

Sexual History Taking and Status Neutral Approach

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AETC Program National Centers and HIV Curriculum

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- List factors that impede sexual health.
- Identify the Status Neutral Approach.
- Summarize the “5Ps” or “7Ps” Approach for sexual history-taking.
- Describe what you intend to change.

- Fragmented services for HIV/STI screening, treatment, and prevention
- Services are not offered/lost opportunity
- Stigma
- Implicit Biases

Who's In The Room?

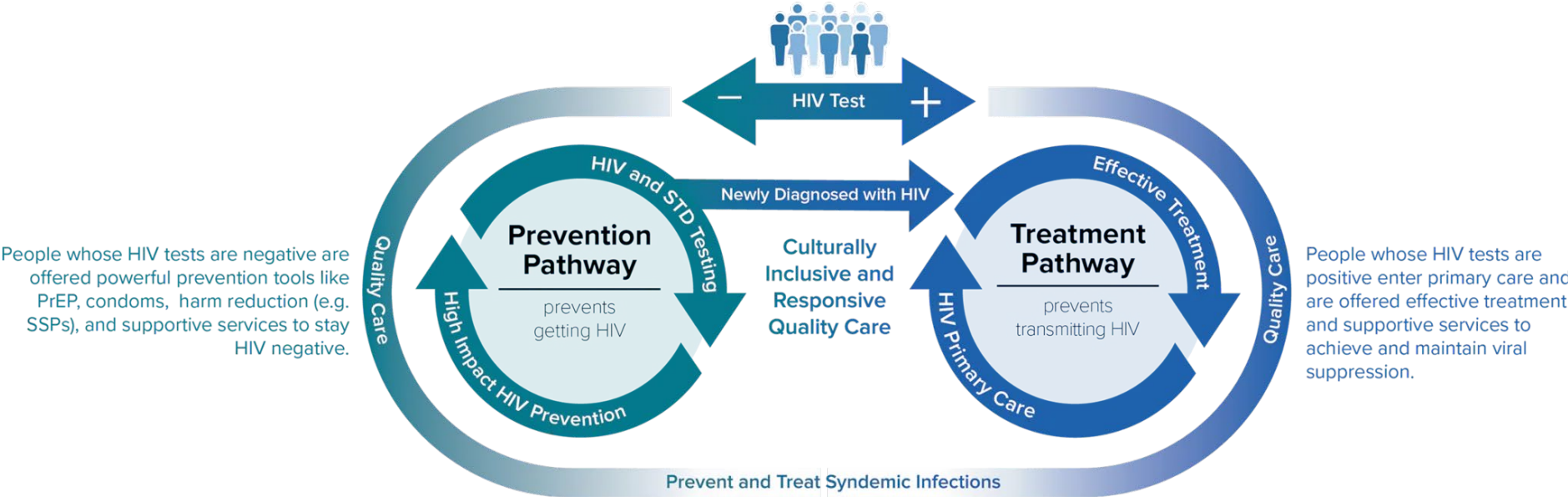
- Infectious Disease
- HIV Care
- Comprehensive care for patients with HIV
- Status Neutral Prevention and Care
- Something Different
- HIV/STI screening clinic
- Adult Primary Care
- Family Practice
- Adolescent Care
- Planned Parenthood

Status Neutral Approach

- Holistic approach to HIV prevention and care
- Prioritizes the quality of care provided to engage and retain people in services
- Intentional about addressing barriers to healthcare and social services that contribute to disparities relating to HIV for all people



Status Neutral HIV Prevention and Care



People whose HIV tests are negative are offered powerful prevention tools like PrEP, condoms, harm reduction (e.g. SSPs), and supportive services to stay HIV negative.

People whose HIV tests are positive enter primary care and are offered effective treatment and supportive services to achieve and maintain viral suppression.

Follow CDC guidelines to test people for HIV. Regardless of HIV status, quality care is the foundation of HIV prevention and effective treatment. Both pathways provide people with the tools they need to stay healthy and stop HIV.

