



Anti-Virus Software: Internet-Based STI and HIV Testing with GetCheckedOnline

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BC Centre for Disease Control
AN AGENCY OF THE PROVINCIAL HEALTH SERVICES AUTHORITY

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- No conflicts of interest to disclose

BC Centre for Disease Control



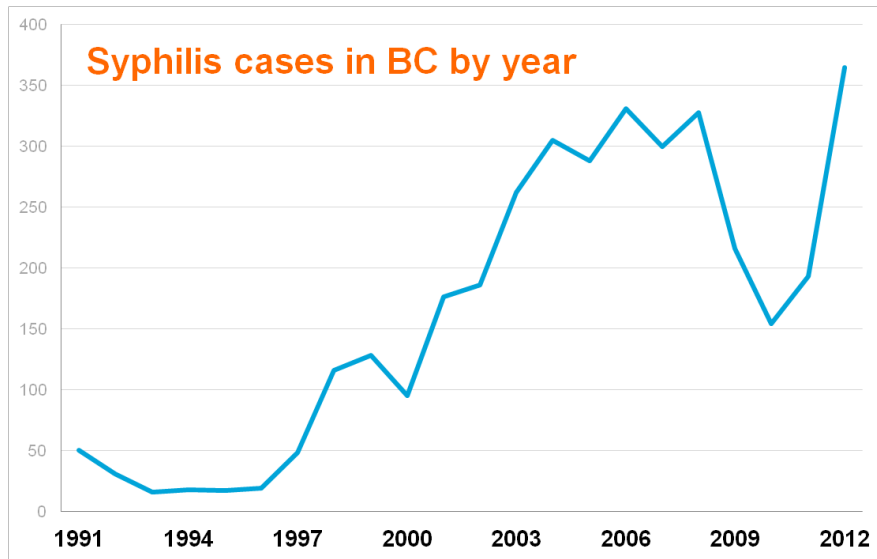
A provincial, public health agency that detects, investigates, reports and researches communicable diseases in British Columbia.

Operate 2 sexually transmitted infection (STI) clinics in Vancouver.

Support provincial STI / HIV prevention and education programs.



Internet as intervention



- STI rates continue to rise in BC
- Uptake of STI and HIV testing is below recommended levels
- Barriers to accessing STI/HIV testing in BC exist
- Internet offers unprecedented reach to priority populations
- Online sexual health interventions:
 - Highly acceptable
 - Improve access to care
 - Client-centric
 - Better use of resources

BC Online Sexual Health Services



- Project funding gave BCCDC unique opportunity to develop suite of online sexual health interventions
- Use online technologies to reduce barriers to accessing sexual health care & deliver innovative services



- Provide access to testing for Chlamydia, gonorrhea, syphilis, HIV & hepatitis C via the internet
- Integrate with STI clinical practices & services at BCCDC
- Incorporate research & evaluation throughout

Develop a model

1 Get a Requisition



Create a profile, review pre-test information, complete an assessment, and print a requisition for STI tests.

2 Give Specimens



Go to a specimen collection location to have blood and urine samples collected.

3 Receive Test Results



Receive notification by email when your test results are ready.



Log back in to view your test results.

Negative Test Results



Negative test results can be viewed online.

Positive Test Results



For positive test results the STI Clinic will contact you to discuss your results and follow-up treatment.

