

# Conducting a Sexual Health Assessment

**Remember:** *Transition* into the assessment, connecting the client's stated needs to their overall sexual and reproductive health.

*Normalize* the assessment ("I ask all my clients..."), *acknowledge* that the questions may feel personal, and *explain* that you're asking them so you can provide the best care possible.

## Partners:

- ▶ Number
- ▶ Gender (men, women, or both)
- ▶ Timing (within last two months or last 12 months)
- ▶ Concurrency (if partner had sex with another partner while still in a sexual relationship with the client)

## Past STD History:

- ▶ STD testing and/or diagnoses for client
- ▶ STD testing and/or diagnoses of partners

## Practices:

- ▶ Types of sex: vaginal sex, anal sex, oral sex, sharing sex toys
- ▶ Anything else I need to know to be able to provide you with good care?

# 5Ps

## Protection from STDs:

- ▶ Condom use
- ▶ With whom/in what situations?
- ▶ Difficulties with condoms or reasons for not using condoms

## Pregnancy:

- ▶ Reproductive life plan/pregnancy intentions
- ▶ Current and prior contraceptive methods
- ▶ Experience/difficulties with contraception
- ▶ Future contraceptive options/client preferences



FPNTC is supported by the Office of Population Affairs of the U.S. Department of Health and Human Services. The information presented does not necessarily represent the views of OPA, DHHS, or FPNTC member organizations.

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**Sources:**

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