



Self-Testing (home testing)

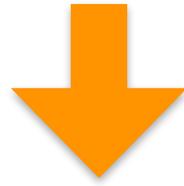
Christos Krasidis
04 Dec. 2020

Testing Guidelines/Implementation

Service delivery models



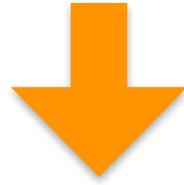
Testing Guidelines/Implementation



Community Testing



Testing Guidelines/Implementation



Community Testing



Self-Testing (& sampling)



**Training
Academy**

STEP-UP: Skills Training to Empower Patients



WHO recommendations on Self-Testing

<https://www.who.int/hiv/pub/self-testing/hiv-self-testing-guidelines/en/>

These guidelines (Dec. 2016) aim to:

- Support the implementation and scale-up of ethical, effective, acceptable and evidence-based approaches to HIVST and assisted HIV partner notification.
- Support the routine offer of voluntary assisted HIV partner notification services as part of a public health approach to delivering HTS.
- Provide guidance on how HIVST and assisted HIV partner notification services could be integrated into both community-based and facility-based HTS approaches and be tailored to specific population groups.
- Support the introduction of HIVST as a formal HTS intervention using quality-assured products that are approved by WHO and official local and international bodies.
- Position HIVST and assisted HIV partner notification services as HTS approaches that will contribute to closing the testing gap and achieving the UN's 90 –90 –90 and 2030 global goals.



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- Support the introduction of HIVST as a formal HTS intervention using **quality-assured products** that are approved by WHO and official local and international bodies.
- Position HIVST and assisted HIV partner notification services as HTS approaches that will contribute to closing the testing gap and achieving the UN's 90–90–90 and 2030 global goals.



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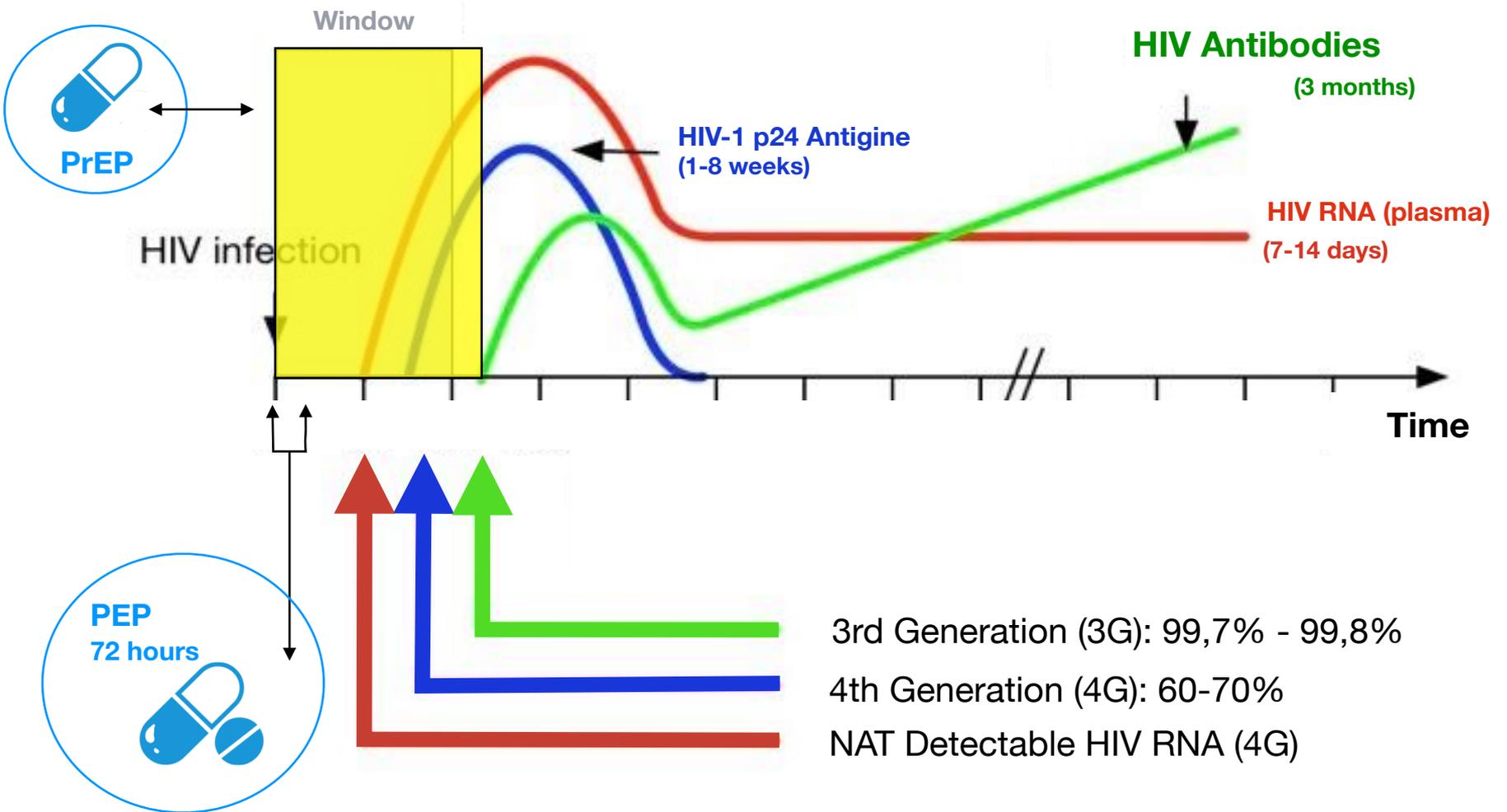
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Test Results