Status Neutral Approach



[CDC. \(2024\). ISSUE BRIEF Status Neutral HIV Care and Service Delivery Eliminating Stigma and Reducing Health Disparities](#)

- Decreased new HIV transmissions by 22%
- Increased viral suppression rates by 3%
- Increased linkage to preventive services like PrEP and harm reduction for people who tested negative for HIV
- Provision of comprehensive care
- Improved health equity

Start the conversation



Among 13,625 men and 13,882 women aged 40-80 surveyed around the world:

43-49%

reported at least one sexual problem in the past 12 months

<19%

made any attempt to seek medical help

Patients need us to open the dialogue



Among 13,625 men and 13,882 women aged 40-80 surveyed around the world:

9%

had been asked about sexual health at any routine visit in the prior *three years*

This or That

Unprotected Sex

Condomless Sex

This or That

High risk group

Affected community

This or That

Mother - To – Child
transmission

Perinatal Transmission

This or That

HIV/AIDS

HIV

This or That

HIV infection

HIV disease

This or That

Acquired

Became infected

This or That

Target group

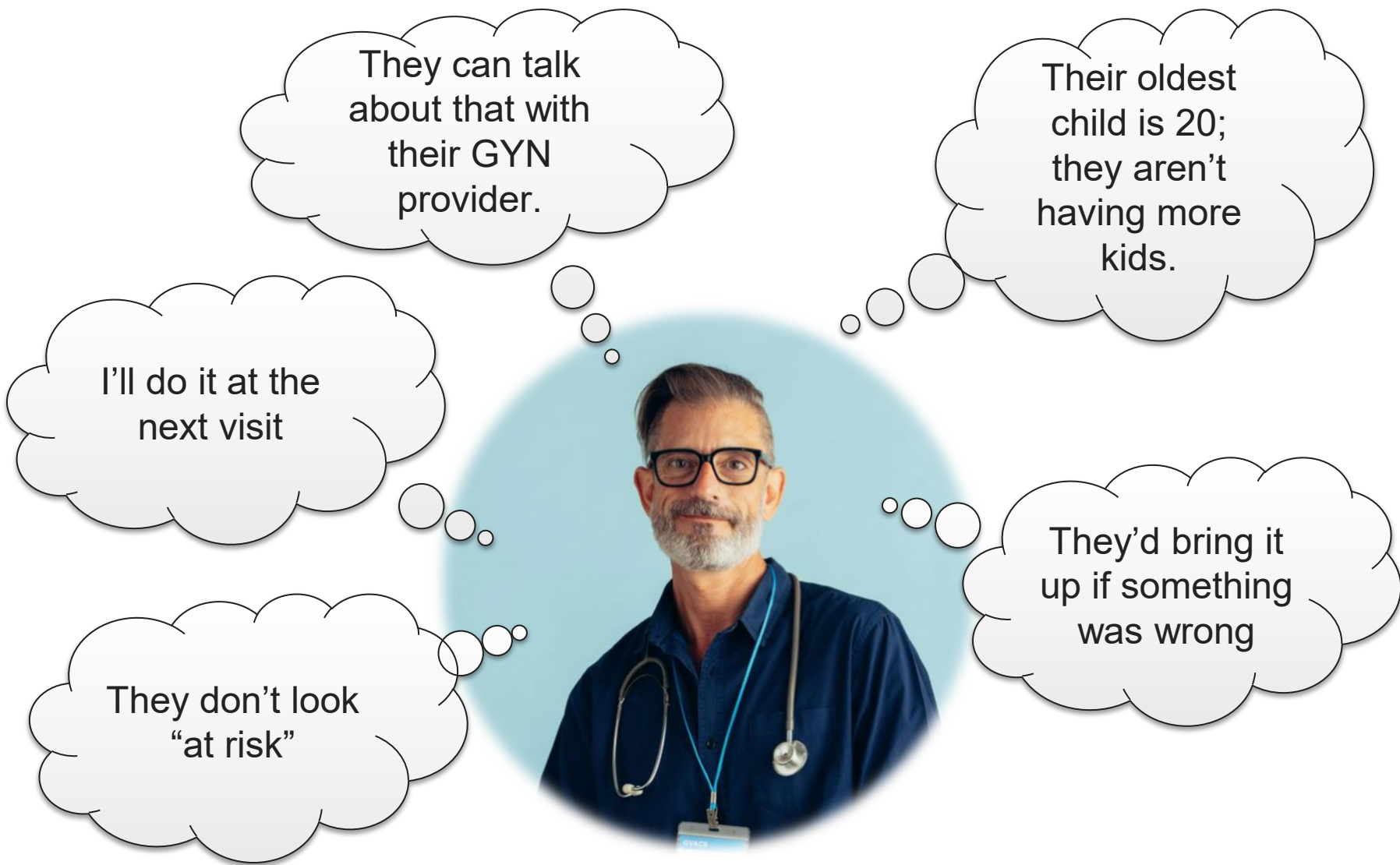
Priority population

This or That

Bottom

Receptive

What gets in the way...?



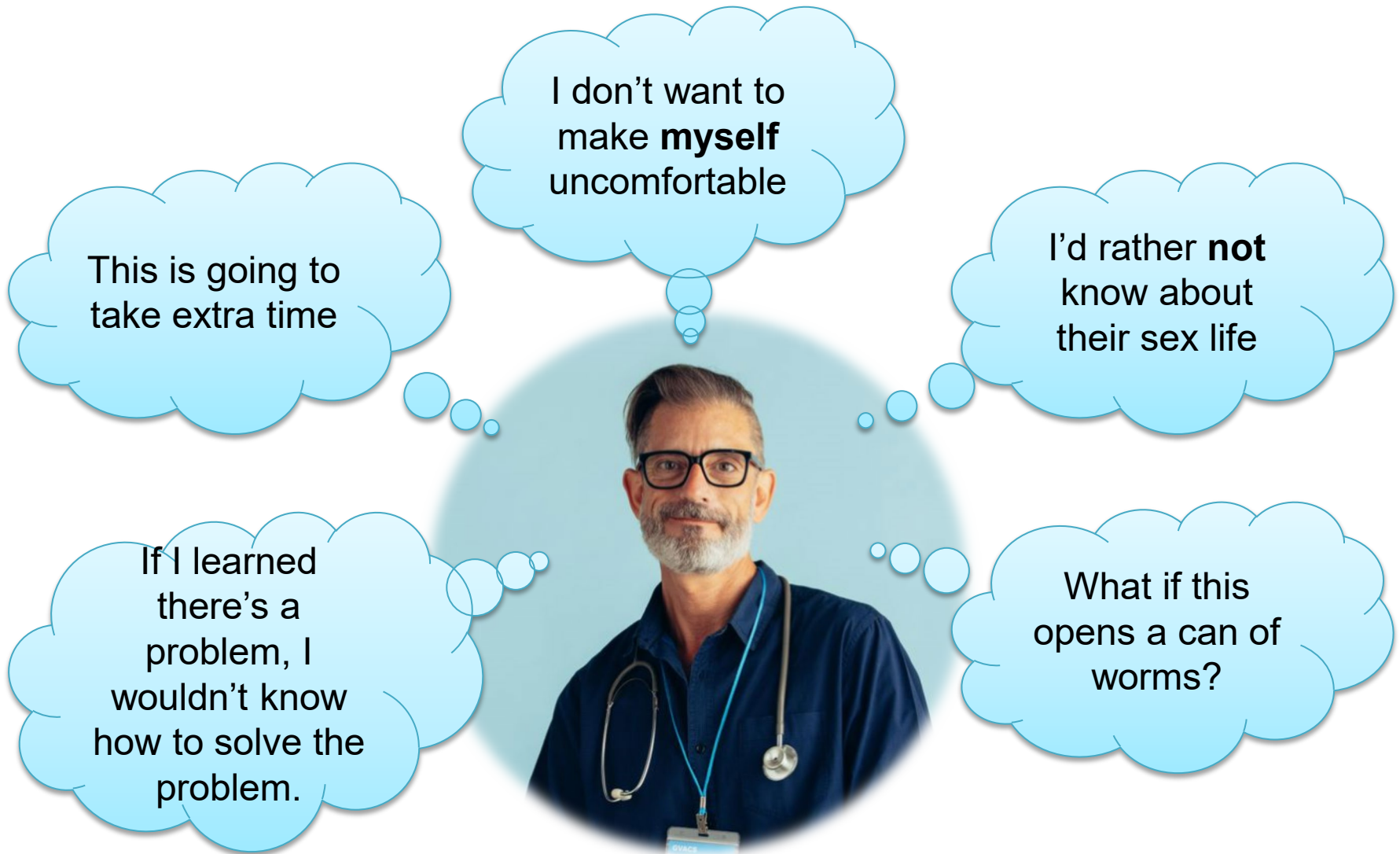
They can talk about that with their GYN provider.

