

Sexually Transmissible Infections in Clinical Practice

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A Problem-Based Approach

 Springer

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Foreword

Patient care and training in the management of sexually transmitted infections has in recent years seen tremendous changes. A wider range of pathogens has been identified, tests streamlined with the introduction of newer technologies, evidence-based behavioural interventions introduced, and new therapeutic agents and vaccines developed. At the same time there has been a push to widen access to sexual health services and the development of protocol-based management where patients are often led through standardized histories and management guided by flow charts all performed by members of a mixed skilled and variously expert multidisciplinary team. Observing this process as an outsider either as a student or postgraduate trainee can be quite bewildering and much of the subtlety guiding management built into the processes can be lost unless one is working with expert clinicians who understand the theory and science underlying these strategies and are able to convey this to the trainee.

Book Title, *Sexually Transmissible Diseases in Clinical Practice*, provides a valuable resource to trainees in Sexual Health Medicine. It mimics the consultation process and although not an authoritative textbook on the subject provides the theoretical underpinning for management explained in an accessible way very much akin to sitting in on expert consultations in both common and some rarer conditions. It will also help trainees to prepare for Case Based Assessments (CBD) such as those required for training progression towards CCT in Genitourinary Medicine and guide preparation for the clinical OSCE component of the Diploma Examination in Genitourinary Medicine.

Raj Patel
2009

Preface

This book is aimed at several groups of health-care professionals who are involved in the care of individuals with or at risk of sexually transmissible infections.

With the relentless increase in the prevalence of the sexually transmissible infections in industrialized countries, and greater patients' expectations, most specialist clinics are under considerable pressure to provide a first-class service. One means of improving the performance of such clinics, particularly in the United Kingdom, has been to extend the role of the nurse practitioner. This has proved a most satisfactory solution in many clinics. It is hoped that this book will prove useful in the early training of the nurse practitioner through the presentation of a series of common clinical scenarios.

Problem-based learning has become the preferred teaching method in most universities, and it is hoped that undergraduate students will find the material presented here to be more than adequate to complement their clinical training in the management of sexually transmitted infections.

Postgraduate training in the specialty in the United Kingdom has undergone great changes over the past few years. By the end of the second year of specialist training, it is expected most trainees will have passed the examinations for the Diploma in Genitourinary Medicine, Society of Apothecaries, London. It is hoped that this book will give some assistance in the preparation for these examinations. In the United Kingdom, integration of Sexual Health services is the ultimate goal. Colleagues in disciplines related to Genitourinary Medicine, for example, Family Planning, should find the material presented a useful means of updating their knowledge of the sexually transmitted infections that they will be increasingly expected to manage. Clinical assistants who commence work

in specialist clinics should also find the material presented here useful.

As access to specialist clinics may be difficult, many patients seek assistance from their general practitioner or practice nurse. It is hoped that this book will also prove useful to such health-care professionals.

The book is divided into two sections: Section A deals with the more common clinical scenarios that a competent practitioner should be able to manage, and Section B concerns more difficult cases and is more suited to those who have deeper knowledge about the infections. This book is not intended to be all-inclusive, but to focus on the practical aspects of patient care. A list of books and web sites from which detailed information on the epidemiology of the infections, the nature of the organisms involved, and their pathogenesis is found at the end of the book.

Alexander McMillan

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Contents

Section A

1	A Man Requesting a Sexual Health Screen	3
	What History Would You Obtain from Robert?	3
	Outline the Physical Examination You Would Perform and Indicate Which Microbiological Tests You Would Undertake in This Case	6
2	A Woman Requesting a Sexual Health Screen	13
	What History Would You Obtain from Mary?	13
	Outline the Physical Examination You Would Perform and Indicate Which Microbiological Tests You Would Undertake in This Case	15
3	A Female Sex Industry Worker Requesting a Sexual Health Screen	21
	What Tests Would You Undertake Now, and Against Which Infection Might You Consider Vaccinating Her?	21
4	A Gay Man Requesting a Sexual Health Screen	27
	What History Would You Obtain from James?	27
	Outline the Physical Examination You Would Perform and Indicate Which Microbiological Tests You Would Undertake in This Case	29
	How Do You Interpret the Hepatitis A and B Serology Results?	32

