



TAKING A SEXUAL HISTORY

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OBJECTIVES

- At the end of this session, the PA student will be able to:
 - Describe the importance of taking an accurate and professional sexual history
 - Identify pertinent historical information for your specific patient, including special populations
 - Conduct an appropriate and professional sexual history

IMPORTANCE OF THE SEXUAL HISTORY

- Sexual Behaviors and Activity
 - Determine risks
 - STDs, AIDS, Reproductive Disorders
 - May be related to presenting symptom
 - Are important to overall health
 - Contraception/Conception Planning

BARRIERS TO TAKING AN APPROPRIATE SEXUAL HISTORY

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“Whoa—way too much information!”

HOW DO WE IMPROVE?

- Training/education of providers
- Practice
- Proactive Interviewing
- Develop
Communication/Interactive and
Cognitive Skills

INTERACTIVE/COMMUNICATION SKILLS

- Matter of Fact- yet sensitive.
- Non-Judgmental
- Comfortable
- Supportive

WHO SHOULD GET A SEXUAL HISTORY?

- Anyone who may currently be, ever has or may participate in sexual activity.

WHEN SHOULD YOU TAKE A SEXUAL HISTORY?

- During which encounters?
- At what point in the interview?

WHAT TO ASK?

- Screening:

Screening for Sexual Health History

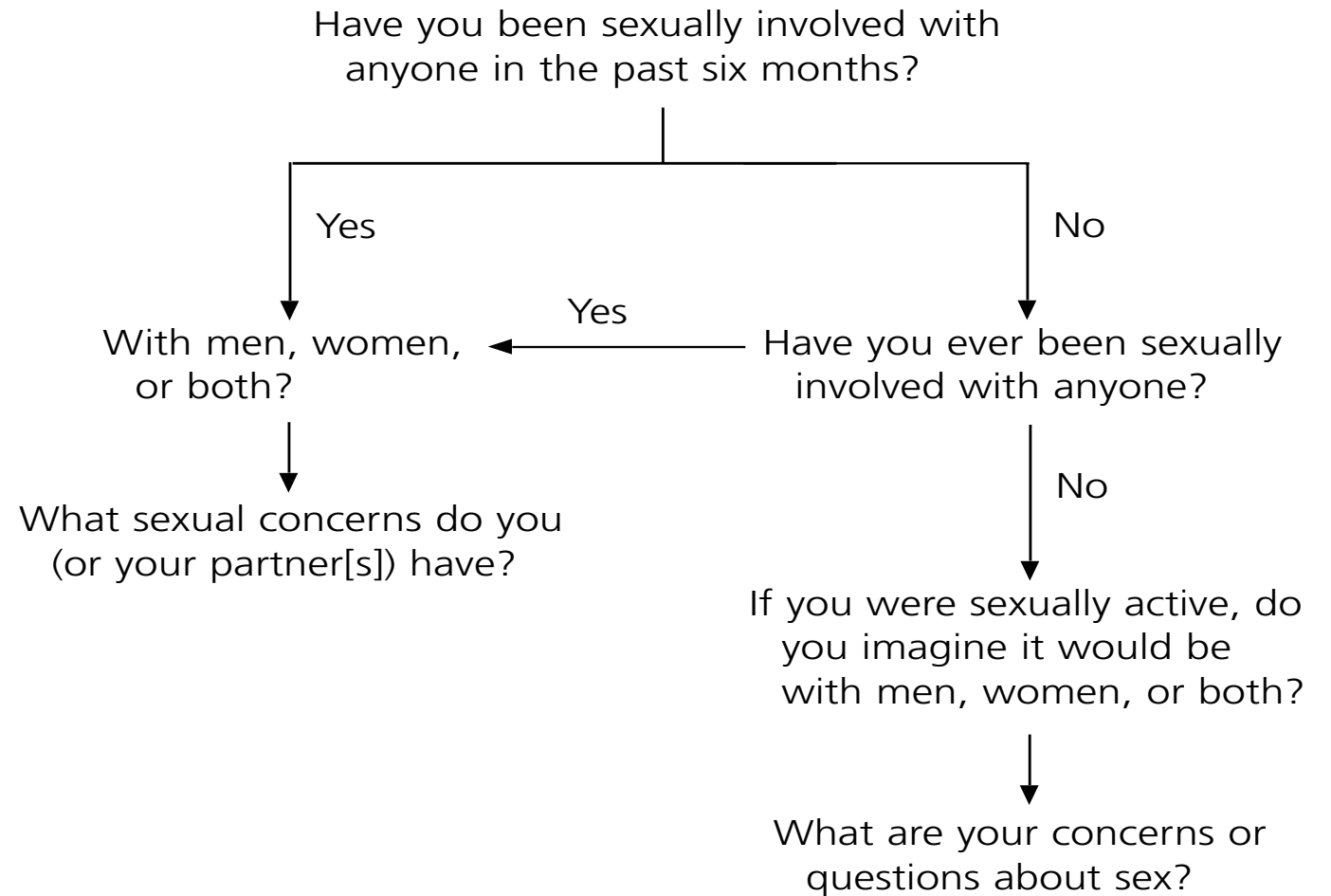


FIGURE 1. Algorithm for screening patients for sexual health history.

WHAT TO ASK; IN-DEPTH

- Partners:
 - How many partners in last month? six months? Lifetime?
- Practices
 - Type of sexual activity.
 - Satisfaction
 - Protection- from STDs, HIV, Hepatitis
 - Substance use

MORE IN-DEPTH QUESTIONS

- Past History STD Exposure
 - Of STIs? Type? Tx? Possible Exposure? Ever been tested?
 - If they don't feel comfortable asking their partner, do they want help doing this?
 - HIV, ever tested? Would you consider being tested today?

PREGNANCY PLANS

- Plans for children?
- If not:
 - Concerns about getting pregnant?
 - What are you doing to prevent pregnancy?
 - Do you want information on birth control
 - Questions or concerns? Fertility problems?
- If so:
 - Pre-conception counseling,

SEXUAL FUNCTION, HEALTH, IDENTITY

- Sexuality part of life long well being-
acknowledge to patients
- Function/Concerns/Satisfaction
- Changes in sexual desire or satisfaction?
- Questions about sexual orientation, identity
or desires?
 - Support?

SPECIAL CONSIDERATIONS

- Sexual Orientation
- Gender Identity
- Transgender

- Higher Risk Groups:
 - MSM (Men who have sex with Men)
 - Transgender women. (Transfemale, Affirmed Female, MTF or male-to-female persons)

SCREEN FOR SEXUAL VIOLENCE/ABUSE

- This is often overlooked
- Need to ask about violent sex and physical violence around sex.
- Current Safety
- Have a plan in place for when these questions are positive.

CASES/PRACTICE QUESTIONS

SUMMARY AND RESOURCES

- <https://www.rainn.org/>
- “A Guide to Taking a Sexual History.” The Center for Disease Control. Retrieved from <http://www.cdc.gov/std/treatment/SexualHistory.pdf>
- <http://www.cdc.gov/ncipc/pub-res/images/ipvandsvscreening.pdf>
- http://www.nsvrc.org/sites/default/files/Publications_NSVRC_Guides_Assessing-patients-for-sexual-violence.pdf

QUESTIONS?

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