Problem With Sample

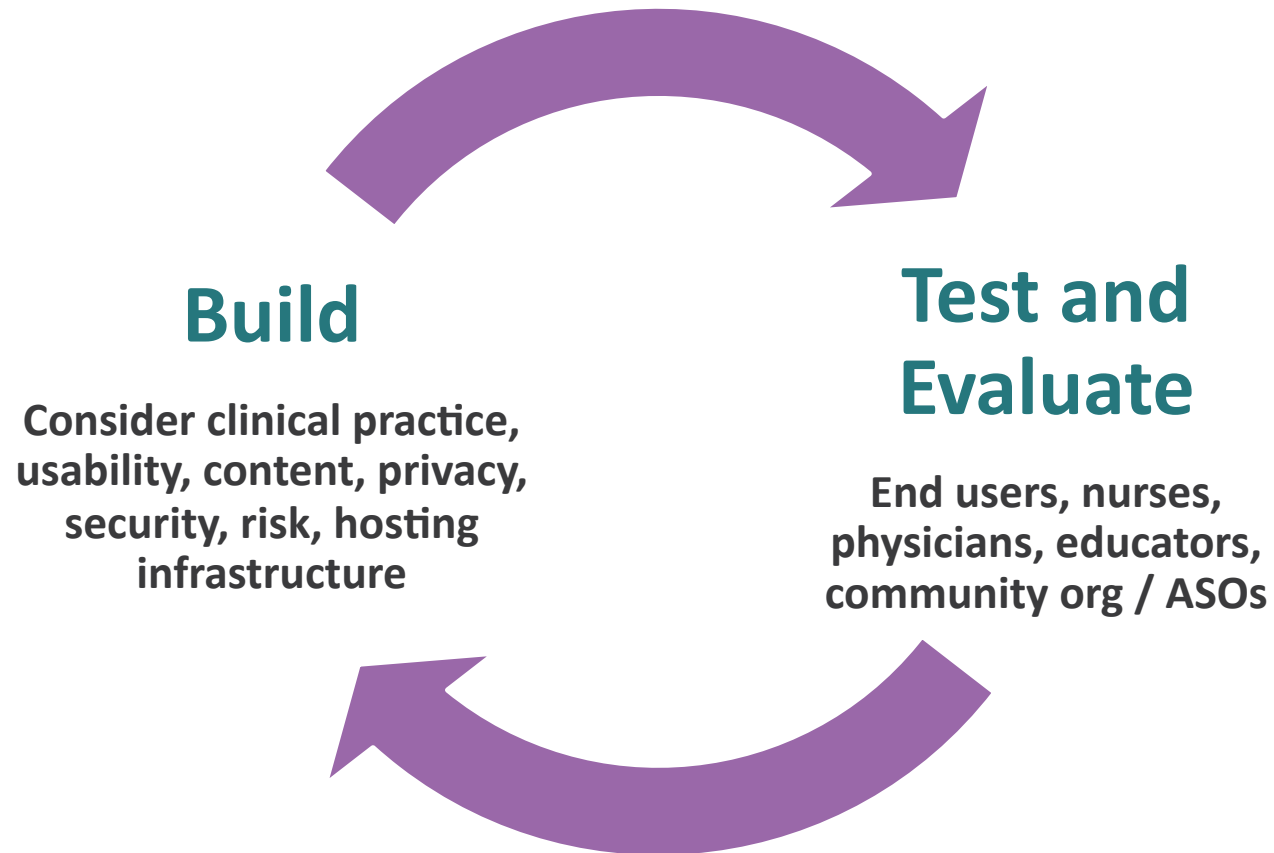



If there are any problems with your specimens you will receive a notification to contact the STI Clinic.

Integrate research & program evaluation



- Partnered with Dr. Jean Shoveller & Youth Sexual Health Team, UBC School of Population and Public Health
- 4 research grants to study impacts of program, factors affecting implementation and scalability, and youth-specific perspectives and requirements for online testing
- Conducted formative research:
 - Surveys
 - Interviews
 - Focus groups (clinicians & prospective clients)
 - Health equity assessment






**GETCHECKED
ONLINE**
A SERVICE PROVIDED BY THE BC CENTRE FOR DISEASE CONTROL

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What is GetCheckedOnline?


It's fast, easy testing for sexually transmitted infections (STIs)




How it works

1 Create an Account


2 Print Your Lab Form


3 Provide Your Samples


4 Receive Your Results


[Learn more about how it works](#)

What can I test for?