Their oldest child is 20; they aren't having more kids.

I'll do it at the next visit

They'd bring it up if something was wrong

They don't look "at risk"



This is going to take extra time

I don't want to make **myself** uncomfortable

I'd rather **not** know about their sex life

If I learned there's a problem, I wouldn't know how to solve the problem.

What if this opens a can of worms?

Assumptions create barriers...



6 minutes

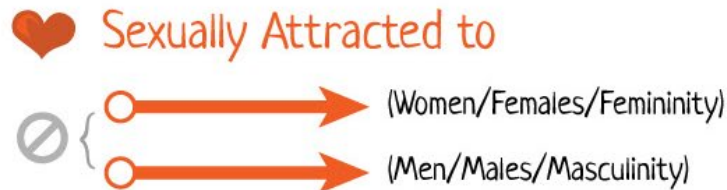
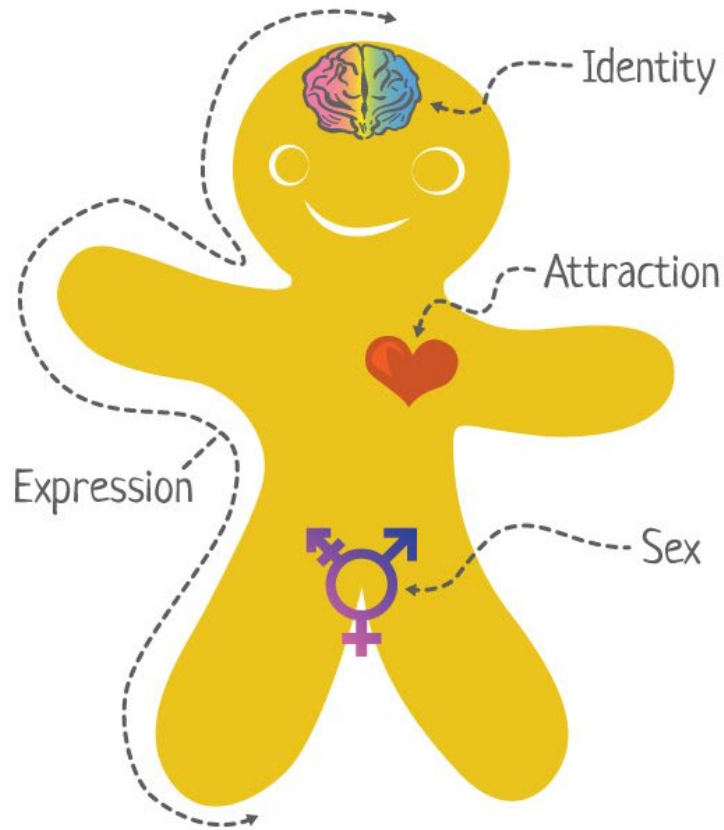
<https://vimeo.com/97776993#t=4s>

Nat'l LGBTQIA+ Health Education (2014). Sexual Health of Transgender Patients.

