

BOX 1. The Five P's approach for health care providers obtaining sexual histories: partners, practices, protection from sexually transmitted infections, past history of sexually transmitted infections, and pregnancy intention

1. Partners

- “Are you currently having sex of any kind?”
- “What is the gender(s) of your partner(s)?”

2. Practices

- “To understand any risks for sexually transmitted infections (STIs), I need to ask more specific questions about the kind of sex you have had recently.”
- “What kind of sexual contact do you have or have you had?”
 - “Do you have vaginal sex, meaning ‘penis in vagina’ sex?”
 - “Do you have anal sex, meaning ‘penis in rectum/anus’ sex?”
 - “Do you have oral sex, meaning ‘mouth on penis/vagina?’”

3. Protection from STIs

- “Do you and your partner(s) discuss prevention of STIs and human immunodeficiency virus (HIV)?”
- “Do you and your partner(s) discuss getting tested?”
- For condoms:
 - “What protection methods do you use? In what situations do you use condoms?”

4. Past history of STIs

- “Have you ever been tested for STIs and HIV?”
- “Have you ever been diagnosed with an STI in the past?”
- “Have any of your partners had an STI?”

Additional questions for identifying HIV and viral hepatitis risk:

- “Have you or any of your partner(s) ever injected drugs?”
- “Is there anything about your sexual health that you have questions about?”

5. Pregnancy intention

- “Do you think you would like to have (more) children in the future?”
- “How important is it to you to prevent pregnancy (until then)?”
- “Are you or your partner using contraception or practicing any form of birth control?”
- “Would you like to talk about ways to prevent pregnancy?”