HIV Routine Testing/ PRE-Exposure Prophylaxis for youth PDSA 2026

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2026 HIV Routine Testing/PRE-Exposure Prophylaxis for youth PDSA

Introduction:

Although the state of CT has passed laws to routinize HIV testing and increase access to PrEP, it accounts for the lowest PrEP utilization in the tristate area.

Due to stigma around HIV sex and drug use, and age, youth who could benefit from PrEP often are not assessed properly. Part of the objectives of Healthy People 2030 is to reduce the number of new

HIV infections among youth 13-24 yet HIV routine testing and prescription of, and referrals to PrEP at CT Children's is low.

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AIMS of the PDSA

1. Increase the number of Pediatric Community Providers knowledge on Routine HIV Testing and PrEP Navigation services.
2. Increase the number of HIV tests at CT Children's 5 core sites
   - Primary Care South (Hartford)
   - Primary Care West (Farmington)
   - Primary Care East (East Hartford)
   - Adolescent Care
   - Emergency Department
3. Increase the number PrEP referrals at CT Children's.

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Plan: The develop a quality improvement project to address incomplete lab requests

Do: Meet with stakeholders for input on the quality improvement project to address incomplete labs.

Study: In addition to continuous monitoring of HIV testing at CT Children's and data on PrEP referrals, we will monitor incomplete labs. For example, how many labs were order and not completed as well as how many were canceled by the provider. So far, in 2026, 280 lab requests were not completed 193 were sent and 87 were canceled.

Act: Develop a method for continuous report findings to the participating departments/primary care clinics.

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Results and 2026 expected Outcomes

Baseline: **510** Youth HIV Routine Testing for the 2023 calendar year

- Cycle 1: **1004** HIV Routine Testing for the 2024 calendar year
- Cycle 2: **10%** increase of HIV Routine Testing for the 2025 calendar year **(actual #805 decrease of 12%)**
- Cycle 3: **10%** increase of HIV Routine Testing for the 2026 calendar year **(actual # 338 January to July 14, 2026**)

Baseline: **11** youth linked to PrEP services in 2023

- Cycle 1: **12** Youth linked PrEP services in 2024
- Cycle 2: **5%** increase of Youth linked PrEP services in 2025 **(actual # 14 with increase of 16.6%)**
- Cycle 3: **20%** increase of Youth linked to PrEP services in 2026 **(actual # 13 January to July 14, 2026)**

Baseline: **0** community provider received Routine HIV Testing and PrEP Navigation detailing in 2023.

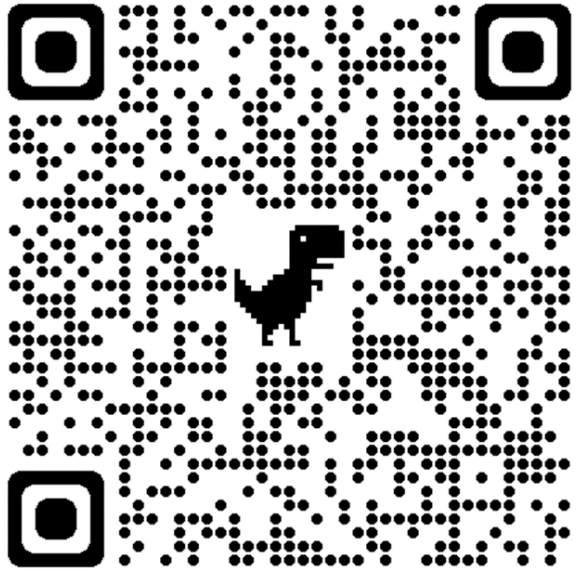
- Cycle 1: **99** pediatric community providers received Routine HIV Testing and PrEP Navigation detailing in 2024
- Cycle 2: **10%** increase in pediatric community providers received Routine HIV Testing and PrEP Navigation detailing in 2025 **(Actual # 237 increase of 139%)**
- Cycle 3: **250** community providers increase (use actual participants instead of percentage) in pediatric community providers received Routine HIV Testing and PrEP Navigation detailing in 2026 **(actual #151 January to July 14, 2026)**

References and Resources

CT Routine Testing Law:
https://www.cga.ct.gov/2022/ba/pdf/2022HB-05190-R000196-BA.pdf

CT Law Allowing Minors (13-18) Receive HIV Testing Treatment and Prevention:
https://www.cga.ct.gov/2019/jfr/h/pdf/2019HB-06540-R00PH-JFR.pdf

CT DPH Provider Tool Kit: positivepreventionct.org



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