

# Compendium of Sexual & Reproductive Health Resources

*For Healthcare Providers*



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## Sexual health is an essential element of overall health and well-being.

This compendium was created to help primary care providers and others improve their clinical skills in this area by compiling existing resources on sexual and reproductive health topics across the lifespan. Practical, high quality resources found in this compendium include the following:

- Webinars, videos, and other online trainings, many of which grant continuing education units for nurses and physicians
- Toolkits and implementation guides
- Guidelines, committee opinions, position statements, and recommendations of best practices
- Skill-building tools, such as checklists, screeners, and self-assessments
- Open-access journal articles that offer practical tips and strategies for improving clinical care
- Curricula

### *Acknowledgements*

Many thanks to the National Coalition for Sexual Health's Health Care Action Group (HCAG) led by Jennifer Rogers, MPH, Altarum and Michael Horberg, MD, MAS, Kaiser Permanente Mid-Atlantic Permanente Medical Group. The HCAG also includes: Adolescent AIDS Program, Children's Hospital of Montefiore; American Academy of PAs; American Association of Nurse Practitioners; American College of Nurse-Midwives; Association of Reproductive Health Professionals; California Department of Public Health; Cardea; Center for Sexual Pleasure and Health; International Union Against Sexually Transmitted Infections – North America Region; Intimate Health Consulting; Maryland Department of Health, Center for STI Prevention; National Association of Community Health Centers; National Association of County & City Health Officials; National Association of Nurses Practitioners in Women's Health; National Institute for Health Care Management Foundation; National Network of STD/HIV Prevention Training Centers; Navy and Marine Corps Public Health Center; New York State Department of Health, AIDS Institute; Nursing Students for Sexual and Reproductive Health; Physicians for Reproductive Health; Planned Parenthood Federation of America; Program in Human Sexuality, University of Minnesota; Power to Decide; Carey Roth Bayer, EdD, MEd, BSN, RN, CSE, Center of Excellence for Sexual Health, Morehouse School of Medicine; Amy Levi, PhD, University of New Mexico; Arik Marcell, MD, MPH, Johns Hopkins University; Anthony Santella, PhD, MPH, Hofstra University; Justin Waryold, DNP, Stony Brook University; Beverly Whipple, Rutgers University.

This resource is current as of 07/13/2020

Inclusion within this compendium does not equal endorsement.

# RESOURCES FOR SPECIFIC PATIENT POPULATIONS

## Adolescents and Young Adults

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### **AAP Section on Lesbian, Gay, Bisexual, and Transgender Health and Wellness**

*American Academy of Pediatrics*

This section of the American Academy of Pediatrics' website provides tools for health care professionals to assist them in providing quality care to LGBT youth, such as webinars to educate pediatricians on caring for young transgender patients.

### **Adolescent and Young Adult Clinical Care Resources – Sexual and Reproductive Health**

*Society for Adolescent Health and Medicine*

A compilation of sexual and reproductive health clinical care guidelines and resources that are free of cost; specific to adolescents or regarding a population which includes adolescents. Open access or accessible after the creation of a free login, and nationally applicable.

### **Adolescent Reproductive and Sexual Health Education Program**

*Physicians for Reproductive Health*

A comprehensive, evidence-based curriculum for residency programs, providers, and other professionals who serve adolescents on critical reproductive and sexual health topics, including sexually transmitted infections, LGBTQ youth, pre-exposure prophylaxis, contraception, sexual history-taking, and providing confidential care.

### **Bright Futures Guidelines: Promoting Healthy Sexual Development and Sexuality**

*American Academy of Pediatrics*

The American Academy of Pediatrics' Bright Futures Guidelines provide guidance to health care professionals on promoting healthy sexual development and sexuality from birth through young adulthood, while respecting parents/caregivers individual and cultural values.

### **Confidentiality Best Practices Training**

*Adolescent Health Initiative*

Engage your team in a discussion on how to handle the challenges of providing confidential care in your practice. By the end of this training, participants will be able to state legal requirements for minor consent, identify strategies for communicating with parents and adolescents regarding confidentiality laws, and identify barriers, challenges, and strategies to implementing confidentiality laws.