Chlamydia
Gonorrhea
HIV
Syphilis
Hepatitis C

[Learn more about STI testing.](#)

What about other STIs?

GetCheckedOnline does not test for all STIs. If you want to get tested for other kinds of STIs, you will need to see a health care provider.

[Getting tested for other STIs](#)

Why get tested?

STI testing is an important way to care of your sexual health and your partner's. Many STIs do not show symptoms. It is possible to have an STI and not know it. STI testing can let you know if you and your partner(s) need treatment.

[Learn more](#)

Is GetChecked for me?

If you do not have any symptoms and want to keep up with regular STI testing, GetChecked may be a great option for you. For some situations, though, it is recommended that you see a health care provider for testing and treatment. Find out when you should go to a clinic or your doctor.

[When should I go to a health care provider?](#)

Create an Account

Existing Users


Email Address

Password


[Sign-In](#) [Forgot your Password?](#)

Find a Lab Location

[Click Here](#)




GetCheckedOnline is available at select LifeLabs locations in Vancouver, British Columbia.


Have Questions?


If you can't find answers here, you can ask your questions online at [SmartSexResource](#). A sexual health nurse is available to answer your questions through the website or private chat.

[Learn More...](#)


Having Safer Sex


Using condoms and other kinds of protection is a very effective way to prevent STIs. Spice up your safer sex life. Use protection and learn how to talk about safer sex with partners

[Learn More...](#)


Your Privacy

Your privacy is important to us. Any personal information collected by this online service is protected by our [privacy policy](#) and provincial privacy legislation.

[Learn More...](#)


Other Resources

Need more information or someone to talk to? There are lots of online resources and local services that deal with sexual health and STIs.

[Learn More...](#)

Create Account



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Create Account

To create your GetCheckedOnline Account, please fill out the form below.
An activation email will be sent to your email account.

Account Information

Email Address * REQUIRED

Password * REQUIRED

Re-Enter Password * REQUIRED

Password Requirements

- At least 6 characters long
- Must contain 1 or more numeric characters
- Does not have more than 3 identical consecutive characters

It's important that you create a secure password to protect your privacy.

Tell Us About Yourself

First Name * REQUIRED

Last Name * REQUIRED

Date of Birth * REQUIRED

 ▾ ▾ ▾

Gender * REQUIRED

 ▾

Phone HIGHLY RECOMMENDED

Alternate Phone

Assessment: Part 1 of 2

In order to create a lab form you will first need to complete this short assessment.

1. Do you have any of the following symptoms?

- Painful urination
- Sores on or near genitals
- rash on any part of the body
- anal discharge, pain, blood, lesion
- vaginal discharge, odour, itch
- abnormal vaginal bleeding
- lower abdominal pain
- pain during intercourse

- ☐ Yes
- ☐ No
- ☐ I don't know
- ☐ Prefer not to answer

2. Has one of your sex partners recently tested positive for a sexually transmitted infection or told you that you need to get tested?

- ☐ Yes
- ☐ No
- ☐ Don't know
- ☐ Prefer not to answer
- ☐ Not applicable

3. What is/are the gender(s) of your sex partner(s)? Check all that apply.

- ☐ Male
- ☐ Female
- ☐ Transgender:FTM
- ☐ Transgender:MTF
- ☐ Other
- ☐ Prefer not to answer

Recommended Tests

Create Lab Form

Assessment 1

2

Your Tests

Consent

Print Lab Form

Your Tests

We recommend that you test for each of these STIs.

If you do not want a certain test, you can click on the box and remove the check mark. If there is a test that you want but it is not checked, you can click on the box to add the check mark.

When you go to the lab, you will be asked to provide:

1. **Urine sample.** If you are testing for chlamydia and gonorrhea, you will be asked to pee in a cup. Please do not urinate for 2 hours before giving your sample.
2. **Blood sample.** If you are testing for syphilis, HIV and/or hepatitis C, the lab technician will take blood from your arm.



