INTEGRATING HIV PREVENTION INTO WOMEN'S WELLNESS

A CONVERSATION GUIDE FOR CLINICIANS

Below is a list of sample questions to help guide conversations with your patients about sexual health, wellness, and HIV prevention, including PrEP (pre-exposure prophylaxis). These questions are designed to normalize HIV within women's healthcare. For more information and to access infographics, please go to: ***bit.ly/HCPSexHealthTalk****.*

Current Sexual Experience

- Are you currently having sex?
  - (Have you had sex since the last time we talked? Have you had sex since the last time you had a checkup?)
- There are numerous reasons people engage in sex including pleasure, intimacy, stress release, or for survival or housing; what are some of the reasons you have sex?
- What does sex look like in your life right now? What would your ideal sex life look like? What are the gaps between what sex looks like and your ideal sex life?
  - How can these gaps be addressed?
- To best support your sexual health, we should conduct screenings that take place at the body parts people use to have sex. Would talking about body parts be OK?
- What parts of your body are involved when you have sex?
- What affects or interferes with your ability to enjoy sex? (Examples can include stress, tension with partner(s), family, pain, etc.)

HIV Testing

- Routine HIV testing is recommended for all individuals aged 13-64 years (and many suggest younger and older). Unless you tell me not to, I plan to include an HIV test in your screenings today.
- Do you know the last time your partner(s) were tested for HIV?
- Do you have fears or concerns about HIV testing?

HIV Prevention and PrEP

- What types of HIV prevention methods do you use? Are you familiar with PrEP? What have you heard?
- Are you aware of the ways PrEP may benefit you?
- PrEP is available via a daily oral pill or via injection (bi-monthly or twice yearly). Is there an option you think would fit your life and schedule better? What might excite you about either of these methods? What hesitations or questions would you have for either method?
- If PrEP is not right for you at this time, would you like to discuss it again in the future?
- Do you have a current or recent history of injection drug use?
  - Did you know that PrEP may help to reduce HIV acquisition via intravenous drug use by at least 74 percent?

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