

Pre-Exposure Prophylaxis

Sexual History Taking 101:

How do I start the conversation with my patients?

For specifics & details [click here](#)

Introduce and normalize the discussion



- “Hi, my name is Dr./NP/PA _____. My pronouns are she/her. What would you prefer to be called and what are your pronouns?”
- “I’m going to ask some personal questions about your sexual history now.”
- “I ask these questions to all my patients to help get a sense of their sexual health needs.”

Recognize that this is frequently a stigmatized topic

Don’t assume! Be sure to ask about:



- Preferred names
- Pronouns
- Sexual identity
- Partner gender(s)

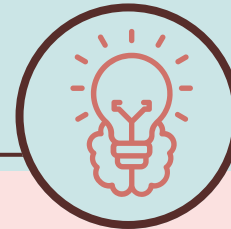
It demonstrates respect for the patient

Use open ended questions!



- “What behaviors do you enjoy when having sex?”
- “What forms of STI and HIV prevention do you use with your partners?”
- “Do you have any specific sexual health concerns you want to talk about?”

It allows patients to understand you are receptive to any response



Remember the 5 Ps!*

1. Partners
2. Practices, including previous/current sex work
3. Protection from STIs
4. Past history of STIs
5. Prevention of pregnancy

These are the major topics to cover to understand the patient’s risk and develop an appropriate sexual health plan

*CDC:

<https://www.cdc.gov/stophivtogether/library/topics/prevention/brochures/cdc-lsht-prevention-brochure-clinicians-quick-guide-discussing-sexual-health-your-patients.pdf>