Indian Health Service Taking A Sexual History

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Sexual Health History: Techniques and Tips

- Use a proactive, integrated, patient-centered approach to sexual health <u>that includes but is not limited to</u>, disease identification and treatment.
- Deliver positive, affirming, nonjudgmental sexual health care by intentionally creating safe spaces for all patients.
- Identify individual implicit bias around sexuality and sexual topics, adverse childhood experiences, and trauma-informed care.
- Models such as the 5 or 6 Ps can help physicians organize their approach to sexual health histories.



The Ps:

- 1) Permission and Pronouns
- 2) Partners
- 3) Practices
- 4) Past History of STIs
- 5) Protection
- 6) Pregnancy

Savoy M, O'Gurek D Brown-James A. Sexual Health History: Techniques and Tips. *Am Fam Physician*. 2020;101(5):286-293. Accessed June 16, 2024. https://www.aafp.org/pubs/afp/issues/2020/0301/p286.html#afp20200301p286-b8

Taking a Sexual Health History

- Begin the conversation by intentionally asking patients for permission to talk about sexual health.
- Use a proactive sexual history to discuss and address sexual health during office visits allows patients an opportunity to share their concerns or ask questions without the embarrassment of needing to raise the topic first.^{2,8}

Sexual Health and Your Patients: A Provider's Guide







Key Points to Ensure a Productive Sexual Health Conversation

Avoid moral or religious judgment of the patient's behavior

Avoid terms that make assumptions about sexual behavior or orientation (e.g., "How many partners have you had in the past year?" vs. "Are you monogamous?"

Establish rapport and consent before addressing sensitive topics

Use a sensitive tone that normalizes the topics you are discussing

Respect the patient's right to decline to answering questions or sharing information

Use neutral and inclusive terms that avoid assumptions about orientation (e.g., partner)

Permission and Pronouns

- Ask what your patient's preferred pronouns are and what their gender identity is.
- "One part of your health history I want to discuss further is your sexual health. It's an important part of your overall health as we want to make sure we are safe and protecting against any infections. Can I ask you questions about your sexual health?"
- "The questions I ask are questions I ask to all of my patients. Our discussion will be confidential and kept between us. Do you have any questions or concerns before we start?"

Partners

- Do not assume a person's sexual orientation based on their practices or vice versa – see our information on ensuring cultural safety in relationships
- "Tell me about your partners?"
- Are you in a relationship with them?
- Do you feel safe in this relationship?"
- How many partners have you had in the past month? The past six months? Your lifetime?

Practices

- Are you currently sexually active?"
 - If no: "Have you ever been sexually active?"
- "What kind of sex do you have/have you had in the past year?"
 - E.g. Vaginal, anal, oral, manual stimulation of penis/vagina/anus
- "Do you exchange sex for food, shelter, substances, or money?"
- "Have you ever been hurt or felt unsafe when having sex?"
- "Have you ever had sex while under the influence?"



Past history/protection from sexually transmitted diseases and sexually transmitted infections

- Have you ever had any sex-related diseases?
- What do you know about protecting yourself STIs and HIV?
 - "Is there anything you and your partner(s) use for protection?"
 - E.g. condoms, dental dams, split condoms/gloves
 - "How often is it used and for what kind of intercourse?"
- Have you ever been tested for STIs and HIV?
 Would you like to be?
- Have you been vaccinated for HPV, Hepatitis A, and/or Hepatitis B?"

3) Protection

- "Do you and your partner(s) discuss prevention of STIs and HIV?"
 - "Do you and your partner(s) discuss getting tested?"
 - "What protection methods do you use?"

Pregnancy plans

Are you trying to become a parent?

Would you like to get pregnant?

What method do you use for contraception?

