

STI Risk Reduction Counseling in Family PACT

Self Study Module

**Presented by
Office of Family Planning
California Department of Public Health**





Accompanying Documents for this Module



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- All documents referenced throughout this module, including the module evaluation form, are available for you to download from the www.familypact.org website.
- You can print the documents by clicking on the list located just below the link to the module.

Use arrow keys on your keyboard to manually advance or reverse slide.



Intended Audience

- Any clinic staff person involved with counseling clients about their reproductive health care, including:
 - Physicians and clinicians
 - Nurses
 - Health educators and counselors
 - Medical assistants
- Trained and supervised non-clinician counselors can provide reimbursable education and counseling in the Family PACT program.



Objectives

1. Identify key client information useful for facilitating a risk reduction plan
2. List five factors that influence individual behavior change
3. List five risk reduction options
4. Ask open-ended questions that facilitate a client-generated risk reduction plan



Family PACT Standards and STI Prevention



Clinical and Preventive Services Standard F, #2

- “Prevention and control services for STI/HIV for women and men consistent with Centers for Disease Control and Prevention (CDC) guidelines and recognized medical practice standards shall be provided, in conjunction with family planning services, and when clinically indicated. ...”
 - *Policies, Procedures and Billing Instructions* manual (PPBI), Standard F2





Family PACT Standards and STI Prevention

Education and Counseling Standard G, #1

1. Family planning and reproductive health education and counseling services for women and men ... shall include:

a) ii. ... STI/HIV prevention

- *Policies, Procedures and Billing Instructions* manual (PPBI), Standard G1





Family PACT Standards and STI Prevention

Education and Counseling Standard G, #1

1. 1b) Individual education and counseling sessions provided in a way that is understandable to the client and conducted in a manner that facilitates the client's integration of information for the development of positive reproductive health behaviors, and supplemented with written materials, as needed

- *Policies, Procedures and Billing Instructions* manual (PPBI), Standard G1



Why Facilitate a STI Risk Reduction Plan in a Family Planning Setting

1. Behaviors that put clients at risk for pregnancy or causing a pregnancy can also put them at risk for STIs, including HIV
2. You have a self-motivated client wanting to plan or avoid pregnancy *who may want to discuss avoiding STIs*



Why Facilitate a STI Risk Reduction Plan in a Family Planning Setting

3. An opportunity exists to emphasize that not all contraceptive devices/products provide protection against STIs, including HIV
4. STI risk reduction planning can be done with a few questions added into the birth control method counseling session.





Why Facilitate a STI Risk Reduction Plan in a Family Planning Setting

While helping the client avoid an unplanned pregnancy, you can also help the client formulate a STI risk reduction plan.



Client Centered Counseling

- Each session should be tailored to the client
- Facts alone won't create change
- Help clients come up with their own plans
- Feelings are important
- Recognize your own values, so you can set them aside
- Clinicians and counselors have a limited role in causing client behavioral change





Sexual History Information That Can Assist in a STI Risk Reduction Plan

1. Birth control history
2. Number of sex partners in past 12 months
3. New sex partner in the past 3 months
4. Reason to believe that partner is having sex with others
5. STI history
6. Last test for any STI, including HIV



Sexual History Information That Can Assist in a STI Risk Reduction Plan

7. Types of sexual activity
8. Previous or current infection prevention practices
9. Alcohol/Drug use and frequency





Factors that Influence Behavior Change

People are more likely to change high risk behavior if they:

- Have a realistic perception of the risk involved with the behavior
- Are confident in their ability to make changes
- Believe that it is worth it to change their behavior
- Have access to resources
- Have support from people around them



Other Factors That May Affect Behavior Change

Factors which may help or hinder behavior change goals:

- Cultural values and beliefs
- Power dynamics in sexual relationships
- Other information relevant to the client that may affect her/his behavior





Review of Risk Reduction Planning

Risk reduction planning involves the counselor asking questions and providing support, so that the client can determine what steps to take to decrease the chances of getting a STI.





Facilitating a Risk Reduction Plan: Establish or Improve Client's Perception of Risk

- Ask your client, “What do you think puts you at risk for STIs?”
- Clarify if necessary



Facilitating a Risk Reduction Plan: Identify & Support Client's Previous Behavior

- Ask: “What do you already do to reduce your risks?”
- Steps may include:
 - Using male or female condoms
 - Using dental dams
 - Reducing number of sex partners
 - Getting tested for STIs and treated when necessary
 - Communicating with partners about sexual history, barrier use, reducing risk for STIs
- Acknowledge steps taken to reduce risks





Facilitating a Risk Reduction Plan: Negotiate a Simple, Realistic Plan for Reducing Risk

- Ask: “What are you going to do to keep from getting a STI?”
- Give multiple options if your client can’t think of anything, without giving commands.



Steps to Reduce STI Risk

- Abstinence
- Monogamy
- Reduce number of sexual partners
- Communication with partners about STI concerns
- Sexual activities that are less risky (don't involve fluid exchange)
- Male or female condom use
- Dental dam use
- Reduce sexual activity under the influence of alcohol or other drugs
- Regular screening for STIs
- Partner screening for STIs
- Other steps determined by the client



Providing Support

Behavior change goals should be:

- Reasonable
- Practical



Integrating STI Risk Reduction into a Family Planning Counseling Session

- What puts you at risk for STIs?
- What have you already done to reduce your risks?
- What are you going to do to decrease your chances of getting a STI?



Integrating STI Risk Reduction into a Family Planning Counseling Session

- Support your clients with their plans
 - Provide information and resources
 - Help solve potential hurdles/problems
 - Acknowledge efforts-even small steps
 - Check back in on progress





Education and Counseling in Family PACT

- Remember that the time that you spend educating and counseling your clients about STIs is reimbursable
- Clinicians and trained and supervised non-clinician counselors can provide reimbursable education and counseling services
- Document the content of your counseling session and time spent in the client's chart
- Make sure this time is used to determine the appropriate level of E&C or E&M code that is entered on the superbill (also called Encounter Form)



Provider Support Services

- Family PACT Website:

www.familypact.org

- Client Education Materials
- Cultural Competency Toolkit
- Training Calendar of Events
- Newsletters
- Family PACT Webcasts and Online Modules

- Toll-free Provider Resource Line
1-877-FAM-PACT (1-877-326-7228)



Upon exiting this module, if you have not already done so, please download the Evaluation Form by clicking the link on the Family PACT website and email the completed form to:

familypact@cfhc.org

**Or fax the completed form to:
(213) 368-4428**

Thank You!

