RUTGERS New Jersey Medical School DEPARTMENT OF MEDICINE

Are We Following Guidelines for Sexual Healthcare Maintenance?

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Introduction

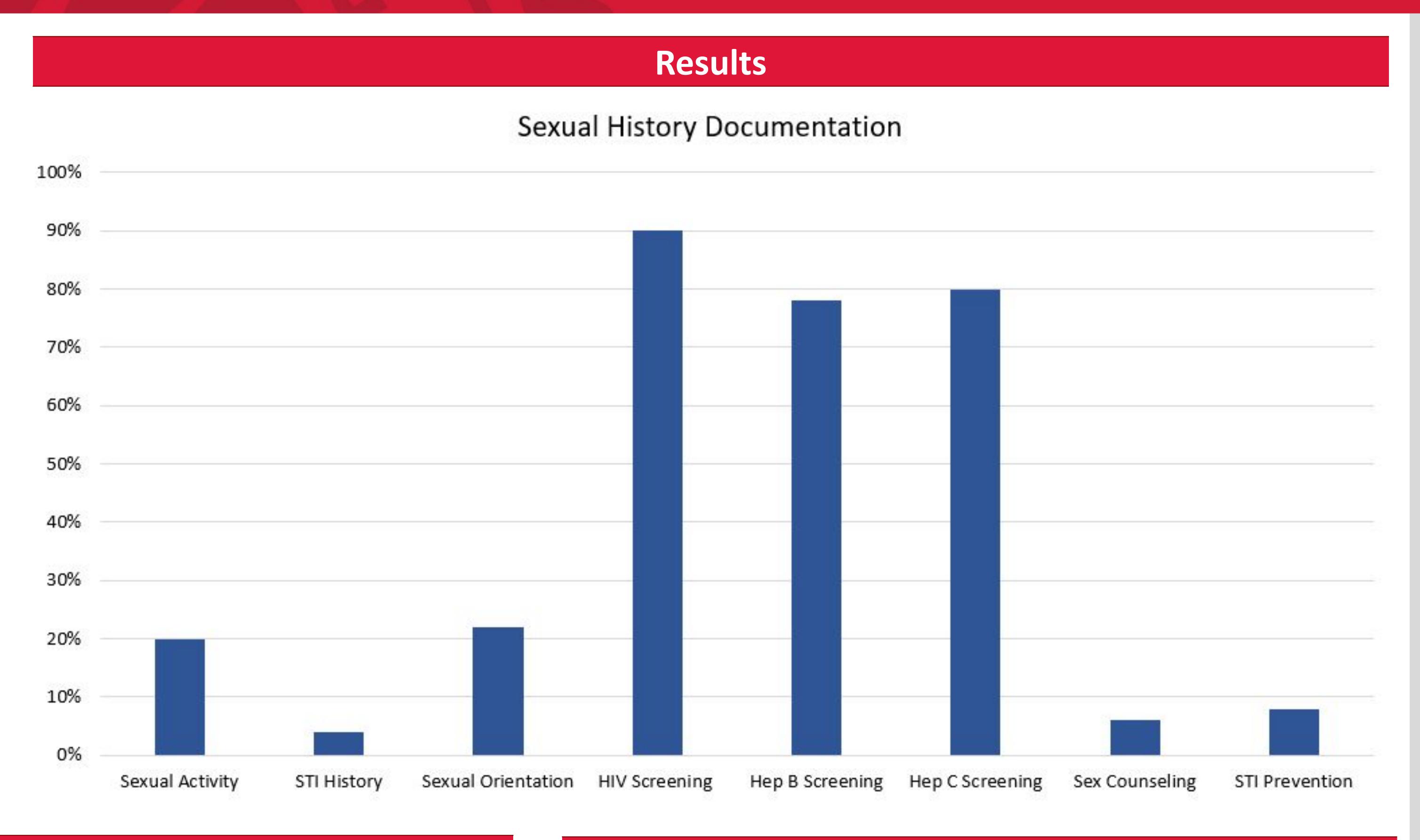
 Inadequate documentation of sexual history can lead to missed opportunities for disease prevention, treatment, and improved quality of life.

Objective

 Here, we analyzed data from 50 patients in our ambulatory care clinic to better understand how well our residents obtained sexual history and if they screened appropriately for sexually transmitted infections (STI).

Methods

- We reviewed a randomized sample of 50 first clinic encounters during the month of February 2021.
- We assessed for documentation of the following elements: sexual activity, gender of partners, HIV status, Hepatitis B status, and STI screening.
- Documentation of STI prevention methods and general sexual health was also reviewed.



Results

- There were 19 PGY-1's,13 PGY-2's, and 18 PGY-3's whose documentations were analyzed.
- Documentation of current sexual activity was absent in 80% of the charts reviewed.
- Sexual orientation or gender of partners was found in only 22% of encounters.
- History of STI was found documented in only 4% of charts reviewed.
- Meanwhile, HIV and Hepatitis B vaccination statuses were documented in 90% and 78% of encounters, respectively.
- 6% of patients had sexual counseling provided and 8% had either an STI or contraceptive method documented.
- Documentation of all aspects of sexual did not vary significantly with respect to resident gender and PGY level.

Conclusions

- While residents have regularly ordered HIV and Hepatitis B screenings as part of their healthcare maintenance template, they have failed to identify patients that may be candidates for gonorrhea and chlamydia screening, HPV vaccinations, Hepatitis A vaccinations, or HIV pre-exposure prophylaxis (PrEP).
- A possible intervention would be to utilize a smart phrase or to incorporate sexual health questions into a note template.
- Counseling and having discussions regarding sexual health needs to be more frequently addressed to improve disease prevention and improved overall quality of life.