Resources

- Sexual Health and Your Patients: A Provider's Guide
 - https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/asset/Provider-Guide_May-2022.pdf
- A New Approach to Sexual History Taking: A Video Series
 - https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/video-series
- A Guide to Taking a Sexual History
 - https://www.cdc.gov/std/treatment/sexualhistory.pdf



STI Treatment and Testing Protocol example

Standing Orders



DEPARTMENT OF HEALTH AND HUMAN SERVICES

INDIAN HEALTH SERVICE CROW/NORTHERN CHEYNNE SERVICE UNIT

Name of Policy Standing Order Sexually Transmitted Infection Treatment and Testing

Approved by: Date:

PURPOSE / RATIONALE: To allow Public Health Nurses to provide rapid testing and treatment in an effort to decrease Sexually Transmitted Infections (STI's).

POLICY STATEMENT: The Public Health Nurse shall have an expedited means to treat individuals, ages 14 and up, and known contacts of Gonorrhea (GC), Chlamydia Trachomatis (CT); Syphillis, Trichomoniasis, and other sexually transmitted diseases. Upon identification of a positive case, the patient and or contact(s) will be treated by the Public Health Nurse per standing order which follow the Centers for Disease Control's most current treatment guidelines.

ASSESSMENT: Criteria used to determine the situation or condition for which the standing order may be carried

1. Subjective Findings:

- a. Report of signs and symptoms of sexually transmitted disease (STI)
 - All patients who have not seen by a provider will need to be scheduled for an appoitment after appropriate treatment.
- b. And/or contact of verified case of STI

2. Objective Findings:

a. Confirmatory Lab Testing

PLAN OF CARE:

1. Testing

- a. Patients may present to Public Health Nursing requesting STD testing.
- b. PHN's, during STD investigations, may need to test a contact
- c. Using the nursing process and Standing Orders for STD Treatment based on CDC STD treatment guidelines, PHN's may treat symptomatic patients at the time of testing.

2. Treatment:

Condition	Medication
CT or known contact of CT	1 GM Azithromycin PO x1
Uncomplicated GC or known contact to GC	<u>Under 300 Pounds</u> – 500 mg Ceftriaxone IM X1 300 Pounds and above – 1 GM Ceftriaxone IM X1 Expeditied Partner Therapy – Cefixime 800mg PO once (If IM injection cannot be given)

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If Chlamydia has not been excluded or co- infection of CT/GC	Under 300 Pounds – 500 mg Ceftriaxone IM X1 300 Pounds and above – 1 GM Ceftriaxone IM X1 Expeditied Partner Therapy – Cefixime 800mg PO x 1 (If IM injection cannot be given) AND Doxycycline 100 mg PO BID x7 Days OR Azythromycin 1GM PO x 1 for allergies or concnern for noncompliance
Co-infection GC/CT during pregnancy	Under 300 Pounds – 500 mg Ceftriaxone IM X1 300 Pounds and above – 1 GM Ceftriaxone IM X1 AND Azithromycin 1 GM IM X1
GC/CT Treatment with Cephalosporin Allergy	Gentamycin 240 mg IM AND Azithromycin 2GM PO X1
Trichomoniasis Vaginalis	Tinidazole 2GM PO X1
Syphillis	Penicillin G 2.4 million units IM x 1
Syphillis treatment with Penicillin Allergy (Non-pregnant)	Doxycycline 100mg PO BID x 14 Days
Syphillis treatment with Penicillin Allegery (Pregnant)	Refer to PCP for penicillin desensatization

PROCEDURE:

- Upon identification of positive case by lab or MIDIS, the patient will be contacted and treated in either the Public Health Nurse office or the outpatient clinic.
- 2. The PHN will complete the commuicable disease investigation, including known contacts.
- The PHN will contact all contacts and will test and treat them per CDC recommendations outlined in this policy.
- Documentation in the electronic health record will include allergies, positive confirmatory testing, treatment administered and STI education.
- Public Health Nurses will contact pharmacy to order medications under this standing order in E.H.R., with a designated provider as the ordring provider, and the patient will be instructed to pick up the medication from the pharmacy or to report to the PHN office.
- Ordering pharmacist with enter a note in EHR inidcating why they ordered the medication and cosign the designated provider.
- 7. Administration of a medication must be documented in the patient's medical record by the licensed staff and must include name of medication, dosage, route, site, date and time of administration, effectiveness of medication/patient's response to medication administration, and reference to this Standing Order and plan of care when applicable.
- Outpatient pharmacy will be contacted to review for appropriateness process standing order and will "release without signature".
- 9. Criteria for contacting the Primary Care Provider:
 - a. Signs and symptoms of severe local or system reaction to the antibiotic
 - b. Severe signs and symptoms of respective STI (unuals cases)
- 10 Follow up Boquiromonto.