Situations where self-tests may NOT be accurate



Different Types of Tests: Window Periods



Ability to understand test instructions / use self-tests reliably

Background:

“The ability of individuals to use HIV self-tests correctly is debated. To inform the 2016 WHO recommendation on HIV self-testing, we assessed the reliability and performance of HIV rapid diagnostic tests when used by self-testers.”

Findings:

“**25 studies met inclusion criteria** (22 to 5662 participants). (...)”

The researchers found that most people could reliably and accurately use rapid tests. This means that in only a small minority of cases the self-tester and the healthcare worker got results that were different from each other.

Interpretation:

Self-testers can reliably and accurately do HIV rapid diagnostic tests, as compared with trained health-care workers. Errors in performance might be reduced through the improvement of rapid diagnostic tests for self-testing, particularly to make sample collection easier and to simplify instructions for use.

[https://www.thelancet.com/journals/lanhiv/article/PIIS2352-3018\(18\)30044-4/fulltext](https://www.thelancet.com/journals/lanhiv/article/PIIS2352-3018(18)30044-4/fulltext)

Test Results:



1) **Negative** (*'non-reactive'*).

The test did not find any evidence of HIV infection. You probably don't have HIV (so long as you aren't testing in one of the situations described in the last section).



2) **Reactive** (often incorrectly described as *'positive'* by manufacturers).

The test assay has reacted to a substance in your blood. This does not necessarily mean that you are HIV positive. It means you need to take more tests to confirm the result. These extra tests are best done at a healthcare facility where they have access to the most accurate HIV testing technologies.



3) **Invalid / Indeterminate**

The test result is unclear.
Another test needs to be done.

*Biolytical INSTI (3G)



Negative

Reactive

*VIKIA® HBs Ag (4G)

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Situations where self-tests may NOT be accurate

Performance of self-tests is poorer in a number of situations.

Results may not be accurate:

- Recent HIV infection (window period).
- People Living with HIV and on ARV Treatment.
- People on PrEP or PEP (if they acquire HIV, they may have a delayed antibody response - extended window).
- Test instructions have not been correctly followed (i.e. not enough blood has been collected).



* *These tests are not a reliable way to confirm that you still have HIV infection.*

Resources

1. <http://www.oraquick.com/Taking-the-Test>
2. <https://www.fhi360.org/sites/default/files/media/documents/resource-linkages-brief-hiv-self-testing.PDF>
3. <https://www.who.int/hiv/topics/self-testing/en/>
4. <https://www.who.int/hiv/pub/self-testing/en/>
5. https://www.who.int/hiv/topics/self-testing/HIVST-policy_map-jul2019-a.png?ua=1
6. <https://www.aidsmap.com/about-hiv/how-accurate-self-testing-hiv>



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