Chlamydia & Gonorrhea

For the most accurate results, it is best to test **2 weeks** after possible exposure to chlamydia and **7 days** after possible exposure to gonorrhea.



HIV

This is a blood test. For the most accurate results, it is best to test a minimum of **6 weeks** after possible exposure to HIV.



Syphilis

For the most accurate results, it is best to test a minimum of **6 weeks** after possible exposure to syphilis.



Hepatitis C

For the most accurate results, it is best to test a minimum of **6 to 10 weeks** after possible exposure to hepatitis C.

If you have recently been exposed to HIV...

You indicated that you may have been recently exposed to HIV. If taken within 72 hours, medication can help prevent HIV infection, which is free for some people. [Learn more](#) about HIV prevention.

To prevent an unintended pregnancy...

You indicated that you may have recently had unprotected sex that could result in pregnancy for you or your partner. Emergency contraception (morning after pill or ECP) can be taken up to 5 days after sex to prevent pregnancy. You can get ECP from any pharmacy, youth clinic and some STI clinics. It costs about \$40 if you buy it at the pharmacy. Learn more about ECP at [Options for Sexual Health](#) and [SmartSexResource](#).

Consent to Testing

Create Lab Form

Assessment 1

2

Your Tests

Consent

Print Lab Form



Consent to Testing

Before you print your lab form, there are a few things we want to be sure that you understand about STI testing. Read each statement carefully and check the box beside it to confirm you understand. You must check all the boxes to get your lab form.

Click on [\[more\]](#) for additional information about each statement.

- ☐ I understand that I can get more information before I get tested. [More](#)
- ☐ I understand that getting tested is voluntary. [More](#)
- ☐ I know what STI tests I am getting. [More](#)
- ☐ I know the benefits of getting tested. [More](#)
- ☐ I understand that getting tested may cause worry and anxiety. [More](#)
- ☐ I know a nurse will contact me if my test results show that I have an STI. [More](#)
- ☐ I understand that GetCheckedOnline is similar to, but not the same as, seeing a health care provider in person. I understand that there may be times when it is best to visit a health care provider. I understand that GetCheckedOnline does not test for all STIs, including herpes and human papillomavirus (HPV). I can visit a health care provider or a BCCDC STI clinic if I need other STI tests that GetCheckedOnline does not offer.

I understand and want to proceed

[Cancel](#)

Lab Form

Create Lab Form

Assessment 1

2

Your Tests

Consent

Print Lab Form



Print Lab Form

[Close Lab Form](#)

This lab form has been saved to your Tests & Results page and can also be printed later.




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Lab Form - Page 1 of 2

<http://getcheckedonline.com>

(Please bring both pages)

<p>GetCheckedOnline Client Code QQ477160</p> <p>Client Summary Female 06/Jun/1986</p>	<p>Test Summary</p> <p>Serology: CDCHIV CDCRPR CDCHEPC</p> <p>Bacteriology & Mycology: CDCCTGCU</p> 
<p>Account #: A4498 Name: PHSA GetCheckedOnline</p> <p>Ordering Physician Name and MSC Number: Mark Gilbert D27110</p>	<p>Patient Information</p> <p>First Name: QQ477160 Last Name: QQ477160</p> <p>Date of Birth: 06/Jun/1986</p> <p>Gender: Female</p>

What should I do with this form?

Take your Lab Form to any of the participating LifeLabs locations listed on the right side of this page.

You do not need an appointment but if you want, you can book an appointment online at booking.lifelabs.com. You must go to one of the locations listed on this form.

What will happen at the lab?

The lab assistant will ask for your Lab Form. You do not need to show your BC Care Card or other identification.

The lab assistant will call you in using your GetCheckedOnline client code. Please keep the second page of this form so you will know your client code.

