



### SAFER SEX EDUCATION

<b>DEFINITION</b>	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.
<b>SUBJECTIVE</b>	May include: <ol style="list-style-type: none"><li>1. Age at initiation of intercourse.</li><li>2. Number of lifetime sexual partners.</li><li>3. Number of current sexual partners.</li><li>4. Inconsistent/incorrect condom use.</li><li>5. Method of contraception.</li><li>6. Sexual behaviors (i.e., oral or rectal intercourse, sexual preference).</li><li>7. Alcohol and drug use/abuse.</li><li>8. Partner with positive STD.</li></ol>
<b>OBJECTIVE</b>	May include: <ol style="list-style-type: none"><li>1. Recurrent STD infection.</li><li>2. Track marks from injectable drugs.</li><li>3. Previous HIV test.</li><li>4. Clinical signs of methamphetamine use – tooth decay, generalized sores, etc.</li><li>5. Nasal problems due to snorting cocaine.</li></ol>
<b>LABORATORY</b>	Testing/Screening if needed.
<b>ASSESSMENT</b>	Client involved in high-risk sexual practices.
<b>PLAN/CLIENT EDUCATION</b>	Education to include information on: <ol style="list-style-type: none"><li>1. Clinical Prevention Guidelines – refer to the CDC Sexually Transmitted Disease Treatment Guidelines 2006<b>2010</b>.</li><li>2. Abstinence</li><li>3. Limit number of partner</li><li>4. Selectivity of sexual practices.</li><li>5. Consistent and correct use of safer sex practices, (ie: condoms).</li><li>6. Regular checkups.</li><li>7. Recommendation of HIV screening.</li><li>8. Increased risks associated with adolescent coitus and multiple partners.</li><li>9. Provide client education handout(s), as appropriate</li></ol>
<b>PLAN/CLIENT EDUCATION</b>	<ol style="list-style-type: none"><li>10. Discussion of alternative safer sex practices/options (hand holding, masturbation).</li><li>11. Negative influence of alcohol and/or drug abuse.</li></ol>

(Continued)	12. Pre-exposure vaccinations. (i.e.: HPV and HBV vaccine)
<b>CONSULT / REFER TO PHYSICIAN</b>	1. Mental health or substance abuse consultation/referral as appropriate.

Revised 10/12

References:

1. Centers for Disease Control and Prevention. Sexually Transmitted Disease Treatment Guidelines 2010.-cdc.gov/std/treatment/2010
2. Hatcher, R.A.; Trussell, J;Nelson,A;Cates,W;Kowal, D.;Policar,M (2011). Contraceptive Technology (20<sup>th</sup> Ed.). New York: Ardent Media, Inc. pp.574-576.