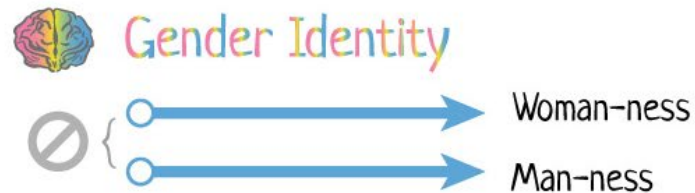
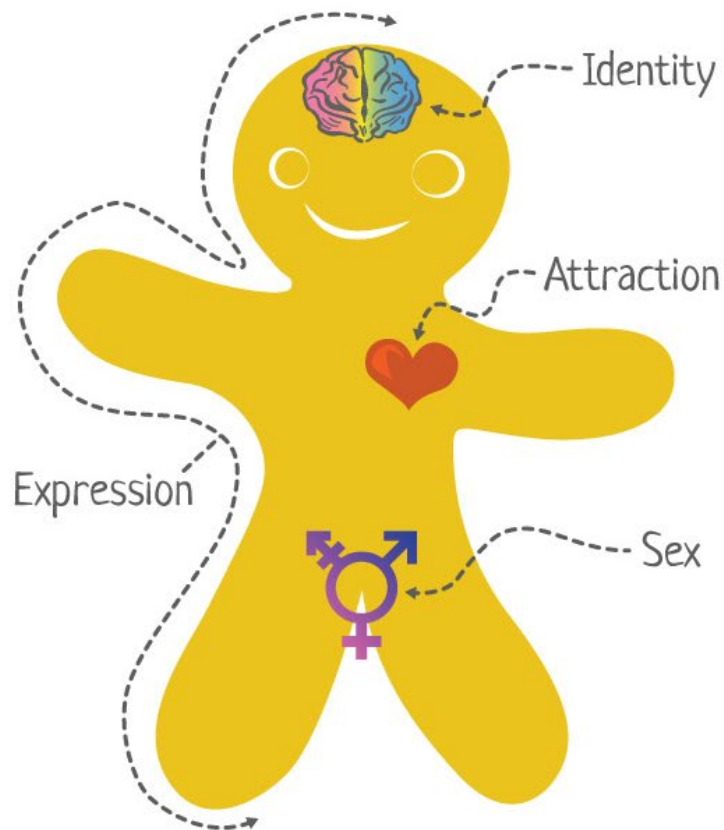
Prepare if you care...



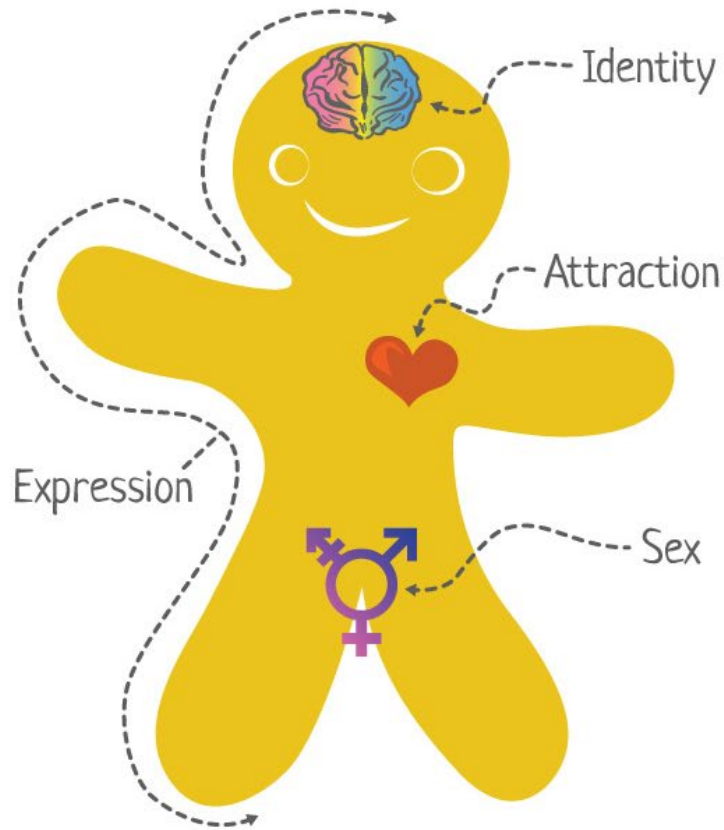
Know before you go...



Gender identity and anatomy (sex) are separate



Gender expression doesn't imply sexual orientation 27



How often do you need to take sexual history?

