

Sexuality Questions	
Partners	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?
Pregnancy Prevention	What are you doing to prevent pregnancy?
STI Protection	What do you do to protect yourself from STIs / HIV?
Practices	Kind of sex: Vaginal, anal, oral. Condom use – always, sometimes, never. If not always, what situations or circumstances make condom use less likely?
Past STI history	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?

Adapted from: <http://www.cdc.gov/std/treatment/2010/clinical.htm#shpc>

Cervical cancer, STI and Infectious Disease Screening	
Pap smears for sexually active females beginning at age 21. Delay screening if not sexually active. Screen every three years. No HPV testing	
<i>Chlamydia and Gonorrhea</i>	
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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> 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: <ul style="list-style-type: none"> IV drug use intranasal drug use Unregulated tattoos, High risk sexual contacts and behaviours Other percutaneous exposures
HPV, Herpes simplex	Not recommended for primary screening

Canadian Guidelines on STIs www.phac-aspc.gc.ca/std-mts/sti-its/index-eng.php USPSTF www.uspreventiveservicestaskforce.org , SOGC sogc.org

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	SOGC
<i>Emergency contraception</i>	SOGC, CDC

CDC <http://www.cdc.gov/std/tg2015/>

SOGC sogc.org

PHAC <http://www.phac-aspc.gc.ca/std-mts/sti-its/cgsti-lcdcits/index-eng.php>

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

Type II Diabetes Screening
Screen individuals at higher risk as per consensus guidelines
Youth guidelines http://guidelines.diabetes.ca/Browse/Chapter35
Adult guidelines 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.