The lab assistant will then collect your blood samples for testing and provide instruction for urine collection.

Test	Sample	Instructions
Chlamydia Gonorrhea	Urine sample	You will be asked to pee into a plastic cup. Do not urinate for 2 hours before giving your sample.
HIV Syphilis Hepatitis C	Blood sample	A lab assistant will draw blood from your arm.

Your results will be ready in 7 to 10 days. You will need to log into your GetCheckedOnline account to view your results.

LifeLabs does not have access to your results and you will not be able to see your results through MyeHealth.

Which participating lab locations can I go to give my samples?

Georgia LifeLabs

777 Hornby St., Suite 835, Vancouver
Mon. to Fri. 7:00 a.m. – 3:00 p.m.

Burrard LifeLabs

1200 Burrard St., Suite 208, Vancouver
Mon. to Fri. 8:00 a.m. – 4:00 p.m.
Sat. 8:00 a.m. – 1:00 p.m.

Cityview LifeLabs

1530 West 7th Ave., Suite 2, Vancouver
Mon. to Fri. 8:00 a.m. – 4:00 p.m.
Sat. 8:00 a.m. – 1:00 p.m.

Fairmont LifeLabs

750 West Broadway, Suite 701, Vancouver
Mon. to Fri. 7:00 a.m. – 5:00 p.m.
Sat. 7:00 a.m. – 3:00 p.m.

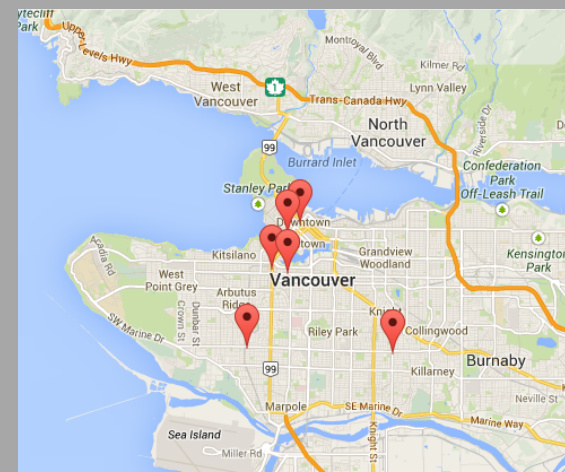
Kerrisdale LifeLabs

2061 West 42nd Ave., Vancouver
Mon. to Fri. 8:00 a.m. – 4:30 p.m.
Sat. 8:00 a.m. – 1:00 p.m.

Victoria Drive LifeLabs

5786 Victoria Drive, Vancouver
Mon. to Fri. 6:00 a.m. – 4:30 p.m.
Sat. 7:00 a.m. – 3:00 p.m.
Sun. 7:00 a.m. – 12:00 p.m.

For more information on locations, visit www.lifelabs.com.



Tests & Results



Your results are ready.

Your test results are ready and you can view them below.

Your Test Results

DATE	TEST	RESULT
September 13, 2013	Chlamydia	● Negative No Infection Detected
September 13, 2013	Gonorrhea	● Negative No Infection Detected
September 13, 2013	HIV	● Negative No Infection Detected
September 13, 2013	Syphilis	● Negative No Infection Detected
September 13, 2013	Hepatitis C	● Negative No Infection Detected



Your results are ready.

Your test results are ready and we need to speak with you about them.

Your Test Results

DATE	TEST
September 13, 2013	Chlamydia
September 13, 2013	Gonorrhea
September 13, 2013	HIV
September 13, 2013	Syphilis
September 13, 2013	Hepatitis C

Please Contact Us

We need to speak with you about your test results. Please call us at the number below to talk to a nurse. When you call, please provide your GetCheckedOnline client code.