### **Confidentiality Laws Training**

*Adolescent Health Initiative*

Deepen your team's understanding of minor consent laws in your state and explore best practices for providing confidential care to adolescents. By the end of this training, participants will be able to state the legal requirements for minor consent and distinguish between laws, policies, and best practice regarding minor consent.

## Counseling Adolescents About Sexual Coercion and Abuse

*Cardea for the Family Planning National Training Center*

This e-course provides effective prevention and intervention strategies to address adolescent and young adult sexual coercion and abuse. Upon completion, participants will be able to:

- Identify elements in the interview approach to encourage disclosure
- Recognize patterns that may indicate coercion or abuse
- Explain prevention approaches to encourage healthy relationships

CNE credit available

## Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents

*American Academy of Pediatrics*

A policy statement from the American Academy of Pediatrics that reviews concepts and challenges relevant to transgender and gender-diverse youth and provides recommendations for pediatric providers on eliminating stigma.

## Health Provider Toolkit for Adolescent and Young Adult Males

*The Partnership for Male Youth*

This clinical toolkit is designed to address adolescent and young adult (AYA) males' unique health care needs. Sexual and Reproductive Health is one of the toolkit's domains. The toolkit contains four major clinical tools:

- A checklist that covers 9 major domains where the health care needs of AYA males are most pronounced and unique

- A compilation of suggested patient interview questions for each domain
- Supporting materials for each domain consisting of background information, practice tools and references
- A video library of CME and patient education presentations on topics covered by the toolkit

## Let's Talk About Sex: PediaLink Module

*American Academy of Pediatrics*

This free online course helps providers get comfortable discussing sexual health needs with adolescents and young adults, using case studies to apply the strategies and techniques presented.

CME/MOC credits available.

## Sexual Health: An Adolescent Provider Toolkit

*Adolescent Health Working Group*

This module from the Adolescent Provider Toolkit series focuses on adolescent sexuality as a positive and normal stage of development. The module includes a variety of tools to help providers deliver sexual health services to teens, including practice readiness tools; screening, assessment, and referral tools; resource sheets; health education handouts; and online resources and hotlines.

## Sexual Health Starter Guides

*Adolescent Health Initiative*

This webpage provides a list of starter guides which cover actionable steps to improve adolescent healthcare. Starter guides include sample clinical workflows and letters to parents, and cover issues such as risk screening, LGBTQ+ youth-friendly services, HPV vaccines, and STI screening.

## Females

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### Committee Opinions

*American College of Obstetricians and Gynecologists*

A collection of statements that represent ACOG's committee assessments of emerging issues in women's health and obstetric and gynecologic practice.

### Health Care for Lesbians and Bisexual Women

*American College of Obstetricians and Gynecologists*

See description under "LGBT and Gender Nonconforming People"

### Sexual Health

*American College of Obstetricians and Gynecologists*

This ACOG committee opinion outlines how OB/GYNs can provide good sexual health care to women across the lifespan.

## LGBT and Gender Nonconforming People

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### AAP Section on Lesbian, Gay, Bisexual, and Transgender Health and Wellness

*American Academy of Pediatrics*

See description under "Adolescents and Young Adults."

### Addressing STIs among MSM: A Clinical and Public Health Update

*National LGBT Health Education Center*

The learning objectives of this webinar are to:

- Summarize recent trends in STIs among men who have sex with men (MSM)
- Discuss potential explanations for the changes in STI incidence seen in MSM
- Describe approaches to STI screening and control for MSM

### Affirmative Services for Transgender and Gender Diverse People

*National LGBT Health Education Center*

This publication provides best practices and guidance for frontline healthcare staff on how to best serve transgender and gender diverse patients.

### Advancing Health Equity through Gender Affirming Health Systems

*Cardea*

Advance gender affirming care by applying best practices in organizational change to your health care setting. This guide details a health center's journey through an organizational assessment process. With practical templates and facilitation guides, providers can implement a similar approach in their health center.

