

LET'S TALK ABOUT SEX – WITHOUT BEING AWKWARD

COLLECTING A COMPREHENSIVE SEXUAL HEALTH HISTORY AND
IDENTIFYING RISK FACTORS FOR HIV INFECTION

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INTRODUCTION

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Preferred Pronouns: She/her/her



DISCLOSURES

None

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- **Part 1 : Let's Talk About Sex**

- Part 2: Prevention is Key

- Part 3: My Patient's HIV Test is Positive, Now What?

- Part 4: Primary Care Management for Patients Living with HIV

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OBJECTIVES

At the end of this presentation, participants will be able to:

- List reasons to take a sexual history
- Identify barriers to sexual health history collection
- Demonstrate compassionate, effective communication
- Identify components of comprehensive sexual history
- Understand how information collected during sexual health history guides additional assessment needs
- Identify risk factors for HIV infection



IDENTIFY THREE
CHANGES YOU CAN
MAKE IN YOUR OWN
PRACTICE.

Decorative white lines in the bottom right corner, consisting of several parallel lines of varying lengths and orientations, creating a sense of movement and design.

WHY TAKE A SEXUAL HISTORY?

- Identify persons at risk for: STI, unplanned pregnancy, sexual abuse, sexual dysfunction and link to additional care/treatment when appropriate
- Early diagnosis and treatment of STIs and prevention of associated comorbidities
- Identify anatomic sites to use for STI screening
- Guide STI risk reduction strategies – condom use, PrEP

WHY AREN'T WE COLLECTING COMPREHENSIVE SEXUAL HISTORIES?

- Personal biases
- Fear of offending patients
- Uneasiness with sensitive subjects
- Competing priorities/Lack of time
- Academic curriculum
- Need more education about relationship between sexual health and overall health

KEEP IT SIMPLE: ASK ABOUT THE
ANATOMIC SYSTEM OF CONCERN.



WHERE DO WE START?

- ▶ Environmental factors
 - ▶ Clean, quiet, private space
 - ▶ Welcoming staff
 - ▶ Signs and forms
 - ▶ Respectful and sensitive to various cultures and gender identities
 - ▶ Don't make them fill out a form if you aren't going to use it or reference it
 - ▶ Ok to use as a discussion guide

FORM EXAMPLES

[HTTPS://AIDSETC.ORG/RESOURCE/SEXUAL-HISTORY-TAKING-TOOLKIT](https://aidsetc.org/resource/sexual-history-taking-toolkit)

[HTTPS://WWW.CDC.GOV/STOPSYPHILIS/TOOLKIT/HEALTHCAREPROVIDERS/SEXHISTORYDISCUSSIONFORM.PDF](https://www.cdc.gov/stopsyphilis/toolkit/healthcareproviders/sexhistorydiscussionform.pdf)

WHERE DO WE START?

- ▶ Communication is Key!
 - ▶ Eye Contact
 - ▶ Be Present
- ▶ “Hi, it’s nice to meet you. My name is _____. I am the Nurse Practitioner helping you today. How would you prefer to be addressed?”
- ▶ Ask permission to discuss personal information



when someone says your name wrong but you never correct them

Pay Attention



COMMUNICATION

- ▶ Open-ended questions
 - ▶ “What is it that brings you in today?”
 - ▶ “What questions do you have for me?”
- ▶ Closed-ended questions
 - ▶ May be appropriate when you need specific answer
- ▶ Appropriate language – use anatomical terms

COMMUNICATION

- ▶ Ask questions in a non-judgmental manner
 - ▶ “How many sex partners have you had in the last two months? Six months? Year? Lifetime?”
 - ▶ “Do you use condoms when you have sex?”
 - ▶ “Are your sexual partners male, female, or both?”

The Five “Ps” of Sexual Health

- ▶ Partners
- ▶ Practices
- ▶ Protection from STIs
- ▶ Past Testing/Treatment of STIs
- ▶ Prevention of or Planning for Pregnancy

PARTNERS

- ▶ Number of partner(s)
 - ▶ 2 months, 6 months, 12 months, lifetime
- ▶ Gender of partner(s) - “male, female, or both”
- ▶ Risk factors for partner(s)
 - ▶ Condom use, IVDU, HIV Status, multiple partners

PRACTICES

- ▶ Do you have vaginal sex? – Penis in vagina
 - ▶ Do you have oral sex? – Mouth on genitals
 - ▶ Do you have anal sex? – Penis in anus (insertive vs receptive)
 - ▶ Do you use toys or other devices while having sex.
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- ▶ Do you now or have you ever exchanged sex for money, drugs, housing, etc?

