Pilot Implementation of Sexual Health History Tool with Colleagues in the Nursing Home Setting

SCHOOL OF NURSING
VANDERBILT UNIVERSITY

Antinea Jones, MSN, AGPCNP-BC; Sharon Karp, PhD, APRN, CPNP-PC
Vanderbilt University School of Nursing

Introduction

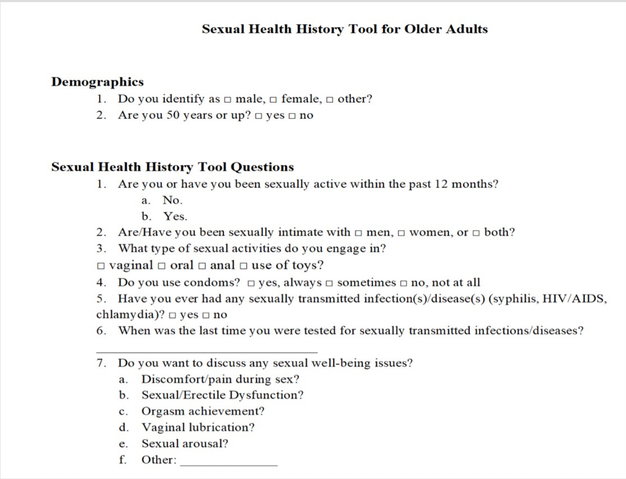
- 81.5% of respondents ages 50 – 90 years old reported they were currently involved in one or more sexual relationships
- Sexuality is a vital component of caring for individuals holistically and to an individual's quality of life
- **Add ageism**
- Lack of standardized sexual health history taking neglects a vital portion of caring holistically

Problem

- Lack of standardized sexual health history taking in the older adult population

Aim

- Construction of an effective and efficient sexual health history tool with feedback from colleagues



Sexual Health History Tool for Older Adults

Demographics

1. Do you identify as □ male, □ female, □ other?
2. Are you 50 years or up? □ yes □ no

Sexual Health History Tool Questions

1. Are you or have you been sexually active within the past 12 months?
   a. No.
   b. Yes.
2. Are/Have you been sexually intimate with □ men, □ women, or □ both?
3. What type of sexual activities do you engage in?
   □ vaginal □ oral □ anal □ use of toys?
4. Do you use condoms? □ yes, always □ sometimes □ no, not at all
5. Have you ever had any sexually transmitted infection(s)/disease(s) (syphilis, HIV/AIDS, chlamydia)? □ yes □ no
6. When was the last time you were tested for sexually transmitted infections/diseases?
   _____
7. Do you want to discuss any sexual well-being issues?
   a. Discomfort/pain during sex?
   b. Sexual/Erectile Dysfunction?
   c. Orgasm achievement?
   d. Vaginal lubrication?
   e. Sexual arousal?
   f. Other: _____

Figure_1. Sexual Health History Tool for Older Adults

Methods

Literature review of data surrounding lack of standardized sexual health history taking. A sexual health history tool was created and distributed to colleagues for feedback along with a feedback tool. Reviewed feedback and necessary edits were made.

PDSA

Measures

- Descriptive Analysis, Descriptive Statistics

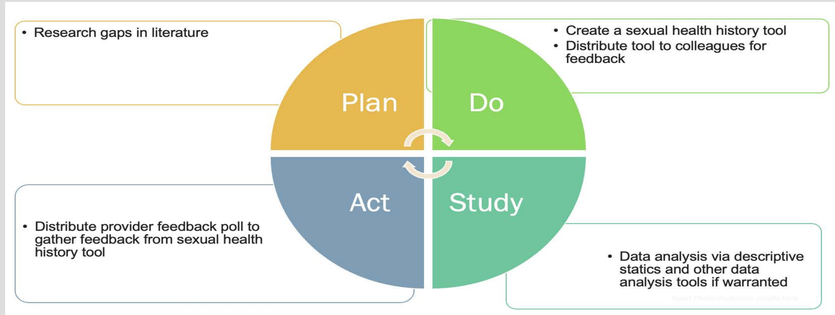


Figure_1.PDSA Cycle

Results

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