

How to Take a Sexual History

March 15, 2023 Dine and Learn

No Libido. Where did it Go? Round table discussions

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Disclose Awkward sensitive discussion, thus ask for permission to take the Sexual History.

1. Identifying information/ Social History: alcohol, smoking anything, street drugs, medications, porn, STI's, pregnancies, infertility, birth control, HPV vaccination? Sexual orientation, Living alone or with anyone, relationship(s)? Financial stressors? Isolation?
2. Chief Complaint in patients own words. What are the shoulds?
3. Develop a Time Line from Patient's Narrative – onset, duration, aggravating/ alleviating factors, medical, surgical, psychiatric history- depression and anxiety common
4. Sexual Response Cycle – Bell Curve (cue but not typical order: Desire? to go on a hike, Arousal physical emotional sx when going on the hike to plateau? Desire present?, peak), pain is common, orgasm, satisfaction in the moment vs. before and after ?
5. Partner/s? orientation -sexual response cycle
6. Reaction to the problem and consequences
7. Treatments to date
8. Use of porn, vibrators, erotica, creams, lubricants, oils, condoms, barrier methods
9. Motivation to make change?
10. Diet, exercise, stress management, meditation, CBT, time for pleasure.