

Sexual history

Easiest/naturally placed in social history. Start with transition statement.

Example: "Now I'm going to ask/ change to more personal questions/switch gears to some personal questions that we ask all of our patients and that are confidential."

Communication principal-- least personal towards most personal.

1. Start with ice breaker, living situation.

Example: "Tell me about your current living situation/ are you new to the area/how long have you lived here?"

2. Go to relationships, use open ended questions (vs. are you married or single?)

Example: "Are you currently in a relationship?"

Follow up question: "How is that going?" (screen for IPV= Intimate Partner Violence).

"Are you currently dating?" If yes: "Do you date other people or are you exclusive/monogamous/only each other?"

"Tell me about your partner/partners." (vs. do you have sex with men/women/both)

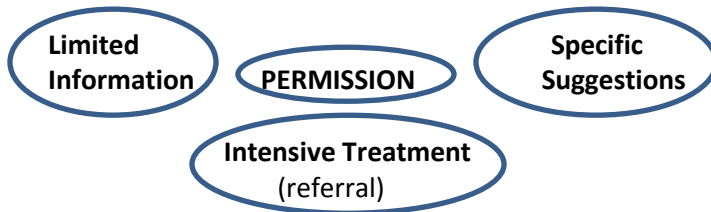
"Do you practice safe sex?" (screen for risky behaviors)

3. Now you're on the topic of sex, easier to follow up with a general ice breaker that is non threatening - sensitive

Example: "Do you have any questions or concerns about your sexual health?"

Based on pt's response (watch non-verbal, always trumps verbal) continue or stop, checking with pt.

Ex: PLISSIT communication tool for sexual history: Validates as general health topic, seeks permission.



Permission.

Example: "We ask all our pts about this because it's an important part of your overall health."

"Would it be okay to talk with you about your sexual health, it's part of your overall health?"

"I noticed you seemed uncomfortable when I mentioned sexual health, that's common, and I want to make sure it's okay to talk about or not." (If not, give open invitation to revisit) "That's okay, we're here for you, feel free to bring it up anytime/ whenever you have questions or concerns."

Limited information.

Provide basic education (can use diagrams/pt education handouts).

Correct misunderstandings/respond to immediate concerns.

Specific Suggestions. Consider pt's understanding of issues and options.

Elicit pt's concerns and goals and priorities.

Example: "You say this is a real problem for you, how have you managed to deal with it up to now?"

"You've mentioned some issues, I can suggest some educational materials/web sites."

Intensive treatment. (referral) "Thank you for sharing your concerns/for telling me about this/ this is important and we'll make sure you get to see an expert in this area/on this topic/issue."

Provider Resources

Websites:

American Association of Sexuality Educators, Counselors and Therapists (AASECT) <http://www.aasect.org>

American College of Obstetricians and Gynecologists (ACOG) www.acog.org

American Society for Reproductive Medicine (ASRM) www.asrm.org

Association for Reproductive Health Professionals www.ARHP.org

Cleveland Clinic, Center for Continuing Education – Sexual Dysfunction
<http://www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/womens-health/female-sexual-dysfunction>

Contraception Online www.contraceptiononline.org

Clinician Competencies for Sexual Health http://www.arhp.org/uploadDocs/SHF_Competerencies.pdf

Gay and Lesbian Medical Association www.glma.org

Handbook on Female Sexual Health www.arhp.org/uploadDocs/ARHP_ACOG_SexualityHandbook.pdf

International Society for the Study of Women's Sexual Health www.isswsh.org

Kaiser Reproductive and Sexual Health Resource www.kff.org

Kinsey Institute <http://www.kinseyinstitute.org/about>

North American Menopause Society (NAMS) www.menopause.org

Society of Sex Therapy and Research www.sstarnet.org

Sexual Health Fundamentals for Patient Care Initiative
Report of a US Consensus Process http://www.arhp.org/uploadDocs/SHF_meetingreport.pdf

Talking With Patients about Sexuality and Sexual Health
<http://www.arhp.org/publications-and-resources/clinical-fact-sheets/shf-talking>

World Association of Transgender Health www.wpath.org

Patient Resources

Websites:

Healthy Women – Sexual Dysfunction
<http://www.healthywomen.org/condition/sexual-dysfunction>

WebMD - Sexual Conditions Health Center www.webmd.com/sexual-conditions/sexual-health

WebMD – Women's Health, Sexual Dysfunction <http://women.webmd.com/guide/sexual-dysfunction-women>

MDAnderson – Breaking the Silence. Talking To Your Doctor about Sexual Problems after Cancer
<http://www2.mdanderson.org/cancerwise/2011/03/breaking-the-silence-talking-to-your-doctor-about-sexual-problems-after-cancer.html>

Sexuality for Life <http://www.middlesexmd.com>

Strategies for Staying Sexual After Menopause
<http://www.rhrealitycheck.org/blog/2009/08/07/strategies-staying-sexual-after-menopause>

Videos

How to Overcome Embarrassment About Talking To Your Doctor About Female Sexual Dysfunction (FSD)
<http://www.videojug.com/interview/how-to-overcome-embarrassment-about-talking-to-your-doctor-about-female-sexual-dysfunction-fsd>

Talking about Sex with Your Doctor (for Patients) <http://www.youtube.com/watch?v=Eri5U6GLZk>

When Your Doctor Interrupts <http://www.youtube.com/watch?v=Ictk7NHiseI&feature=relmfu>