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b. Complete and submit positive STI investigation in MIDIS.

REFERENCES:

Montana Standards of Nursing Practice 24.159.1204 Centers for Disease Control Sexually Transmitted Infection Treatment Guidelines

STD Case Record Form

Patient ID Condition(s) Rel	N U	Case ID Interview Record ID
Name		Demographics
Lad Name Professed Name / ANA	First Name Made	Date of Dirth App V N U R
Address		Phone/Contact
Plansidence Street State Str. County	(Apt. 6) Chy (Netect Country	Note Phone Vork Phone Collair Phone Collair Phone (Sovagers Corticl **Collair Associati **Collair Associat
Reporting Information		- t
Investigation Start Investigation Date:	Diagnosis Date:	Diagnosis Reported to CDC: 200-CT 300-GC
Date of Report:	Reporting County:	PID: N U Y
Earliest Date Report to County:	Confirmation Method: Laboratory con	nfirmed
Earliest Date Report to State:	Confirmation Date:	
Was patient hospitalized?: N U Y	Case Status:	
Case Management	117//07/04/09	
Patient Eligible for Notification of Exposure:	Disposition:	Date Assigned:
Investigator:	Disposition Data:	Patient Interview Status:
Date Assigned:	Dispositioned by:	Date Closed:
Exam Dt:	Supervisor	Closed by:
	Interviewer:	100000000
	Pregnancy	
Program of YNUR Program of Y	NUR Currently in Promoted Care?	R Prognant in Last 12 Mos? YNUR
	RISK FACTORS ompleted a behavioral risk profile.	5 Client was asked but no behavioral risks were identified
Was behavioral risks assessed? 66 Client Y-Yes, Anal or Vaginal Intercourse	was not asked about behavioral risk factors (with or without Oral Sex) O-Ye	77 Client declined to discuss behavioral risk factors is. Oral Sex Only U-Unspecified Type of Sex
Within the past 12 months has the patient:	N-No R-Refused to Answer D	-Did Not Ask
Had sex with a male?	6. Had sex	while intoxicated and/or high on drugs?
2. Had sex with a female?	7. Exchang	ged drugs/money for sex?
3. Had sex with a transgender person?	8. [Female known to h	es only) Had sex with a person who is er to be an MSM?
4. Had sex with an anonymous partner?		x with a person known to him/her to

late of Intervi	nterview				
nterview Type					
	snice/original				
nterview Loca	tion: Clinic Field Telephon	•			
Vere contacts	named at this interview: N Y				
	ntact Information				
tertner	Contact Tab ⁺³	Name: Last	First	DOS or Age:	Gender: M F
	Contact Record Tabrillarisdiction:	Relationship w/patient?	Named:	Referral Basis:	Last Exposure Date:
		This patient Processing Decision:	PHN with date	P1-Partner, Sex	
		Field f/u			
	Follow-up Investigation Tab/⊃	Investigation Start Date:	Oute Assigned to Investigation:		Notifiable:
	Supplemental Info Tab (optional)				
	Exam Date:	Disposition:	Disposition Date:	Disposition By:	Supervisor:
	Comments				
artner	Contact Tabr2	Name: Last	First	DOS or Age:	Gender: M F
	Contact Record Tab ⁻⁵ Jurisdiction:	Relationship w/patient?	Named:	Referral Basis:	Last Exposure Date:
		This patient Processing Decision:	PHN with date	P1-Partner, Sex	
		Field f/u			
	Follow-up Investigation Tab ⁻²	Investigation	Date Assigned		Notifiable:
		Start Date:	to Investigation:		
	Supplemental Info Tab (optional)				
	Exam Cote:	Disposition:	Disposition Date:	Disposition By:	Supervisor:
	Comments				
Partner	Contact Tabrū	Name: Last	First	DOS or Age:	Gender: M F
	Contact Record Tab Parisdiction:	Relationship w/patient?	Named:	Referral Basis:	Last Exposure Date:
		This patient Processing Decision:	PHN with date	P1-Partner, Sex	
		Field f/u			
	Follow-up Investigation Tab*3	Investigation	Date Assigned		Notifiable:
		Start Date:	to Investigation:		
	Supplemental Info Tab (optional)				
	Exam Date:	Disposition:	Disposition Date:	Disposition By:	Supervisor:
	Comments				