### Black MSM and PrEP: Challenges and Opportunities

*National LGBT Health Education Center*

Nearly half of new HIV infections occur in the South, where Black/African American, young MSM (YMSM, ages 18 to 35) are at greatest risk. The learning objectives of this webinar are to:

- Understand healthcare challenges for Black MSM
- Understand different pathways that healthcare organizations can take to provide access to culturally competent PrEP services
- Learn about innovative strategies for addressing HIV prevention needs of Black MSM in the South

CME credit available

## Care of the Transgender Patient

*Annals of Internal Medicine*

Transgender persons are a diverse group whose gender identity differs from their sex recorded at birth. Some choose to undergo medical treatment to align their physical appearance with their identity. Barriers to accessing appropriate and culturally competent care contribute to health disparities in transgender persons, such as increased rates of certain types of cancer, substance abuse, mental health conditions, infections, and chronic diseases. Thus, it is important that clinicians understand the specific medical issues that are relevant to this population.

## Clinical Care for Transgender and Gender Non-Conforming Patients

*Cardea*

Part 2 of a two-part independent study series entitled “Clinically Competent and Culturally Proficient Care for Transgender and Gender Nonconforming Patients.” Upon completion of this course, participants will be able to:

- Describe accepted medical protocols for gender affirmation
- Describe models of informed consent for gender affirmation
- Determine which primary care services to provide to patients of any gender identity based on their anatomy and physiology

CNE and CME credits available

## Delivering HIV Prevention and Care to Transgender People

*National LGBT Health Education Center*

This webinar is designed to assist health providers caring for transgender people, with a focus on transgender women. The program presents the latest data on transgender people and HIV, describes the roles stigma and discrimination play in contributing to health disparities, and provides tips on how to provide patient-centered care specific to the needs of transgender people. The program presents strategies to make clinical environments more welcoming to transgender patients and covers critical topics in HIV prevention and care.

CME/CEU credits available.

## Do Ask Do Tell: A Toolkit for Collecting Data on Sexual Orientation and Gender Identity in Clinical Settings

*The Fenway Institute*

This toolkit will help providers understand the health issues facing LGBT individuals and how the routine collection of structured data on sexual orientation and gender identity can help improve care provision and outcomes for this underserved population.

## Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents

*American Academy of Pediatrics*

See description under “Adolescents and Young Adults.”

## Gender Diversity 101

*Cardea*

As a result of completing this course, health care staff will be able to discuss aspects of gender identity, gender discrimination and gender-related health disparities and how they impact clients. Participants will practice skills for assessing and treating gender-diverse clients who may be at risk for HIV or who have HIV.

CNE, LPC and CHW credit available

## Guidelines for the Care of Lesbian, Gay, Bisexual, and Transgender Patients

*GLMA*

These guidelines outline best practices for providing sensitive and appropriate care to LGBT patients.

## Health Care for Lesbians and Bisexual Women

*American College of Obstetricians and Gynecologists*

A committee opinion that describes the barriers to care that lesbians and bisexual women encounter and ways that OB/GYNs can provide sensitive and appropriate care to these women.

## Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People

*Center of Excellence for Transgender Health*

These guidelines aim to equip primary care providers and health systems with the tools and knowledge to meet the health care needs of their transgender and gender nonbinary patients.

## HIV Prevention and Care for the Transgender Patient

*Centers for Disease Control and Prevention*

This online resource aims to reach health care providers to help them deliver patient-centered HIV care to transgender people. You can find information for health care providers on key topics such as how to make your practice welcoming for transgender patients, HIV prevention, collecting sexual orientation and gender identity data, taking a sexual history, HIV testing, risk reduction strategies and the HIV care continuum. Information for patients includes HIV prevention and care strategies and video testimonials from transgender people.

## Introduction to Gender and Sexuality in a Health Care Setting: Providing Quality Care for Transgender and Gender Non-Conforming Patients

*Cardea*

Part one of a two-part independent study series entitled “Clinically Competent and Culturally Proficient Care for Transgender and Gender Nonconforming Patients.” Upon completion of this course, participants will be able to:

- Describe sex and gender continuum
- Define terminology used to describe transgender and gender nonconforming people
- Identify health disparities experienced by transgender and gender nonconforming people

CNE and CME credits available



## PrEP Counseling for Transgender and Gender Non-Binary (TGNB) Clients

Cardea

In this online module, we will discuss PrEP basics, barriers to care for TGNB clients, and ways to provide PrEP counseling and care in a gender affirming manner to those clients.

CNE credit available.

## Preventive Health Care for Men Who Have Sex With Men

*American Family Physician*. 2015 Jun 15;91(12):844-852

This article outlines barriers to care that MSM face, strategies for addressing those barriers, health disparities experienced by MSM, and ways to provide culturally competent sexual health care services.