- Yearly
- Bi-annually
- As needed
- Initial visit

Encounter 1



1m 1s

<https://vimeo.com/260495952#t=5s>
Nat'l LGBTQIA+ Health Education (2018). Marcus

What could the clinician have done differently?

When you know better, you do better...



<https://vimeo.com/151946758#t=20s>

Nat'l LGBTQIA+ Health Education (2018). Ineffective History Taking

1m 45s

What procedures and protocols can be leveraged to help prevent scenarios like this from happening?



Partners



Practices



Past History
of STDs



Protection
from STDs



Pregnancy
Plans

Introductory discussion to sexual history: the 5Ps



**Pronouns
& Identity**



Partners



Practices



**Past History
of STDs**



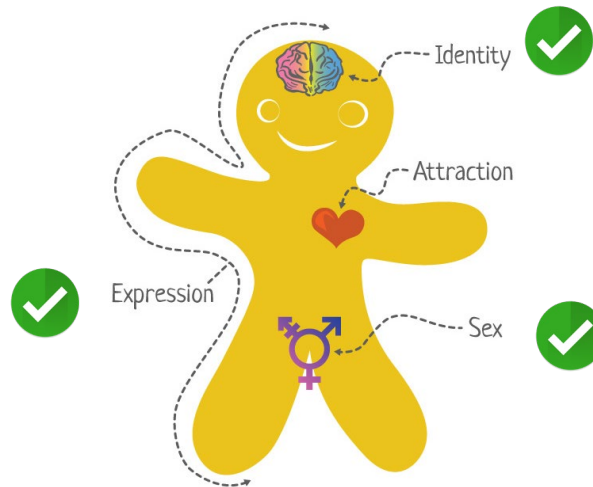
**Protection
from STDs**



**Pregnancy
Plans**



Pleasure



<https://www.cdc.gov/std/treatment/sexualhistory.pdf>

Modified from: <https://fenwayhealth.org/wp-content/uploads/Taking-a-Sexual-Health-History-Cavanaugh-1.pdf>



Pronouns & Identity



Partners



Practices



Past History of STDs



Protection from STDs



Pregnancy Plans



Pleasure





**Pronouns
& Identity**



Partners



Practices



**Past History
of STDs**



**Protection
from STDs**



**Pregnancy
Plans**



Pleasure



Encounter 3



1m 30s

What did you like or dislike about the clinician's approach to discussing sexual health topics with the patient?



Pronouns
& Identity



Partners



Practices



Past History
of STDs



Protection
from STDs



Pregnancy
Plans



Pleasure

WHEN APPROPRIATE OR YOU'RE OTHERWISE CONCERNED:

“How often...

...do you use alcohol or drugs when you have sex?”

...do you have sex in exchange for something?”



**Pronouns
& Identity**



Partners



Practices



**Past History
of STDs**



**Protection
from STDs**



**Pregnancy
Plans**



Pleasure

“Have you ever had a sexually transmitted infection?”

→ IF YES: “Which one(s)?”

“When were you last tested for STIs?”

→ “Did they collect any swabs? Or was it just urine?”



Pronouns
& Identity



Partners



Practices



Past History
of STDs



Protection
from STDs



Pregnancy
Plans



Pleasure

“**How often** do you use condoms/barrier protection?”

→ “For oral sex? For anal sex? For vaginal sex?”

→ “Does it vary... with different partners? with type of sex?”



**Pronouns
& Identity**



Partners



Practices



**Past History
of STDs**



**Protection
from STDs**



**Pregnancy
Plans**



Pleasure

**Check to see if they need immunization
against hep A, hep B, HPV, mpox, and/or
meningococcus!**



**Pronouns
& Identity**



Partners



Practices



**Past History
of STDs**



**Protection
from STDs**



**Pregnancy
Plans**



Pleasure

“Have you heard about PrEP & doxy-PEP?”



**Pronouns
& Identity**



Partners



Practices



**Past History
of STDs**



**Protection
from STDs**



**Pregnancy
Plans**



Pleasure

“Are you interested in having (more) children?”



