

# Take a sexual history of all patients:

## HOW TO HAVE THE CONVERSATION

### WHO?

- Number of partners in the past year
- Gender
- Steady and/or casual partners
- Partner risk factors (multiple sex partners, incarcerated, HIV+, etc)

### HOW?

- Types of sex (vaginal, oral, anal)
- Sex while under the influence of drugs and/or alcohol

### WHAT?

- Methods to protect yourself from STDs/HIV
- Methods to prevent pregnancy
- Previous history of STDs

### TIPS FOR HAVING THE CONVERSATION

- Emphasize that it is routine for all patients
- Ensure confidentiality
- Be non-judgmental (verbal and non-verbal)
- Make it conversational (ask open-ended questions)

### SAMPLE CONVERSATION

“To provide you with the best service I can, I ask all of my patients about their history. I’d like to ask you some questions regarding your sex life. I recognize this is a sensitive topic, but know that this information will remain between us.”

- Do you have sex with men, women, or both men and women? Do you have sex partners who are transgender?
- How many sexual partners have you had in the past year?
- Do you think your sex partner(s) have other partners besides yourself?
- How do you have sex? Vaginal? Oral? Anal?
- How frequently do you have sex while using alcohol or drugs?
- What ways do you try to protect yourself from STDs?
- What STDs have you or your partners had in the past?
- Would you like to become pregnant in the next year?