

At a Loss for Words?

Tips & Dialogue Points for a Culturally Competent, Trauma Informed Reproductive and Sexual Health Discussions

DISCUSSING SEXUAL & REPRODUCTIVE HEALTH

1

ALWAYS ASK PERMISSION

"Reproductive health is an important part of your overall health. Is it okay if I ask you some questions about that today?"

2

LEARN ABOUT YOUR PATIENTS

"What is the most important thing for me to know about you to be able to provide the best reproductive health care for you?"

3

AVOID ASSUMPTIONS

"What is your preferred name and pronoun? If you are sexually active, is it with people with penises, vaginas, or both?"

4

ASSESS KNOWLEDGE & EDUCATION

"What do you already know about STIs/contraception/etc? Would you like more information about this topic?"

5

RESPECT YOUR PATIENT'S WISHES

"It sounds like you don't wish to discuss this topic today. Let's revisit this at another time."

Reproductive and sexual health is an integral part of adolescent and adult health. Taking a proper history is key to being able to provide optimal care. Unfortunately, a recent survey in Multnomah county showed patients are hesitant discussing these sensitive topics with their healthcare providers due to cultural differences and/or previous poor experiences. Use these evidence based tips and dialogue cues above to help guide your reproductive health discussions.