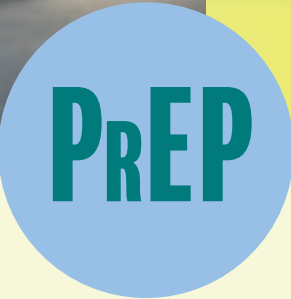




SEXUAL HISTORY IS A PART OF OVERALL HEALTH & WELLNESS



TAKE A SEXUAL HISTORY FROM ALL PATIENTS

Best practices for taking a sexual history:

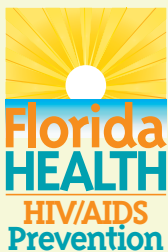
Ensure a safe-patient environment.

Assure confidentiality.

Be non-judgmental.

Be sensitive and matter-of-fact.

Avoid assumptions.



Source: A Guide to Taking a Sexual History, Centers for Disease Control and Prevention, www.cdc.gov/std/treatment/SexualHistory.pdf, 1/2015

THE RIGHT QUESTIONS WILL GUIDE THE PHYSICAL EXAM

Use the **5 Ps** to screen for exposed sites for sexually transmitted infections (STIs) and establish a patient's STI and HIV risks.

THE 5 Ps OF SEXUAL HEALTH

Partners: Number and gender of partners over a given time.

Practices: Types of sexual practices—oral, vaginal and anal.

Protection from STIs: Use of condoms and other methods.

Past History of STIs: Establish risk of repeat infections, HIV status and hepatitis risk.

Prevention of Pregnancy: Desire of pregnancy and use of prevention methods.

SAMPLE QUESTIONS

“It is important we discuss your sexual practices. I speak with all my patients about many different aspects of their lives.”

PARTNERS:

“In the past 12 months, how many sexual partners have you had? Men? Women? Both? Transgender?”

PRACTICES:

“In the past 12 months, have you had vaginal sex? Oral sex? Anal sex?”

For men who have sex with men “Are you the receptive partner (‘the bottom’)?”

PROTECTION FROM STIs:

“How do you keep yourself from getting infected?”

“Do you use condoms consistently? If not, which situations are you more likely to use a condom?”

PAST HISTORY OF STIs:

“Have you even been diagnosed with an STI, such as HIV, herpes, gonorrhea, chlamydia, syphilis, HPV or trichomoniasis? When?”

“Have you had any recurring symptoms or diagnosis?”

“When was your last HIV test?”

PREVENTION OF PREGNANCY:

“Are you trying to conceive or father a child? Do you want to avoid pregnancy?”

“Are you using contraception or practicing any form of birth control?”

“Do you need any information on birth control or a referral?”

TO ASSESS HIV AND HEPATITIS RISK, ASK:

“Have you or any of your partners injected drugs?”

“Have you or any of your partners been diagnosed with HIV or hepatitis C?”