

Preventative Services for Men – HM 3

DEFINITION

Quality family planning services recommendations for men seeking barrier methods require no special evaluation. However, men requesting advice on pregnancy prevention and/ or STI testing, should be provided quality family planning services which include preconception health, STI services, basic infertility services, and/or preventive health services. These screening components include reproductive life plan, medical history, sexual health assessment, alcohol & other drug use, tobacco use, immunizations, and depression. Physical examination and laboratory testing can be done if clinically indicated.

SUBJECTIVE

Should include:

1. Medical, surgical, family, social, and sexual history
2. Intimate partner violence and sexual violence
3. Mental health and substance use behaviors
4. Immunizations
5. Reproductive life plan
6. Medications and allergies

OBJECTIVE

Should include:

1. Height, weight, BMI
2. Blood pressure
 - a. For blood pressure less than 120/80: screen every 2 years

May include:

1. Inspect skin and hair, palpating inguinal nodes and penis; including location of the urethral meatus
2. Palpation of the testes and scrotal contents
3. Presence of the vas deferens and epididymis
4. Presence of a varicocele, hydrocele, and signs of STI's
5. Secondary sex characteristics; including normal growth and development
6. Inspect the perianal area and perform digital rectal exam, as indicated

LABORATORY

May include:

1. STI screening as indicated per CDC guidelines:
 - a. Chlamydia/gonorrhea (site specific based on sexual practices)
 - b. Syphilis
 - c. HIV
 - d. Hepatitis C (recommend screening persons at high risk (see CTR manual).
2. Diabetes screening:
 - a. Screening for Type 2 diabetes in asymptomatic males with sustained blood pressures greater than 135/80
3. Male infertility:
 - a. Refer for semen analysis. (See Reproductive Diseases: RD-15 Basic Infertility protocol)

ASSESSMENT

Male client preventative services

Effective Date: 12/1/2023

Last Reviewed: 10/24/2023

Next Scheduled Review: 10/1/2024

PLAN

1. Identify need for other services including acute care, chronic care management, and/or preventative services. Assist with any referral, as indicated.
2. Provide HPV vaccine per CDC guidelines. Assess need for any other vaccines that could affect preconception health (TDAP, HBV).
3. Treatment of any STI per CDC guidelines (partners in the past 60 days for chlamydia and gonorrhea)
4. If partner is unlikely to access treatment, then EPT for chlamydia and gonorrhea should be considered, per North Dakota state law (See Reproductive Diseases: Expedited Partner Therapy protocol RD-3)
5. If client is seeking infertility evaluation, both partners should begin at the same time (See Reproductive Diseases: Basic Infertility protocol RD-15)

CLIENT EDUCATION

1. Preventative health counseling per client's needs (for additional information regarding services see Health Maintenance: Reproductive Life Plan protocol)
2. Counsel on preconception health recommendations, as indicated
3. When working with male clients, discuss information about female contraceptive methods, including emergency contraception.
4. Encourage client to have discussion on contraception and STI risks with partner(s) and provide information to client on how partner(s) can access contraceptive services.

CONSULT / REFER TO PHYSICIAN

1. Any medical concerns and any requests by the client seeking additional medical care.
2. Any client seeking infertility assessment of testing outside Title X guidelines.
3. Clients seeking permanent sterilization.

REFERENCES

1. [Male Services | Reproductive Health National Training Center \(rhntc.org\)](https://www.rhntc.org/male-services).
2. [QFP: rr6304.pdf \(cdc.gov\)](https://www.cdc.gov/qfp/rr6304.pdf)
3. [New ACC/AHA Hypertension Guidelines Make 130 the New 140 \(medscape.com\)](https://www.medscape.com/news/podcasts/podcasts/acc-aha-hypertension-guidelines-make-130-the-new-140)
4. <https://www.health.nd.gov/HIV/CTR>
5. [Checklists for Family planning and related preventive health services \(rhntc.org\)](https://www.rhntc.org/checklists-for-family-planning-and-related-preventive-health-services)
6. [HPV Vaccine Schedule and Dosing | CDC](https://www.cdc.gov/ncipc/diseases/HPV/vaccine-schedule-and-dosing)