## Providing Optimal Care for Your MSM Patients

*National Coalition of STD Directors*

A brief guide to help providers deliver optimal care for men who have sex with men, including taking a sexual history, offering vaccines, and recommending STI screenings.

## Quality Healthcare for Lesbian, Gay, Bisexual & Transgender People

GLMA

This 3-part cultural competence webinar series explores the health concerns and healthcare of LGBT people.

- Webinar 1 - Understanding the Needs of LGBT People: An Introduction
- Webinar 2 - Creating a Welcoming and Safe Environment for LGBT People and Families
- Webinar 3 - Clinical Skills for the Care of Transgender Individuals

## Sexual and Gender Minority Health Resources

*Association of American Medical Colleges*

A collection of resources (e.g., videos, clinical vignettes) to promote the health of people who are lesbian, gay, bisexual, transgender (LGBT), gender nonconforming, and/or born with differences of sex development.

## Sexual Health Among Transgender People

*National LGBT Health Education Center*

Engaging transgender clients in exploring sexuality—including intersectionality with gender identity and shifts in attraction associated with medical affirmation—is integral to the larger, clinical goal of affirming transgender identities and providing competent care. The learning objectives for this webinar are to:

- Understand recent research related to therapeutic considerations for sexual health among transgender clients
- Describe best behavioral health practices related to sexual health care for transgender clients
- Acquire a gender-affirming therapeutic framework with transgender clients related to sexual identities and fluidity, sexual satisfaction following medical affirmation, and relational health

CME credit available

## Standards of Care

*World Professional Association for Transgender Health*

The Standards of Care provide clinical guidance for health professionals to assist transgender and gender nonconforming people with safe and effective pathways to achieving personal comfort with their gendered selves, in order to maximize their overall health, psychological well-being, and self-fulfillment.

## Males

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### **Addressing STIs among MSM: A Clinical and Public Health Update**

*National LGBT Health Education Center*

See description under “LGBT and Gender Nonconforming People”

### **Black MSM and PrEP: Challenges and Opportunities**

*National LGBT Health Education Center*

See description under “LGBT and Gender Nonconforming People”

### **Health Provider Toolkit for Adolescent and Young Adult Males**

*The Partnership for Male Youth*

See description under “Adolescents and Young Adults”

### **Male Adolescent Sexual and Reproductive Health Care**

*American Academy of Pediatrics*

This report discusses specific issues related to male adolescents’ sexual and reproductive health care in the context of primary care, including pubertal and sexual development, sexual behavior, consequences of sexual behavior, and methods of preventing STIs, including HIV, and pregnancy.

### **Preventive Health Care for Men Who Have Sex With Men**

*American Family Physician. 2015 Jun 15;91(12):844-852*

See description under “LGBT and Gender Nonconforming People”

### **Preventive Male Sexual and Reproductive Health Care: Recommendations for Clinical Practice**

*Male Training Center for Family Planning and Reproductive Health*

This document outlines best practice recommendations for the organization and delivery of preventive clinical sexual and reproductive health services for reproductive-aged males.

### **Providing Optimal Care for Your MSM Patients**

*National LGBT Health Education Center*

See description under “LGBT and Gender Nonconforming People”

### **Risk Assessment, Education & Counseling for Men in Reproductive Health**

*Cardea for the Family Planning National Training Center*

This self-paced online course helps providers gain the skills and knowledge to educate and counsel men on sexual and reproductive health. Upon completion, participants will be able to:

- Describe a framework for reproductive health services for men that includes sexual health
- Describe how to counsel men to share responsibility for reproductive health
- Demonstrate effective strategies to counsel men seeking reproductive health care services
- List the key elements of sexual history-taking for male family planning clients

CNE credits available

## Older Adults

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### **Sex and the Retirement Community: Sexuality and the Older Adult**

*National League of Nursing*

After completing this module, nursing students will better understand changes that occur in older adults and their impact on sexuality, be more comfortable discussing sexual health, and be able to assess sexual function.

