Taking a sexual history

Why we need to take a hx:
- diagnoses
-risks
-sx
- window period for testing
- contact tracing
- health promotion
- need for immunisation
- additional risks ie pep, contraception

What's different about a sexual hx:
- more personal
- pts may feel uncomfortable
- unexpected
- emotional issues
- moral or legal issues
- usually involves other people
- emotive issues

Barriers to taking a good sexual hx:
- pt and provider embarrassment
-provider stereotyping or misinterpretation
- pts not expecting qs
- Consultation is hurried
-Language barrier - avoid friends or family

Role play:

Scenario: A 23yo male presents to your surgery with 2 weeks of discomfort passing urine with an intermittent slight clear urethral discharge and increasing unilateral testicular pain and tenderness over the past 5/7.

Sexual hx – regular asymptomatic partner of 5 months on the pill, initially used condoms but not for last month, last sex 10/7 – vaginal only.

Hx of presenting complaint:
- sx
- description eg discharge
-associated sx
- bowel or bladder sx, abdo or pelvic pain
- duration of sx
- partners  - regular or casual. Regular partner - someone whom they have sex with on a regular basis Casual - someone they do not know or don't intend to have sex again with

- are they sexually active?
- relationship of appearance of sx to last sexual intercourse or to intercourse with a particular partner
- condom use
- type of use eg oral, vaginal or anal, insertive/receptive
-symptoms or diagnosis or partner
- other partners in the last 3-6 months
- sex with same or opposite sex partners
- partners who were brought up overseas
- contraception
-method
-correct usage
-previous sti diagnoses
- what was diagnosed and when
-how was treated
- rx of partner

Bbv assessment
- HIV test before
- injected drugs or snorted drugs - sharing straws
- partner is drug user
- partner from abroad
- heterosexual man - ever had sex with male.
- heterosexual women - ever had sex with man who had sex with other men
- paid for sex or been paid for sex
- sexual partner suspected of having HIV
- blood transfusions and tattoos

Past gynae hx:

-LMP
- associated menstrual abnormalities

-PMHx
- serious medical conditions and operations
- smear hx

Drug hx

Social hx – drugs and alcohol