5	A Man with Urethral Discharge (1)	35
	What Additional History Would You Elicit?	35
	What Do You Do Next?	35
	Peter Attends the Clinic. What Do You, as a Sexual Health Specialist Do Next?	36
	What Investigations Would You Undertake?	37
	What is the Probable Diagnosis, and What is the Most Likely Causative Organism?	37
	What Is Your Next Step in Management?	39
	You Opt to Give Him a Single Oral Dose of Azithromycin. What Else Do You Do?	40
	Would You Offer a Test of Cure?	41
	What Are the Complications of Untreated Urethral Chlamydial Infection in a Man?	41
6	A Female Contact of a Man with Presumed Non-gonococcal Urethritis	43
	What Is the Natural History of Chlamydial Infection in Women in a Woman?	45
	What Is Your Immediate Management of This Case?	45
	What Action Would You Take With Respect to Her Ex-boyfriend?	47
	Under These Circumstances, What Possible Action can be Taken?	47
7	Urethral Discharge (2)	49
	How Would You Manage His Case?	49
	What Do You See, and What Is the Most Likely Diagnosis?	50
	What Do You Do Next?	51
	How Does This Knowledge Influence Your Management?	52
	What Other Treatment Would You Consider?	54
	What Else Would You Do?	54
	What Advice Do You Give, and How Would You Persuade Him to Get His Wife to Attend the Clinic?	55
	What Is Your Next Course of Action?	55
	Is a Test of Cure Indicated?	56

What Are the Complications of Untreated Urethral Gonorrhoea in a Man?	57
8 A Female Contact of a Man with Gonorrhoea	59
What Tests Would You Undertake to Diagnose or Exclude Infection With <i>Neisseria Gonorrhoeae</i> ?	59
What Do You Do?	60
How Would You Manage Her Case?	61
What Would You Do Next?	62
What Do You Do Next?	62
What Are the Complications of Untreated Gonorrhoea in a Woman?	63
9 A Woman with Increased Vaginal Discharge (1)	65
What Points in the History Would You Wish to Elicit? ...	65
What is the Most Likely Diagnosis?	66
Is Bacterial Vaginosis Still the Most Likely Diagnosis?	67
If You Wished to Clinch the Diagnosis, What Bedside Tests Might You Undertake?	67
What Would You Expect to See If You Examined Microscopically a Gram-stained Smear of the Discharge?	68
How Would You Manage Your Patient with Bacterial Vaginosis?	69
How Would You Manage Her Sexual Partner?	70
10 Vaginal Discharge (2)	71
What Conditions Would You Consider in the Differential Diagnosis?	71
What Investigations Would You Undertake?	72
What Treatment Would You Provide, and What Follow-Up Would You Offer?	73
What Are the Clinical Features of Trichomoniasis in Men, and How Is the Condition Diagnosed?	75
11 Pruritus Vulvae	77
What is the Most Likely Diagnosis?	77
What Treatment Do You Offer?	77

What Conditions May Pre-dispose to Acute Vulvovaginal Candidiasis?	80
12 A Man with a Red, Itchy Penis	81
What Is This Condition, and What Are Possible Causes?.	81
What Investigations Would You Undertake in This Case?	83
How Would You Treat This Patient, and How Would You Manage the Other Causes of Irritant or Infective Balanoposthitis?	84
13 A Man with Scrotal Pain	85
What Are the Causes of Acute Scrotal Pain?	85
What Is the Most Likely Diagnosis?	85
What Are the Causes of Acute Epididymo-Orchitis?	86
If There had been no Significant Improvement at This Time, What Conditions Would You Then Consider?..	89
14 A Young Woman with Abdominal Pain (1)	91
What Conditions Do You Consider in the Differential Diagnosis?	91
What Are the Most Likely Diagnoses?	92
What Is Your Next Course of Action?	93
15 A Young Woman with Genital Lumps	97
What Conditions Would You Consider in the Differential Diagnosis?	97
What Information Do You Provide?	99
How Would You Manage the Warts in This Case?	99
What Is Your Further Management?	102
What Is Her Risk of Infecting Him, and Will Condom Use Prevent Transmission of HPV?	103
16 A Young Woman with Genital Ulceration	107
What Is the Most Likely Diagnosis?	108
Do These Findings Confirm the Diagnosis of Primary Genital Herpes?	108