	Y- Yes N-No R-Refused to Ans	wer D-Did Not Ask	1
Within the past 12 months has the pat	tient: 13. During the past Y/N/R/D following injection o	12 months, which of the or non-injection drugs have	1
10. Been incarcerated?	been used? (Y/N/R)	F NON-Rigidation arrays have (D)	
The fall and the desire state of	None None	Methamphetamines	
11. Engaged in injection drug use?	Crack	Nitrates/Poppers	
12. Shared injection drug equipment?	Cocaine	Erectile dysfunction medications (e.g., Viagra)	
	Heroin	Other, specify:	
Social History		Interview Period Partners	1
Places Met Partners	Places Had Sex	Partners Past Year Unknown Refused	18
Type Name	Type Name	Female N # U R 1	CORE INFO TAB
H	H	Male UR	1
	H	Partners in tx Period Transpender Unknown Refused	13
Unknown	Unknown	Female UR 2	1 6
Refused to answer	Refused to answer	Male U R	۱,
	Partner Internet Informa	ation	1
the second floor or madesage mad there and	The second will be but \$2 months?	Yes No Refused to answer Did not ask	1
Were any of the sex partners met through	Table intermet mittrip the rest 15 processor:		
STD Testing			١,
Date Collected	Provider	Test Specimen Source Qualitative Result	SYPHILIS ONLY
		PNIU	1
		PNIU	9
		PNIU	5
STD History			1
	f to Answer Y Unknown		
900 Partner Services Information-HIV To	esting		
Refer for Test:	900 Test:		1 S
Referral Date:	900 Result:		MANAGE ASSOCIATIONS
STD Treatment			E AS
Treatment Date	Provider	Drug and Dosage	8
, ,		Azithromycin 1 gm X 1	ATI
		Ceftriaxone 250mg X 1	. IS

STD CASE RECORD FORM Interview ReInfection? If yes, # Case ID Patient ID Condition(s) Record ID Demographics Name Date of Birth Age First Name Middle Name Last Name NH/PI M F Sex at Birth D PATIENT Preferred Name / AKA Maiden Name Marital Status Phone/Contact Address TAB Home Phone (Apt. #) Residence Street City Work Phone State County District Country Cellular Phone Emergency Contact E-Mail Address(es) Reporting Information CASE Investigation Start Investigation Date: Diagnosis Date: Diagnosis Reported to CDC: 200-CT 300-GC INFO Date of Report: Reporting County: PID: N U Y Earliest Date Report to County: Confirmation Method: Laboratory confirmed TAB Earliest Date Report to State: Confirmation Date: Was patient hospitalized?: N U Y Case Status:

	Y-Yes N-No	R-Refused to Answe	er D- Did Not Ask	
Within the past 12 months has the patient: 10. Been incarcerated? 11. Engaged in injection drug use? 12. Shared injection drug equipment?	Y/N/R/D	-	2 months, which of the non-injection drugs have Methamphetamines Nitrates/Poppers Erectile dysfunction medications (e.g., Viagra) Other, specify:	
Places Met Partners Type Name	Places	Had Sex Name	Interview Period Partners Transgender Partners Past Year Y N # Female Unknown Refused R	1
Unknown Refused to answer	Unkno	own ed to answer	Partners in Ix Period Y N # Female U R Male U R Transgender Unknown Refused U R U R	2
		Partner Internet Informati	on	
Were any of the sex partners met through the i	nternet within the la	ast 12 months?	Yes No Refused to answer Did not ask	

CONTACT RECORDS TAB ADD INTERVIEW AND ADD NEW CONTAC