Breaking the Barriers: Taking an Effective Sexual History

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AFHP provides, promotes, and protects access to comprehensive quality reproductive healthcare services and education for all Arizonans, regardless of income, through its support and monitoring of regional healthcare providers.

www.arizonafamilyhealth.org

About AFHP

- Arizona Family Health Partnership (AFHP)
  - Nonprofit organization established in 1974
  - Began receiving Title X grant funds in 1983
    - AFHP's network has been providing preconception, inter-conception care, family planning services and education for over 40 years
- In 2014, AFHP provided family planning services and education to over 33,000 women, men and teens
- AFHP provides high quality training for health educators throughout Arizona

What is Title X?

- Enacted in 1970 as part of the Public Health Service Act
- Only Federal grant program dedicated solely to providing comprehensive family planning
- Mission is to provide individuals the information and means to exercise personal choice in determining the number and spacing of their children

AFHP's Network

AFHP funds 6 delegate agencies with 22 health centers in 9 Arizona counties

- Canyonlands Community Healthcare
  - Chilchinbeto (Navajo Nation)
  - Clifton
  - Duncan
  - Globe
  - Page/Lake Powell
  - Safford
- Pinal County
  - Apache Junction
  - Casa Grande
  - Coolidge
  - Eloy
  - Mammoth
  - Maricopa
  - San Tan Valley
- Pima County
  - Eastside
  - Northside
  - Southside
- Planned Parenthood Arizona
  - Flagstaff
  - Sanger (Tucson)
  - Maryvale
  - Mesa
  - North East Phoenix
- Yavapai County
  - Cottonwood
  - Prescott
  - Prescott Valley
- Wesley Community Center
  - South Phoenix

Services Provided by AFHP's Network

- Reproductive life planning, counseling and education
- Healthy timing and spacing of pregnancies
- Birth control including long acting (implants and IUDs)
- Physical exams
- Pregnancy testing
- Basic infertility services
- Testing and treatment of STIs
- Emergency contraception

Education Topics Covered in a Title X Health Center

- Client-centered counseling and education topics include:
  - Parental Involvement (under 18)
  - Sexual Coercion
  - Reproductive Life Planning
  - Preconception Care
  - Birth Control Methods
  - Emergency Contraception
  - Risk Reduction for STI/HIV
  - Pregnancy Options Counseling

Today's Objectives

- Identify the 5 P's of taking a sexual history
- Discuss interviewing techniques to enhance dialogue including working with special populations
- Understand expedited partner therapy

The 5 P's

What are they?

- Partners
- Practices
- Protection from STD's
- Past history
- Prevention of Pregnancies

Partners

- Determine number and gender, don't make assumptions
  - Open and honest to put client at ease
- Special populations
  - Women with women
  - MSM
  - Adolescents
- Client should always discuss their medical history with their health care provider
- Define the term "partner" to the client

Practices

- What type of behavior and with whom?
  - Vaginal, anal, and /or oral sex
- Clients often don't want to disclose—none of your business, WTF
- Important to assess risk factors
- Determine need for testing
- Develop risk reduction strategies

Protection from STD's

- Although 15–24-year-olds represent only ¼ of the sexually active population, they account for nearly ½ (9.1 million) of the 18.9 million new cases of STD's each year.
  - HPV accounts for 50% of STD's dx among 15-24 year olds, generally harmless yet can lead to various cancer types
  - Genital HSV and GC combined account for about 12% of the dx
  - HIV, syphilis and Hepatitis B account for less than 1% of dx; yet those 13-24 are responsible for 21% of all new HIV dx in the US in 2011

Past History

- May not be sexually active at this time, yet still need to screen for past activity
- Past history may put the client at risk for an STD now; ask about past partners
- The likelihood of having an STD is higher with a positive past history

Prevention of Pregnancy

- Talk about a Reproductive Life Plan/ One Key Question; discuss current and future contraceptive options with client and partner
- Despite having declined, the U.S. teen pregnancy rate continues to be one of the highest in the developed world
- Each year, almost 615,000 US teens, aged 15-19 become pregnant secondary to non-use or inconsistent use of birth control methods
- Most female teens report that they would be very upset (58%) or a little upset (29%) if they got pregnant, while the remaining 13% report that they would be a little or very pleased

