

Sexual History Taking Pro Tips Who, What and How

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Virtual Conference

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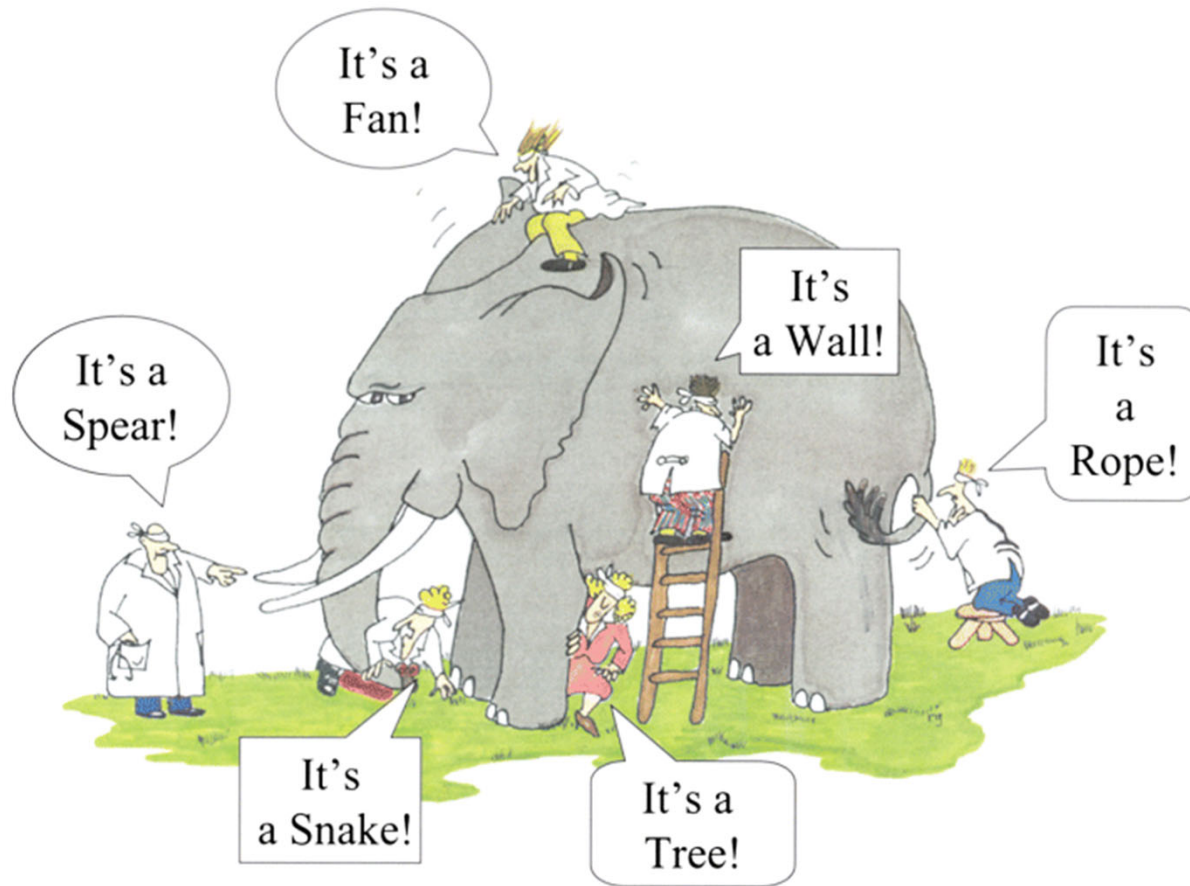
Disclosures

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Learning Objectives

- Develop a broad and comprehensive definition of sex and sexual health
- Implement best and promising sexual history taking practices to improve patient health and wellness across the lifespan
- Adopt clinical strategies based including cultural humility to enhance your patient interactions

How do you define sex?



What Is Sex?

“Having sex is a euphemism. It is not a very exact term. That’s why it’s very important that physicians and health care providers ask more specific and precise questions rather than using euphemisms.”

