

Sexual health risk assessment should be undertaken routinely in a range of consultations:

- Cervical screen
- Emergency contraception
- Contraception
- IUCD fit
- Pregnancy/ abortion counselling
- Well-man/ woman checks
- New patient check
- Travel health consultations
- If STI is possible cause for presenting symptoms

Suggested opening lines to introduce sex into a consultation

Remember your SHIP training and find a routine. Each practitioner has his/her own style. The following are suggestions:

- ***‘A lot of people who have STIs may be unaware that they’re affected so I routinely ask all patients about their sexual health to see if they might be at risk. Would you mind me asking you a few questions?’***
- ***‘One of several possible causes for your symptoms is an STI. Have you ever wondered if you could be at risk? Could I ask you a few questions to check that?’***

Rapid sexual health risk assessment

Go back to the most recent risk for the infection you are thinking of

** These questions can often be omitted because of information already given

Partner history

Do you have a partner at present?

If the answer to this question is ‘no’, you may want to explore further:

When was your last sexual relationship? Have you ever had a sexual relationship?

*Is it a sexual relationship? ***

*Could I just check - Is your partner male or female? ***

How long have you been together?

Have you had sex with any other people in that time? Has he/she?

BBV risk

Have you ever had sex with someone from another country? Which country?

Were you born outside the UK? Which country?

Have you ever had sex with a man? [To men, if not already disclosed]

Have you ever injected drugs or shared drug-taking equipment? Or had medical treatment/blood transfusions abroad?

Condom history

Do you use condoms? And/or one of the questions below...

Do you *always* use condoms?

Are there times when you haven’t managed to use condoms?

Quite a lot of people have problems using condoms. Do you?

Do you have any questions about using condoms?

To find out a bit more about your risk of having an infection, could I ask some quite personal questions about sex?

If you use condoms for anal intercourse, it’s important to use additional lubricant to prevent them from splitting.

STI tests

When was your last STI test? Clarify details

Other questions

Are you travelling with a partner?

Do you think it possible you may have sex with someone while you are there?

(for those at no apparent current risk and for example, during a travel health consultation)

Does your method of contraception suit you? Discuss efficacy as appropriate

How would you feel about a pregnancy now?

Have you ever had sex you didn’t want and/or agree to?