Your GetCheckedOnline code is **QQ477160** (You will need this code when you contact us)

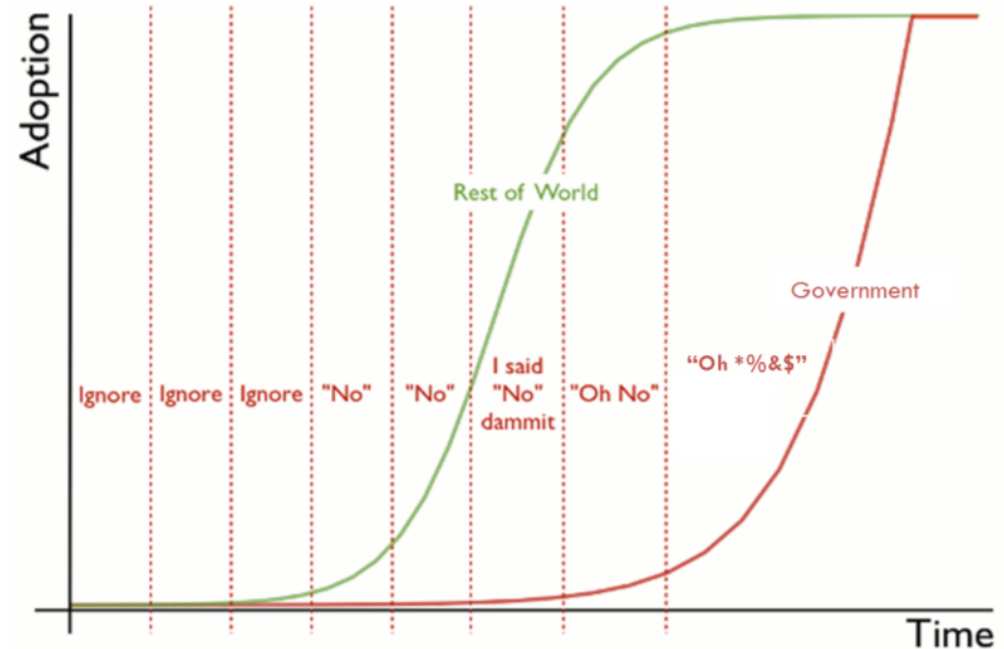
Implementation – taking it slow...



Questions?

Some tips & cautions...

- Engage stakeholders early and broadly
- Established clinical practices should guide development
- Formative research is invaluable
- Health care sector can be very risk averse
- Many challenges to working within government IT infrastructure
- Temper expectations around delivery time!



Foster research partnerships



- Partnered with Dr. Jean Shoveller & Youth Sexual Health Team, UBC School of Population and Public Health
- CIHR-funded research grants:
 - Online STI Testing and Youth (2009)
 - Factors affecting implementation and scalability of online sexual health services (2010)
 - Impact of an Integrated Internet-based Testing Program for HIV and Sexually Transmitted Infections in BC (2011)
 - GetCheckedBC: Developing new knowledge to inform the province-wide implementation of an online STI/HIV testing service for youth (2012)
- Knowledge translation:
 - 7 publications
 - 6 conference presentations
 - 4 reports

Conduct formative research



- **Client perspectives** → Interviews & focus groups with youth, gay men and STI clinic clients
- **Provider perspectives** → Focus groups with sexual & reproductive health care providers
- **Intention to use internet-based testing** → Surveys of BCCDC STI clinic clients and gay / bisexual men across Canada
- **Potential to reinforce inequities** → Health equity assessment & recommendations
- **Obtaining informed consent** → Interviews with potential users of service

Sources:

- Shoveller et al. (2012) Online Sexual Health Services: Examining Youth's Perspectives. *CJPH* ([link](#))
- Hottes et al. (2012) Internet-based STI and HIV testing in BC: opinions and expectations of prospective clients. *J Med Internet Res* ([link](#))
- Gilbert et al. (2013) Factors associated with intention to use internet-based testing for STI among MSM. *J Med Internet Res* ([link](#))