What Is Your Immediate Management of Your Patient?	111
17 A Woman with Recurrent Genital Herpes	115
What Management Options Are Available for the Treatment of Recurrent Genital Herpes?	115
What Steps Can Be Taken to Prevent Transmission of Infection to William?	118
What Advice Would You Give Now?	119
18 A Gay Man with a Genital Ulcer	121
What Further History Would You Wish to Elicit?	121
What Do You Do Next?	122
What Is the Most Likely Diagnosis?	124
How Would You Confirm the Diagnosis?	124
What Is the Antimicrobial Agent of Choice, How Would You Administer It, and What Possible Reaction to Treatment Would You Warn Him of?	125
What Else Would You Do?	127
What Is the Natural History of Untreated Early Syphilis?	127
19 An African Man with a Skin Rash	129
20 A Gay Man with Anal Discharge	135
What Is the Most Likely Cause of His Symptoms, and What Are Possible Causes?	135
What Is Your Immediate Management?	136
21 A Gay Man with a Rash, Lymphadenopathy, and Fever	139
What Conditions Might Cause These Symptoms?	139
Has the Physical Examination Help in the Differential Diagnosis?	142
How Would You Interpret These Laboratory Findings?	143

Section B

22 A Young Man with Persistent Urethral Symptoms . . .	147
How Would You Account for the Recurrence of His Presumed Urethritis?	147
How Would You Manage This Case?	148
What Would You Do Next?	149
What Do You Do Next?	150
23 A Man with Severe Dysuria	151
What Two Sexually Transmissible Infections Would You Consider as the Most Likely Cause of His Urethritis?	151
How Would You Manage This Case?	153
24 A Young Man with a Painful Swollen Knee Joint	155
What Sexually Transmissible Infections May Be Associated with Arthritis?	155
What Diagnoses Would You Consider?	157
How Do You Interpret These Laboratory Findings?	161
What Is the Most Likely Diagnosis and What Is the Initial Management?	162
Have These Further Results Aided in the Diagnosis?	163
What Is the Course of SARA?	164
25 A Woman with Recurrent Pruritus Vulvae	167
What Would You Do Next?	167
What Treatment Would You Offer Margaret?	170
26 A Woman with Pruritus Vulvae (2)	173
What Is the Most Likely Diagnosis, and What Is Your Immediate Management?	173
27 A Young Woman with Abdominal Pain	177
What Conditions Would You Consider as Causes of Her Abdominal Symptoms?	177

Do the Clinical and Laboratory Findings Aid the Differential Diagnosis?	178
28 Gonococcal and Chlamydial Infections in a Pregnant Woman	181
What Would Be Your Choice of Antimicrobial Agent(s) in This Case?	182
What Are the Risks of Untreated Gonococcal and Chlamydial Infections in Pregnant Women?	184
29 A Pregnant Woman with Genital Herpes	187
How Would You Manage This Case?	187
What Advice Would You Give?	189
30 A Pregnant Woman with Genital Warts	191
What Do You Tell Her?	191
31 A Gay Man with Diarrhea	195
What Sexually Transmissible Infections Would You Consider in the Differential Diagnosis?	195
Do the Clinical Findings Help Narrow the Differential Diagnosis?	197
How Do You Interpret the Results of the Parasitological Investigations?	198
How Would You Treat Samuel?	200
32 A Gay Man with Jaundice	203
What Conditions May Cause His Symptoms?	203
How Is Hepatitis B Transmitted?	206
What Clinical Features May Be Associated with Acute Hepatitis B Virus Infection?	206
Although Not the Causes of the Hepatitis in this Case, How are Hepatitis A, Cytomegalovirus and Epstein–Barr Virus Transmitted?	207
What Is the Course of Acute Hepatitis B, and How Would You Manage This Man?	208
How Do You Interpret These Results?	209

33 A Pregnant Woman Who is a Contact of a Man with Infectious Syphilis	211
What Are the Risks of Untreated Early Syphilis in a Pregnant Woman?	211
How Do You Interpret These Results?	212
How Would You Treat This Patient?	212
How Do You Interpret These Results, and How Would You Manage the Neonate?	213
34 An HIV-Infected Man with Anal Pain, Anal Discharge, and Bleeding	215
What Diagnoses Do You Consider?	216
How Do the Clinical Findings Aid the Differential Diagnosis?	217
What Is Your Immediate Management of This Case?	218
How Do You Interpret These Results?	218
35 A Young Girl with Anogenital Lumps	225
How Do You Explain the Presence of Anogenital Warts in a Pre-pubertal Child, and What History Would You Wish to Elicit from the Mother?	225
What Investigations Might You Consider in This Case, and with Which Agencies Might You Wish to Liase?	226
How Would You Treat These Warts?	228
Further Reading	231
Index	235