Pronouns
& Identity



Partners



Practices



Past History
of STDs



Protection
from STDs



Pregnancy
Plans



Pleasure

“Are you satisfied with your sex life?”

“Do you have any discomfort or problems with sex?”

- Transfeminine patients: Erectile dysfunction? Difficulty orgasming? Breast sensitivity?
- Transmasculine patients: Pain during or after sex? Dryness? Bleeding? Clitoral sensitivity?



**Pronouns
& Identity**



Partners



Practices



**Past History
of STDs**



**Protection
from STDs**



**Pregnancy
Plans**



Pleasure

Always ask...

**Do you have any questions
for me about anything?**

Last video! Let's watch a pro at work...💖🌟



3m 2s

Tools for you to use...

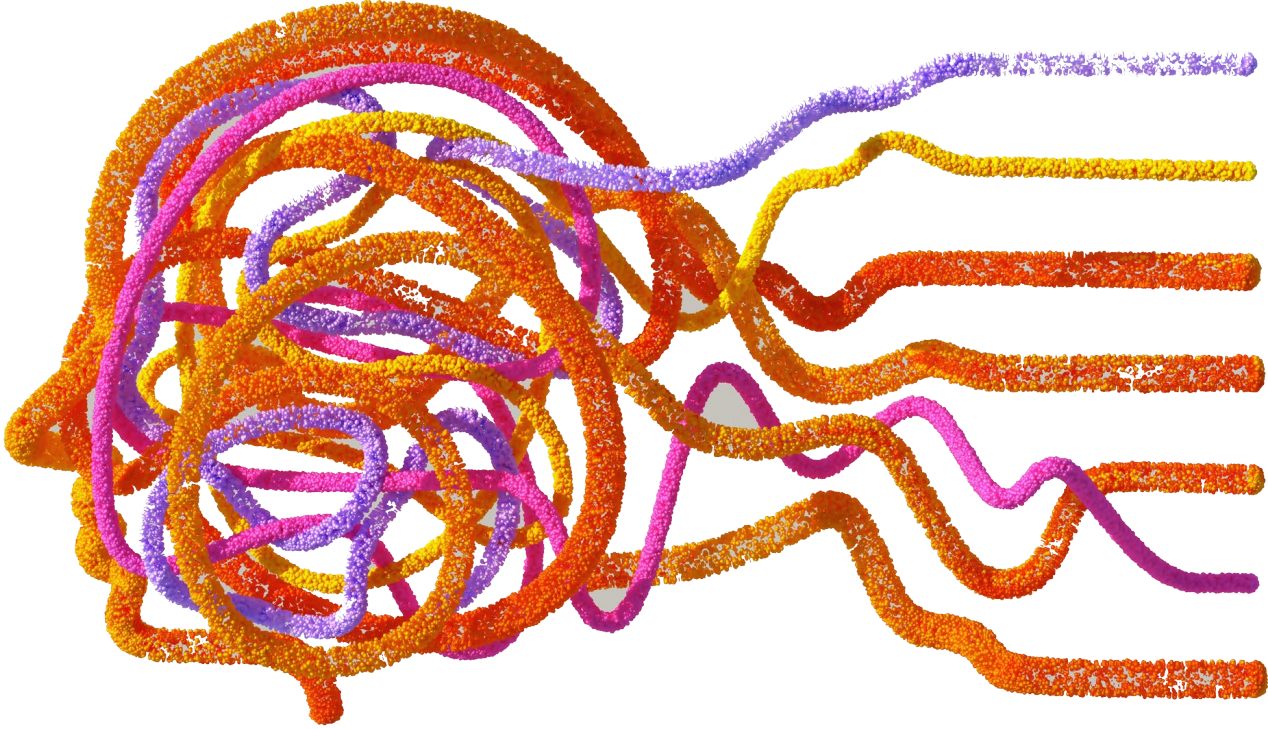


Photo by Google DeepMind via Pexels

[Harvard's Project Implicit](#)



Preconceptions & biases matter... a LOT



[The Kirwan Institute at OSU developed an online training course to help understand implicit bias](#)



A to Z Interventions and Strategies



Thank You

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