

Brief Interventions for Prevention of HIV and Sexually Transmitted Infections (STIs)



This tool is useful for anyone who is sexually active and who is at risk of HIV/STI. Risk groups may include:

Men who have sex with men (MSM):
Note some men may not identify as gay/homosexual

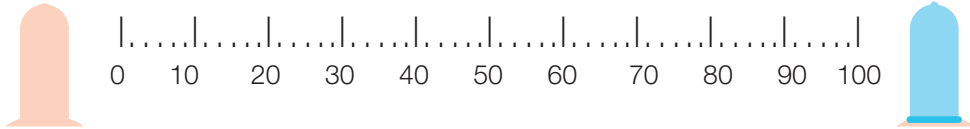
STI, PrEP and PEP Presentations

New Relationship: People starting a relationship

Alcohol and Other Drugs (AOD): Sexual risk taking is associated with AOD

General Practitioners can identify patients at risk of HIV or an STI as well as engaging patients about healthier sexual practices.

1. IDENTIFYING RISKS

a. Introduce the Idea	<i>"I would like to ask some questions about your sexual practices. All patients are asked the same questions, this information is confidential and it helps me identify what tests I need to do today"</i>
b. What to ask?	<ul style="list-style-type: none"> i. Are your sexual partners male/female or both? ii. When was the last time you had sex without a condom? (was this with a regular or casual partner/s)
c. Ask patients to rate their risk taking behaviour	<p>Scale : 0=no protection and 100=100% protection from STIs and HIV</p>  <p><i>"Where would you place yourself on this scale?"</i> <i>"Can you tell me a little more about why you placed yourself here?"</i> <i>"What do you think would help you get to 100%?"</i> <i>"Would you like to discuss this further? We can look at some ideas on how to protect yourself."</i></p>
d. Test:	<p>Not sure what tests to perform? Refer to the STI Testing Tool (www.stipu.nsw.gov.au) For more information about PEP and PrEP contact the NSW PEP Hotline 1800 737 669</p>

2. IDENTIFYING BARRIERS TO SAFE SEX

"The table below highlights some of the most common reasons people identify as being a barrier to safe sex. Do any of these reasons apply to you?"

BELIEFS/KNOWLEDGE	CONDOMS	COMMUNICATION	BEHAVIOURS/CONTEXT
Didn't know could get HIV or an STI	Had no condoms	Didn't talk about it or didn't know how to bring it up	Alcohol and/or drugs
Not familiar with HIV and STI transmission information	Do not like condoms	Worried might be rejected	Multiple partners/group sex
Heat of the moment thinking	Lose erection with condoms	Partners said they were negative	It's a regular sex buddy
Thought partner was "safe"	Partner refuses to use condoms	Partner would tell if they had an infection	Always the top partner