### **Taking a Sexual History with Older Adults**

*AIDS Education & Training Center Program*

A slide set to help providers discuss sexual health with older adults. The goals of this slide set are to:

- Reduce the risk of transmission of STIs and HIV in older adults
- Improve provider comfort level in obtaining a sexual history
- Increase early diagnosis and linkage to care

## People with Disabilities

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### **Real Talk: Improving Quality of Sexual Health Care for Patients with Disabilities**

*Autistic Self Advocacy Network and the National Council on Independent Living*

Real Talk is a guide for providers about inclusion and accommodations when working with people with all types of disabilities. It includes PPT and PDF slides as well as a toolkit with information about how to improve accessibility, access, and attitudes surrounding sexual health care for people with disabilities.

### **Sexuality of Children and Adolescents with Developmental Disabilities**

*American Academy of Pediatrics*

This report provides guidance for primary care providers on discussing sexuality with those who have developmental disabilities, including information on puberty, contraception, psychosexual development, sexual abuse, and sexuality education.

### **Talk About Sexual Violence\***

*The Arc*

An online toolkit to help health care providers communicate about sexual violence with women with intellectual/developmental disabilities. Includes 3 minute videos, training tools, and other resources.

\*Available in Spanish

## RESOURCES ON SEXUAL AND REPRODUCTIVE HEALTH TOPICS

### Family Planning/Contraception

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#### **Birth Control Across the Gender Spectrum**

*Reproductive Health Access Project*

This resource for patients explains different birth control methods for people across the gender spectrum, with a focus on the effects of different forms of birth control on those taking gender-affirming hormones such as testosterone.

#### **Birth Control for Men**

*Reproductive Health Access Project*

This easy to read chart for patients compares different birth control methods for men, ranked by efficacy. The sheet provides brief information on how to use each method, and allows patients to compare pros and cons of different methods along with common side effects.

#### **Explaining Contraception for Healthcare Providers eLearning**

*Cardea for the Family Planning National Training Center*

This online course presents a full range of contraceptive methods, preparing staff to help clients choose the method that is right for them. The course features two resources to help: 1) explain facts about each contraceptive method using plain language; and 2) compare methods looking at key characteristics such as effectiveness and side effects.

CNE credits available

#### **Family Planning Basics eLearning**

*Cardea for the Family Planning National Training Center*

This online course provides information needed to conduct basic family planning education and counseling. Specifically, the course covers the following topics: Title X program; reproductive anatomy, physiology and the menstrual cycle; contraceptive choices; sexuality; and sexually transmitted infections.

CNE credits available

#### **Providing Quality Contraceptive Counseling & Education: A Toolkit for Training Staff**

*Cardea for Family Planning National Training Center*

This toolkit, consisting of five modules, includes instructional tools, training activities, and job aids to help staff practice and apply the QFP Principles for Providing Quality Counseling.

#### **Providing Quality Family Planning Services**

*Centers for Disease Control and Prevention and the Office of Population Affairs*

These recommendations outline how to provide family planning services so that individuals can achieve their desired number and spacing of children, increase the chances that a baby will be born healthy, and improve their health even if they choose not to have children. A mobile app is also available.

## Quality Contraceptive Counseling and Education: A Client-Centered Conversation

*Cardea for the Family Planning National Training Center*

This five-lesson course will prepare you to provide quality, client-centered contraceptive counseling and education, even during brief visits. The course includes:

- Foundations for Counseling and Education
- Building Rapport and Communication Skills
- Quality Education Strategies
- Client-Centered Decision Making
- Confirming Understanding and Supporting a Client's Plan

CNE credits available

## US Medical Eligibility Criteria (US MEC) for Contraceptive Use, 2016

*Centers for Disease Control and Prevention*

Recommendations for the use of specific contraceptive methods by women and men who have certain characteristics or medical conditions.

## US Selected Practice Recommendations (US SPR) for Contraceptive Use, 2016

*Centers for Disease Control and Prevention*

Recommendations for health care providers that address a select group of common, yet sometimes controversial or complex, issues regarding initiation and use of specific contraceptive methods.

## Your Birth Control Choices

*Reproductive Health Access Project*

This fact sheet for patients compares different birth control choices by efficacy in an easy to read chart. The sheet provides brief information on how to use each method, and helps people to compare pros and cons of different methods, along with common side effects.

