

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. Guidance should be specific to an individual's particular issue, concern or practice, rather than giving vague global advice.

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
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

STI diagnostic testing/screening, as applicable

ASSESSMENT

Client involved in high-risk sexual practices

PLAN

1. Provide STI testing, as appropriate

CLIENT EDUCATION

Education to include information on:

1. Clinical STI Prevention Guidelines
2. Abstinence
 - a. Advise patients that a crucial time for diligent safer sex practices is the first few months of a relationship; delaying intercourse may allow for a couple to complete STI screening before coitus.
3. Avoiding sexual coercion
4. Internet/App safety
5. Limit number of partners

Effective Date: December 2024

Last Reviewed: November 2024

Next Scheduled Review: November 2025

6. Selectivity of sexual practices
7. Consistent and correct use of safer sex practices, (i.e., condoms)
8. Regular STI screening
9. Recommendation of HIV screening, syphilis and HCV testing as appropriate.
10. Provide client education handout(s), as appropriate
11. Discussion of no risk of STI/HIV transmission safer sex practices/options (i.e. hand holding)
12. Negative influence of alcohol and/or drug abuse
13. Pre-exposure vaccinations. (i.e.: HPV and HBV vaccine)
14. Pre-exposure prophylaxis for HIV can be an option for those at ~~substantial~~ identified risk for acquiring HIV

CONSULT / REFER TO PHYSICIAN

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

REFERENCES

1. Marrazzo, J. & Park, I. (2025). Reproductive tract infections, including HIV and other sexually transmitted infections. In R. A. Hatcher, P. Cason, C. Cwiak, A. Edelman, D. Kowal, J. M. Marrazzo, ... M. S. Policar (Eds.). *Contraceptive technology* (pp. 621- 666). (22nd ed.). Jones & Bartlett Learning
2. U.S. Centers for Disease and Control. (2022). *Sexually transmitted infections treatment guidelines, 2021*. Retrieved from <https://www.cdc.gov/std/treatment-guidelines/pid.htm>