Understanding this helps us understand risk factors for STIs and unplanned pregnancy.

PROTECTION from STIs

- ▶ Do you use condoms when you have sex?
 - ▶ If not, “Can you share the reason?”
 - ▶ If sometimes, “How often?”
- ▶ Are your vaccines up-to-date?
 - ▶ HPV, Hepatitis A, Hepatitis B, Meningococcal Vaccine
- ▶ Risk factors for partner(s)
 - ▶ Condom use, IVDU, HIV Status, Multiple Partners

PAST HISTORY of STIs

- ▶ Record history of any STIs
 - ▶ Type
 - ▶ Date
 - ▶ Treatment received
 - ▶ If Syphilis – Stage, RPR Titer
 - ▶ Request prior records if possible
- ▶ Risk factors for partner(s)
 - ▶ Condom use, IVDU, HIV Status, Multiple Partners

Pregnancy – Planning and Prevention

- ▶ Female Sex –
 - ▶ LMP
 - ▶ “Do you have a uterus and/or ovaries?”
 - ▶ Have you ever been pregnant? (Gravida, Para)
 - ▶ “Is there a possibility you could be pregnant today?”
 - ▶ “Are you planning to become pregnant or father a child in the next 12-24 months?”


- ▶ Male Sex –
 - ▶ “Do you have any children?”
 - ▶ “Are you planning to parent a child in the next 12-24 months?”

PREGNANCY – Planning and Prevention

- ▶ Condom use
- ▶ Contraceptive use
 - ▶ Are you on any form of birth control? Is your partner on any form of birth control?
 - ▶ Offer if patient wishes to start

ASK ABOUT SYMPTOMS

DO YOU HAVE ANY SYMPTOMS YOU'D LIKE TO TELL ME ABOUT TODAY? – This will guide your exam

- ▶ Discharge from penis, vagina, or anus
 - ▶ Dysuria
 - ▶ Rashes
 - ▶ Abdominal pain
 - ▶ Fever
 - ▶ Night sweats
 - ▶ Chills
- 

Special Considerations for Transgender Patients

- ▶ Anatomy
 - ▶ Transgender Males (FTM)
 - ▶ Evaluate presence/absence of uterus and ovaries
 - ▶ Mastectomy status

 - ▶ Transgender Females (MTF)
 - ▶ Breast surgery status
 - ▶ Evaluate presence/absence of penis/testicles

ADDITIONAL INFO

- ▶ Where are you at in your process of transition?
- ▶ Are you on any hormone therapy?
- ▶ Have you ever had or are you planning to have surgical procedures?

Special Considerations for Abuse Victims

- ▶ Confirmed or Suspected Abuse
 - ▶ Recognize this may frame their responses
- ▶ Mandatory Reporting
 - ▶ Know your state laws
 - ▶ Disclose to patient before you collect information
- ▶ Offering Help
 - ▶ May not accept on first attempt
 - ▶ Know your local resources

Don't... Be... Awkward

WHAT NOT TO SAY....

- ▶ Avoid judgmental statements/questions
 - ▶ “That’s a lot of sex partners for someone your age.”
 - ▶ “You aren’t having sex without condoms, are you?”
 - ▶ “You probably just have female partners, right?”
 - ▶ “Oh, you’re married, there’s not need to test you.”
 - ▶ “You haven’t ever... have you.”

Missed Opportunities

- ▶ Condoms?
- ▶ Contraceptives?
- ▶ Cervical Cancer Screening?
- ▶ Comprehensive exam?
- ▶ Connect to additional care?

HIV Risk Factors

Remember HIV is spread through blood, semen, pre-seminal fluids, rectal fluids, vaginal fluids, and breast milk.

Increased risks include:

- Condomless Sex
- IV Drug use – sharing of drug paraphernalia
- Men who have sex with men (MSM)
- Sex with an HIV+ partner with detectable viral load

PrEP Services

Don't hesitate to start the conversation.

You've already identified if the person is at high risk for acquiring HIV

“Is there anything else you would like me to help with today?”

(And don't ask this question with one hand on the door.)

REFERENCES

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