

## Safer Sex Education – RD 16

### DEFINITION

Safer sex refers to the level of risk identified with different sexual practices. The routes of exposure to sexually transmitted organisms may be by direct skin contact, exposure to vaginal and/or seminal fluid, other body fluids, or contaminated blood entering the blood stream.

### SUBJECTIVE

May include:

1. Age at initiation of intercourse
2. Number of lifetime sexual partners
3. Number of current sexual partners
4. Inconsistent/incorrect condom use
5. Method of contraception
6. Sexual behaviors (i.e., oral or rectal intercourse, sexual preference)
7. Alcohol and drug use/abuse, including IVDU by patient or partner(s).
8. Partner with positive STI
9. Client concerns for exposure (peace of mind)
10. Recent incarceration or commitment to drug/alcohol treatment program.
11. Sex worker, or exposure to sex worker.
12. Internet/App dating or hookups.
13. Use of sex performance enhancing drugs.
14. Exchange of sex for valuable materials, goods, or services (i.e., cell phone, gas card, cigarettes).

### OBJECTIVE

May include:

1. Recurrent/current STI infection
2. Signs or symptoms of drug use/abuse
3. Previous serial HIV test

### LABORATORY

Diagnostic testing/Screening, as applicable

### ASSESSMENT

Client involved in high-risk sexual practices

### PLAN

1. Provide STI testing, as appropriate

### CLIENT EDUCATION

1. Education to include information on:
2. Clinical Prevention Guidelines
3. Abstinence
4. Avoiding sexual coercion
5. Internet/App safety
6. Limit number of partners
7. Selectivity of sexual practices
8. Consistent and correct use of safer sex practices, (i.e., condoms)
9. Regular screening
10. Recommendation of HIV screening, syphilis and HCV testing as appropriate.

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Last Reviewed: 10/24/23

Next Scheduled Review: 10/1/24

11. Provide client education handout(s), as appropriate
12. Discussion of alternative safer sex practices/options (hand holding, masturbation)
13. Negative influence of alcohol and/or drug abuse
14. Pre-exposure vaccinations. (i.e.: HPV and HBV vaccine)
15. Pre-exposure prophylaxis for HIV can be an option for those at substantial risk for acquiring HIV (See [RD 17 PrEP Protocol 2.pdf \(ndhealth.gov\)](#))

#### CONSULT / REFER TO PHYSICIAN

1. Mental health or substance abuse consultation/referral as appropriate

#### REFERENCES

1. Hatcher RA, Nelson A, Trussell J, Cwiak C, Cason P, Policar MS, Edelman A, Aiken ARA, Marrazzo J, Kowel D, eds. Contraceptive Technology. 21 edition. New York, NY: Ayer Company Publishers, Inc., 2018. pp. 579-593.
2. <https://www.cdc.gov/std/treatment-guidelines/STI-Guidelines-2021.pdf>