BMC Medical Research Methodology 2021; 21:58

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October 2022: SFDPH released guidelines for doxy-PEP use

- · Recommend doxy-PEP to cis men and trans women who in the past year:
 - 1. had a bacterial STI, and
- 2. reported condomless anal or oral sex with at least 1 cis man or trans woman
- . Offer to broader population of cis men and trans women with multiple partners but no bacterial STI in the past year

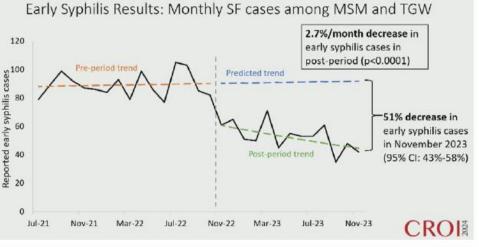
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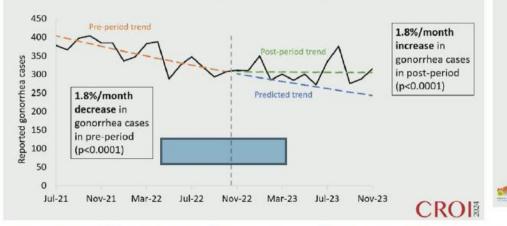
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Chlamydia Results: Monthly SF cases among MSM and TGW





Gonorrhea Results: Monthly SF cases among MSM and TGW



Conclusions and Next Steps

- Implementation of doxy-PEP guidelines was associated with significant decreases in chlamydia and early syphilis among MSM and TGW in San Francisco, but not gonorrhea
 - Findings supported by increase in chlamydia among cis women
- Immediate decrease in early syphilis not likely due to doxy-PEP
- · Lack of decline in GC warrants further investigation
- Monitor for disparities in uptake and impact in different racial/ethnic groups
- Monitor tetracycline resistance pattern in GC and impact on doxy-PEP efficacy

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*Limitations: No data on adherence, ecologic associations and can't control for confounders or identify causality (changes in testing volume? Changes in sexual practices, i.e., due to mpox outbreak summer of 2022?)

12/9/2024



Health Equity Impact: Trans Sexual Health

- Challenge: "Prevalence studies of transgender persons among the overall population have been limited and often are based on small convenience samples."
- "A systematic review and meta-analysis of HIV infection among transgender women estimated that HIV prevalence in the United States is 14% among transgender women, with the highest prevalence among Black (44%) and Hispanic (26%) transgender women¹"
- "A recent study using data from the STD Surveillance Network revealed that the proportions of transgender women with extragenital chlamydial or gonococcal infections were similar to those of cisgender MSM²"

1. 344. Becasen JS, Denard CL, Mullins MM, Higa DH, Sipe TA. Estimating the prevalence of HIV and sexual behaviors among the US transgender population: a systematic review and meta-analysis, 2006–2017. Am J Public Health 2019;109:e1–8. PMID:30496000 https://doi.org/10.2105/AJPH.2018.304727

2. 349. Pitasi MA, Kerani RP, Kohn R, et al. Chlamydia, gonorrhea, and human immunodeficiency virus infection among transgender women and transgender men attending clinics that provide sexually transmitted disease services in six US cities: results from the Sexually Transmitted Disease Surveillance Network. Sex Transm Dis 2019;46:112–7. PMID:30278030 https://doi.org/10.1097/OLQ.00000000000917

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Health Equity Impact: Trans Sexual Health

- Barriers to Care:
 - Lack of provider knowledge
 - Active discrimination // denial of care
 - Implicit bias // unsafe clinical environments
 - General SDOH Impacts

• National Transgender Discrimination Survey¹

- 19% refused medical care due to gender, higher among BIPOC patients
- 28% have been harassed in medical office
- 50% had to teach their providers about gender care
- Intersectionality with other barriers:
 - 19% history homelessness
 - 46% uncomfortable contacting police
 - 1 in 8 report experiencing sexual assault in schools

1. https://www.thetaskforce.org/resources/injustice-every-turn-report-national-transgender-discrimination-survey/



Health Equity Impact: Trans Sexual Health

- Competency: Know Your Anatomy, Get Comfortable Asking
- The majority of trans women have *not* undergone genital-affirmation surgery;
 - May have receptive oral/anal or insertive sex
 - STI patterns most closely resemble MSM
- "Neovaginal STIs have infrequently been reported in the literature and include HSV and HPV/genital warts in penile-inversion vaginoplasty, *C. trachomatis* in procedures that involved penile skin and grafts with urethra mucosa or abdominal peritoneal lining (353), and *N. gonorrhoeae* in both penile-inversion and colovaginoplasty"
- Q: How do we talk about sex with our patients?







Summary & Clarifying Questions



9/25/2024



CME/CEU Credits - *pending* (applied for MDs, PAs, Rx, RNs, NPs, PhD)

- CME/CEU Credits Please request session credits when filling out the evaluation at the end of the meeting.
- Evaluation/Credit Request Form:

https://www.surveymonkey.com/r/STI_ECHOSERIES

- Evaluations must be completed to receive credit
- Certificates will be mailed ~ 1 month after event

The AAFP is reviewing "ECHO Series Focused on Best Practices and QI," and is pending approval if deemed acceptable for AAFP credit. Term of approval is from 9/2/24 to 9/2/25. Physicians should claim only the credit commensurate with the extent of their participation in the activity. NPs and RNs can also receive credit through AAFP's partnership with the American Nurses Credentialing Center (ANCC) and the American Academy of Nurse Practitioners Certification Board (AANPCB).



12/9/2024



Thank you!

Next Meeting:

Date: Wednesday January 22, 2024, 7:30-8:30 AM Session: Hepatitis C – Dr. Alan Epstein

Evaluation/Credit Request Form: <u>https://www.surveymonkey.com/r/STI_ECHOSERIES</u>