

TAKING A SEXUAL HISTORY

Your patient's sexual history is an important part of their overall health and wellness. Taking a sexual history will help guide the physical exam, screening of all exposed sites for sexually transmitted diseases (STD) and establish your patients' STD/HIV risk.

TAKE A SEXUAL HISTORY FROM ALL PATIENTS

PrEP

Partners

Number and gender of partners over the past 6 months

Receptive or Insertive

Types of sexual practice – oral, vaginal, anal (insertive, receptive, or both)

Ever had an STD?

Establish risk of repeat infections, HIV status, and hepatitis risk

Protection / PrEP

Assess frequency of condom use and knowledge/experience with PrEP

BEST PRACTICES FOR OBTAINING A SEXUAL HISTORY

- *Normalize sex – healthy, natural part of life
- *Ensure a safe patient environment
- *Assure confidentiality
- *Maintain neutral body language and facial expressions
- *Be non-judgmental and sensitive
- *Avoid assumptions

"Now I'm going to ask you a few personal questions about your sex life. These are questions that I ask all of my patients. I recognize this is a sensitive topic, but know that this information will be between us."

PrEP SAMPLE QUESTIONS

Partners

- In the past 6 months, how many sexual partners have you had? Have you had sex with men, women, or both? Are any of your previous partners trans(gender)?

Receptive or Insertive

- In the past 6 months, have you had vaginal sex? Oral sex? Anal sex?
- For men who have sex with other men – Are you the insertive or receptive partner?

Ever had an STD?

- Have you ever been diagnosed with an STD, such as HIV, herpes, gonorrhea, chlamydia, syphilis? When?
- Have you had any recurring symptoms or diagnoses? When was your last HIV test?

Protection / PrEP

- How do you usually protect yourself from STDs?
- Do you use condoms always, sometimes, or never?
- Have you heard of or ever used PrEP?

For more information about PrEP, visit
www.GetPrEPLA.com