Expedited Partner Therapy

What is Expedited partner therapy

- Prescribing or dispensing medication for the patient to deliver to their sexual partner for empiric treatment of chlamydia and /or gonorrhea
- What to prescribe:
  - For partners of chlamydia: Azithromycin 1 gram PO x 1
  - For partners of gonorrhea: Cefixime 400 mg PO x 1 PLUS Azithromycin 1 gram PO x 1

Patient-Delivered Partner Therapy

- Bill passed April, 2008
- 2008 Arizona Senate Bill 1078:
- Amends A.R.S. 32-1401.27 and now allows providers to dispense antimicrobial treatment to persons in contact with someone with a communicable disease without a physical exam including STD's.
- Should be a standard of care

Educational Materials

- Provider and Pharmacy Fact Sheets
- Partner fact sheets in English and Spanish
- Frequently asked questions
- Postcards to providers

http://azdhs.gov/phs/edc/odis/std/providers.htm

Partner Notification

- Web Sites for clients to assist with notifying of positive results
  - www.inspot.org
  - www.sotheycanknow.org

Arizona STD Facts

- Arizona Revised Statutes
  - 44-132.01. Capacity of minor to obtain treatment for venereal disease without consent of parent
    - Notwithstanding any other provision of the law, a minor who may have contracted a venereal disease may give consent to the furnishing of hospital or medical care related to the diagnosis or treatment of such disease and such consent shall not be subject to disaffirmance because of minority. The consent of the parent, parents or legal guardian of such a person shall not be necessary in order to authorize hospital or medical care.

Client Centered Communication

Client Centered Discussion (Part 1)

- Establish and Maintain Rapport with the Client--
  - Create a welcoming environment
  - Build a relationship of trust, respect and safety (every stage of encounter)
  - Ensure confidentiality, expertise and easy access
  - Non-judgemental attitude

Client Centered Discussion (Part 2)

- Assess the Client's Needs and Personalize Discussions Accordingly--
  - Gather client's personal information
  - Tailor the discussion to the client's circumstances and needs
  - Learn about the client's experience, values, beliefs, priorities and goals which will be a reflection of his/her experiences

Client Centered Discussion (Part 3)

- Are you sexually active; if no have you ever been?
- Do you have sex with men only, women only, or both?
- Do you have anal, oral and /or vaginal sex
- How many PEOPLE have you ever had sex with, in the past 6, 12 months
- What are you doing to protect yourself from STD's

Client Centered Discussion (part 4)

- Have you been tested for STD's including HIV, would you like to be tested
- Have you or your partner ever tested positive for an STD, if so which one and where was the infection found
- Were you and or your partner treated

Providers should not

- Assume to know your client's sexual behavior or preferences without asking
- Be judgmental in response to questions or concerns
- Be disrespectful of sexual orientation or preferences
- Deny a client care or treatment because of sexual choices

ADOLESCENTS

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Counseling Adolescents

- Differentiate pregnancy prevention from STD's
  - Risks and benefits of BCM including LARC's
  - Condoms important too
- Confidential services critical in adolescent care
- Observe relevant state laws
- Promote communication with parents/guardians

Confidentiality Statement

"Before we begin, I want you to know that the things we talk about today are only between you, me and the other staff that work here on a need-to-know basis. It's what we call confidential or private. The only things that are not confidential are things such as if you are in danger of hurting yourself, hurting someone else or if someone has hurt you. If those things come up, for safety, we have to follow up on them."

How to Refer a Client

- For family planning services, visit our website: www.ArizonaFamilyHealth.org
  - For health center locations: http://www.arizonafamilyhealth.org/locations
  - Call us at 1-888-272-5652 or 602-258-5777

References

- http://rhrealitycheck.org/article/2015/04/28/sexually-transmitted-infections-rise-across-country
- http://www.cdc.gov/std/stats/by-age/15-24-all-STDs/state/2013/AZ13.pdf
- https://www.guttmacher.org/pubs/FB-ATSRH.html
- Preventive Male Sexual and Reproductive Health Care: Recommendations for Clinical Practice, 2014

Thank You For Your Attention
Questions?