



HIV self-tests vs HIV point of care tests



First Nations Health Authority
Health through wellness

Quick reference chart for community health nurses

| | INSTI HIV Self-Test Kit  | INSTI HIV Point-of-Care (POC) Test Kit  |
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| Who administers the test? | Designed to be self-administered by the community member accessing the service at home or in a private space. | Designed to be administered by a healthcare provider or trained staff in a clinical or community setting. |
| What setting is the test used in? | Home or private space (e.g., community events, outreach, or at home). | Clinical or community health setting (e.g., nursing station, mobile clinic). |
| What professional support is required? | Minimal professional support required. Instructions are provided (How to Use the INSTI® HIV Self-Test - Step-by-Step Training Video - YouTube). Optional guidance from a healthcare provider or trained staff. | Requires a healthcare provider or trained staff to collect the sample, perform the test, interpret results, and follow through with further care as needed. |

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| <p>What is the nurse's professional responsibility?</p> | <p>For community members who complete self-testing independently, the nurse's role may be limited to providing the test kit and information to the community member. This activity falls under <u>Acting within Autonomous Scope of Practice</u>.</p> <p>For individuals who receive nursing care and support while performing self-testing, standards such as <u>Consent, Documentation, Screening and Diagnostic Tests & Imaging</u>, and/or other standards may apply.</p> <p>The provincial guidelines for HIV are in the <u>BCCDC Communicable Disease Control Manual, Chapter 5, Section 2: HIV/AIDs</u>.</p> | <p>Nurses are responsible to practice in accordance with employer policies, <u>BCCDC HIV POC Program</u> guidelines, and the <u>standards set by the BC College of Nurses & Midwives (BCCNM)</u>, such as <u>Acting within Autonomous Scope of Practice, Consent, Documentation, Screening and Diagnostic Tests & Imaging</u>, and/or other standards.</p> <p>The provincial guidelines for HIV are in the <u>BCCDC Communicable Disease Control Manual, Chapter 5, Section 2: HIV/AIDs</u>.</p> |
| <p>What guidelines should be followed?</p> | <p>CATIE Guidelines: <u>Implementing HIV Self-Testing: A Practice-Based Guide</u>.</p> <p>BC Provincial Guidelines for HIV: <u>BCCDC Communicable Disease Control Manual, Chapter 5, Section 2: HIV/AIDs</u>.</p> | <p>BCCDC POC Testing Guidelines: <u>BCCDC Point of Care HIV Testing Program</u>.</p> <p>BCCDC Guidelines for Non-Regulated & Allied Health Care Providers: <u>Guidance to Assessment and Training of HIV Point of Care Testing Providers</u>.</p> |
| <p>How is the sample collected?</p> | <p>Self-collected by the community member using a lancet by finger prick and squeezing a drop of blood into a small bottle.</p> | <p>Finger-prick blood collected by a healthcare provider or trained staff using a lancet on the community member and collecting blood with a pipette to put into a small bottle.</p> |
| <p>How long does it take for results?</p> | <p>~1 minute.</p> | <p>~1 minute.</p> |

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| Who reads the result? | The community member reads and interprets their own result using simple visual guidance included in the test kit. | The healthcare provider reads and interprets the results, provides post-test education, and follows through with further care as needed. |
| What are the next steps for reactive results? | <p>Reactive results are considered preliminary. The community member must contact a healthcare provider to arrange for confirmatory lab testing. Regionally based HIV self-test guide should be provided with the kits.</p> <p><u>BC Fraser Health Care pathway 20231120 Eng vF.pdf</u></p> <p><u>BC Interior Health Care pathway 20231120 Eng vF.pdf</u></p> <p><u>BC Island Health Care pathway 20231120 Eng vF.pdf</u></p> <p><u>BC Northern Health Care pathway 20231120 Eng vF.pdf</u></p> <p><u>BC Vancouver Coastal Health Care pathway 20231120 Eng vF.pdf</u></p> | Reactive results are considered preliminary. Healthcare providers and trained staff must arrange for confirmatory testing and link the individual to a higher level of care immediately. |
| Are you required to report the test result? | <p>Individuals testing independently are encouraged to consult a healthcare provider but are not required to report their results to anyone, including public health.</p> <p>Nurses supporting the community member during self-testing refer to “What is the nurse’s professional responsibility?” section.</p> | Healthcare providers and trained staff are required to follow the <u>BCCDC HIV POC guidelines</u> for reporting preliminary results to their respective Regional Health Authority (RHA) Medical Health Officer (MHO) at the time the reactive result occurs AND when the confirmatory result comes back to the test location. |

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| Who is responsible for storage and handling? | Clinics are responsible for storage and handling up to the point where the test kit is dispensed to the community member. Then that individual takes responsibility. Simple storage (room temperature); no specialized equipment needed. | Clinics are responsible for storage, handling, quality assurance, and proper test environment following the BCCDC HIV POC Program guidelines at all times. |
| Should education be provided to the community member? | Pre-test information can be shared with those who are interested. The community member is encouraged to contact a healthcare provider if result is reactive or unclear but can choose not to if they wish. | The health care provider or trained staff member is required to provide pre- and post-test education for the community member as part of the testing protocol. |
| Is personal information collected? | <p>Typically, tests are given to the community member without collecting any personal information (anonymous distribution). Individuals take the tests away to complete the testing process on their own.</p> <p>If a healthcare provider is present with the person while they take the test, they are responsible for providing care as per their scope of practice and practice standards and document the care they provide in the individual's health record. This requires obtaining the individual's personal information to access their health record (e.g., name and PHN).</p> | Health care providers and trained staff are responsible for documenting all care provided in the individual's health record. This requires obtaining the individual's personal information to access their health record (e.g., name & PHN). |

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| Is documentation required? | <p>Documentation is not required when no care is provided (e.g., the community member will complete the test independently).</p> <p>Documentation is required when care is provided (testing support, reading/interpreting results, linkages to follow-up care). Healthcare providers and trained staff are required to follow employer and/or regulatory body documentation policies and standards.</p> | Documentation is required as per BCCDC HIV POC Program guidelines. Healthcare providers and trained staff are required to follow employer and/or regulatory body documentation policies and standards. |
| What is the regulatory approval? | Approved for self-testing (HIV self-test). | Approved for professional use only. |
| Are tests provided by FNHA? | Yes, for a limited time FNHA is supporting communities to obtain tests via the FNHA HIV Community Wellness Initiative (CWI). | No, tests are not provided under the FNHA HIV CWI. Tests can be obtained through the BCCDC HIV POC Program , cost free, to registered testing sites. |

Contact Information

For Information about this document and/or the FNHA Community HIV Wellness Initiative:

FNHA HIV CWI Project Team: HIVProjects@fnha.ca

For Nursing Practice Support and Programming:

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