### Sexuality Questions

<table>
<thead>
<tr>
<th>Partners</th>
<th>Sex with men, women, both or people who identify in other ways? How many partners in past 2 mos/12 mos? Any partners having sex with someone else while in a sexual relationship with you?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pregnancy Prevention</td>
<td>What are you doing to prevent pregnancy?</td>
</tr>
<tr>
<td>STI Protection</td>
<td>What do you do to protect yourself from STIs / HIV?</td>
</tr>
<tr>
<td>Practices</td>
<td>Kind of sex: Vaginal, anal, oral. Condom use – always, sometimes, never. If not always, what situations or circumstances make condom use less likely?</td>
</tr>
<tr>
<td>Past STI history</td>
<td>Have you or a partner – ever had a STI? – exchanged sex for drugs or money? Is there anything else about your sexual practices I need to know in order to help you?</td>
</tr>
</tbody>
</table>

Adapted from: [http://www.cdc.gov/std/treatment/2010/clinical.htm#hpv](http://www.cdc.gov/std/treatment/2010/clinical.htm#hpv)

### Cervical cancer, STI and Infectious Disease Screening

**Chlamydia and Gonorrhea**

- Screen all asymptomatic sexually active women under 25 years males - assess risk
  - Urine or vaginal* or cervical swabs (use first 10 to 20 ml of urine, Preferable to avoid voiding 2hrs prior but does not preclude testing)

- Screen those who are symptomatic or who have contact with an infected person
  - Use vaginal* or cervical swabs for females
  - Urine for males

  * Vaginal self-administered swabs may be used. Instructions for sample collection should be given.

**Risk factors:**
- Having a new sex partner, more than one sex partner, a partner with other concurrent partners, a partner with an STI
- Inconsistent condom use in persons who are not mutually monogamous
- Previous or existing STI
- At risk population – eg those in prison, military recruits, attending an STI clinic, certain communities

### HIV

**Risk factors:**
- Men who have sex with men
- Injection drug users
- Those with STI's or requesting STI testing
- Unprotected vaginal or anal intercourse
- Having sexual partners who are infected with HIV, bisexual, or injecting drugs
- Exchanging sex for drugs or money

**Screen all sexually active individuals**

### Syphilis

**Screen for those at increased risk, including high community prevalence**

### Hep B

**Screen high risk**

**Risk factors:**
- Men who have sex with men
- Injection drug users
- HIV positive people
- Household or sexual contacts of people with Hep B infection
- Those born in countries with high prevalence of Hep B

### Hep C

**Screen high risk**

**Risk factors:**
- IV drug use intranasal drug use
- Unregulated tattoos,
- High risk sexual contacts and behaviours
- Other percutaneous exposures

### Prevention Counselling for Sexual Activity

| Abstinence and reduction of number of sex partners | CDC |
| Pre-exposure Immunization – Hepatitis B, HPV | CDC, PHAC |
| Pre-exposure Immunization for men who have sex with men – Hepatitis A | CDC, PHAC |
| Condom use (male), female condoms | CDC, PHAC |
| Education about STIs – signs, symptoms, transmission, risk factors, safer sex practices | PHAC |
| Nonoxynol 9 and increased risk of STI transmission | CDC, PHAC |
| Partner testing (previously sexually active) for youth contemplating initiation of sexual activity | PHAC |

### Folic acid – peri-conceptual

- SOGC, USPSTF
- Contraception
- Emergency contraception

### Iron deficiency

Counsel at risk populations: encourage consumption of adequate dietary iron. Measure ferritin in those with multiple risk factors or for clinical suspicion.

**Risk factors:**
- Poor nutrition
- Socio-economic factors
- Adolescent
- Menstruating
- Vegetarians
- Regular blood donors
- Certain ethnic groups – First Nations, Indo-Canadians

**Symptoms:** tiredness, restlessness, attention-deficit/hyperactivity disorder (ADHD), irritability, growth retardation, cognitive and intellectual impairment.

[www.bcguidelines.ca/guideline_iron_deficiency.html](http://www.bcguidelines.ca/guideline_iron_deficiency.html)

### Type II Diabetes Screening

Screen individuals at higher risk as per consensus guidelines


**Adult guidelines** [http://guidelines.diabetes.ca/Browse/Chapter4](http://guidelines.diabetes.ca/Browse/Chapter4)

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**Disclaimer:** Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only. Preventive care is delivered both episodically and at dedicated visits. This tool may be used in part or as a whole.