

PRACTICAL PEARL: Vaginitis/Vaginosis

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| INTRODUCTION | <ul style="list-style-type: none"> • In patients with symptoms of vaginitis, gynecologic examination is recommended. Differential includes yeast infection, trichomoniasis, and bacterial vaginosis (BV). • At Baystate, the Aptima NAAT test has replaced the non-amplified Affirm vaginitis/ vaginosis probe as a diagnostic tool and has several advantages. <ul style="list-style-type: none"> ○ Both <i>Candida</i> species in general and <i>Candida glabrata</i> specifically are reported. <i>C. glabrata</i> may not respond to the usual azole drugs which impacts your treatment plan. ○ The non-amplified test only detected <i>Gardnerella vaginalis</i> which is not diagnostic of BV. The NAAT test also detects the BV- related organism <i>Atopobium vaginae</i> and <i>Lactobacilli</i> species to determine if there is BV-associated dysbiosis. ○ NAAT testing is the recommended test for <i>Trichomonas vaginalis</i>. |
| INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE | <ul style="list-style-type: none"> • Use the new Aptima Multitest swab test kit (orange/pink) to obtain a vaginal sample in a symptomatic patient by choosing “Vaginosis/ Vaginitis panel (BV, CV, TV) in CIS. This test should not be used for asymptomatic screening. • <i>Neisseria gonorrhoeae</i> and <i>Chlamydia trachomatis</i> can be ordered on the same swab by choosing “Vaginitis/ Vaginosis Panel Plus (BV, CV, TV, CT, GC). • The Aptima Unisex Collection Swab kit (blue) can be used with either symptomatic or asymptomatic patients to detect <i>Neisseria gonorrhoeae</i>, <i>Chlamydia trachomatis</i>, and <i>Trichomonas vaginalis</i>. <ul style="list-style-type: none"> ○ Two separate orders are placed in CIS “Chlamydia GC Amplified Probe” and “Trichomonas swab” ○ Comments are added in the trichomonas order to tell the lab to use the CT/GC Aptima swab. • Initial treatment should be guided by the CDC STD Treatment guidelines available at https://www.cdc.gov/std/tg2015/default.htm |
| WHEN TO REFER | <ul style="list-style-type: none"> • Adolescent patients with recurrent infections that do not respond to the recommended treatment in the CDC guidelines can be referred to Adolescent Medicine. • We also welcome referral of any adolescent patient with vaginal symptoms, even if this is the first presentation. |
| HOW TO REFER | <ul style="list-style-type: none"> • (413) 794-KIDS • |
| WHAT TO EXPECT FROM BAYSTATE CHILDREN’S HOSPITAL VISIT | <ul style="list-style-type: none"> • Our office is set up for gynecologic examination including microscopy. • We will perform a pelvic examination, if indicated, and develop an evaluation and treatment plan. |