—Eli Coleman

Framework

Cultural Awareness

awareness of your values,
beliefs and perceptions

Cultural Humility

willingness to suspend what you
think you know about a patient
based on generalizations

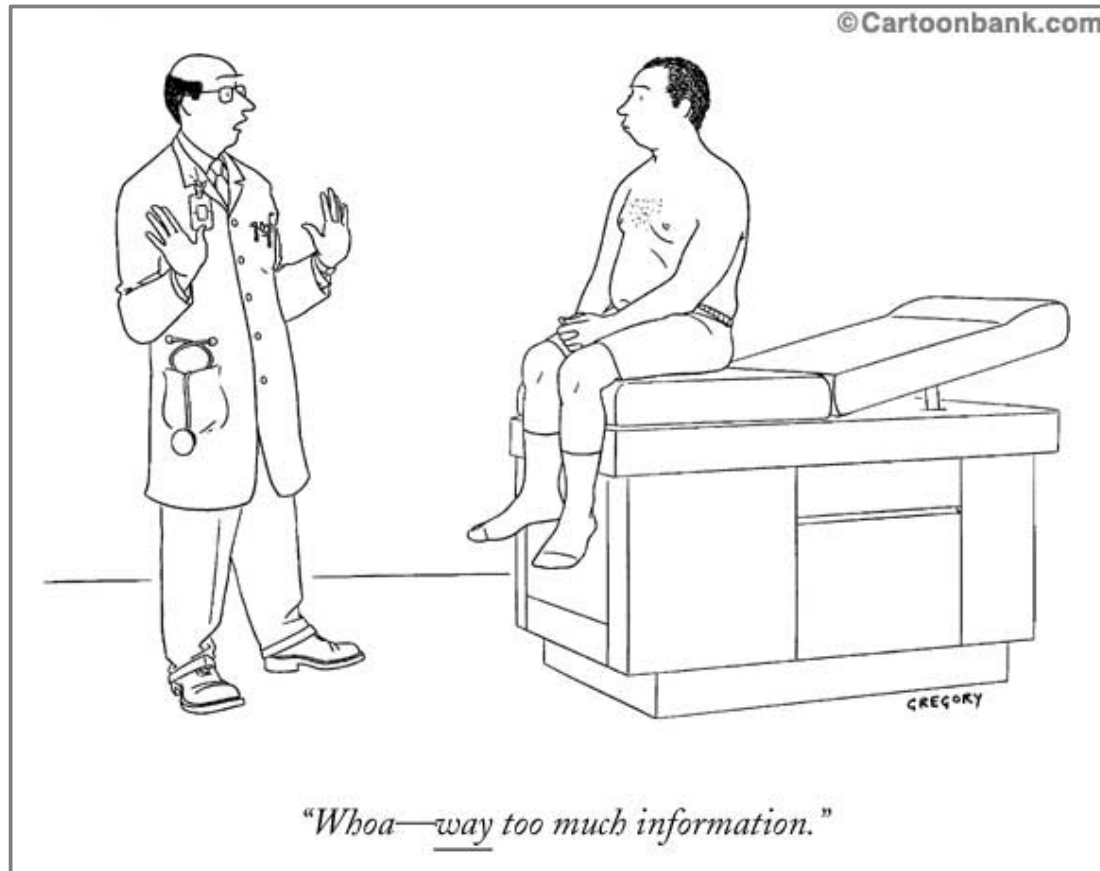
Three Perspectives

- 1. Psychological:** The psychological component—This includes the influences of mental states (mood), interpersonal states (e.g., mutual affection, disagreement), and social context (e.g., relationship status).
- 2. Physiological:** The biological component—This includes anatomy and neuroendocrine physiology.
- 3. Social:** The cultural component—This considers cultural ideals, values, and rules about sexual expression which are external to the individual.

What Is Sex?

Any consensual activities—alone, or with one or more people—for the purpose of sexual arousal: may not necessarily include genital stimulation!

- If there's no consent it's not sex, it's violence
- “Activities” defined broadly, beyond genital stimulation
- Sex is a self-determined act; if any participant thinks it's sex, it is



"Whoa—way too much information."

Take home

- Sex is defined as any consensual activities—alone, or with one or more people—for the purpose of sexual arousal and may not necessarily include genital stimulation.
- Consider the psychological, physiological as well as the social domains.
- Integrate cultural awareness and humility into your sexual history taking approach