## HIV Prevention, Post-Exposure Prophylaxis (PEP), and Pre-Exposure Prophylaxis (PrEP)

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### Act Against AIDS for Health Care Providers

*Centers for Disease Control and Prevention*

Act Against AIDS focuses on raising awareness among all Americans and reducing the risk of infection among the hardest-hit populations. Act Against Aids for Health Care Providers includes four different HIV prevention campaigns:

- HIV Screening. Standard Care
- One Test, Two Lives.
- Prevention IS Care
- Transforming Health

Each campaign includes assorted resources for health care providers, including CE/CME opportunities.

### Black MSM and PrEP: Challenges and Opportunities

*National LGBT Health Education Center*

See description under "LGBT and Gender Nonconforming People"

### Getting to Zero: Reducing HIV Incidence through Screening, Treatment, and Prevention

*National LGBT Health Education Center*

An online learning module that will:

- Describe HIV incidence, particularly among men who have sex with men and transgender women
- Identify the current recommendations for HIV and STI screening and the importance of screening high risk populations for prevention of HIV
- Describe how biomedical intervention, including treatment as prevention, PEP, and PrEP, are effective tools for reducing the incidence of new HIV cases among high-risk populations

CME credit available

## HIV/AIDS: A Snapshot from Bench Science to Clinical Care to Community

*Morehouse School of Medicine*

A distance-learning module designed for the learner to examine various approaches for addressing HIV/AIDS. The module is broken into five (5) short segments highlighting the following topics within HIV/AIDS:

- Bench Science
- Clinical Treatment
- Sexual Health
- Education
- Community Engagement

## HIV/AIDS Online Training Modules

*Indian Health Services*

The HIV/AIDS Online Training Modules are a collaboration between the National HIV/AIDS Program, community members and Traditionalists (Native healers) from across the U.S. Though contributors represent many Tribes, they present a consistent message about HIV, HIV prevention, HIV testing, and stigma reduction.

One section is intended for providers who work with American Indians and Alaska Natives (AI/AN) with HIV/AIDS and AI/AN persons at risk for HIV infection and designed to provide practical knowledge and skills that can assist providers in patient care.

## HIV Care and Sexual Health Assessment for American Indian and Alaska Native Patients

*Cardea*

This course will help prepare you to provide optimal HIV prevention, screening and treatment in any primary care setting. You will learn practical tips for performing a brief sexual health assessment and how to provide HIV and sexual health services in a culturally sensitive manner to people of all genders and sexual orientations.

CME/CNE credit available

## Pre-Exposure Prophylaxis (PrEP) for HIV Prevention: Clinical Cases

*National LGBT Health Education Center*

This module provides a deeper dive into pre-exposure prophylaxis (PrEP) for HIV prevention through clinical cases. The module contains three cases, each describing a different scenario where PrEP may be an option for the patient, as well as video interactions between providers and patients to help model conversations around PrEP.

## PrEP Education for Youth-Serving Primary Care Providers Toolkit

*SIECUS*

This toolkit is focused on supporting PCPs in providing PrEP to youth. The toolkit includes both original SIECUS tools and existing partner resources offering valuable information to assist youth-serving PCPs become better equipped at educating, counseling, and where appropriate, prescribing PrEP for young people.

## PrEP Guidelines & Resources

*Clinician Consultation Center (CCC)/UCSF*

The CCC provides clinical guidance and resources on PrEP, including advice on the indications for and implementation of PrEP based on guidelines, current medical literature, and best practices.

## Updated Guidelines for Antiretroviral Post-Exposure Prophylaxis After Sexual, Injection Drug Use, or Other Nonoccupational Exposure to HIV – United States, 2016

*Centers for Disease Control and Prevention*

Current guidelines for the use of antiretroviral non-occupational post-exposure prophylaxis (nPEP) to prevent HIV infection.

## Human Trafficking

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### Human Trafficking in the Family Planning Setting

*Family Planning Training Center*

This webinar addresses how to know when someone is a victim of human trafficking and the best ways to respond to her/him. Case studies and resources are presented, along with an interactive question-and-answer session with the presenters.

### SOAR Online

*Office on Trafficking in Persons and Office on Women's Health*

SOAR Online is designed to educate health care providers, social workers, public health professionals, and behavioral health professionals on how to identify, treat, and respond appropriately to individuals who are at risk or who have been trafficked.

CE/CME available.

## Intimate Partner Violence, Sexual Violence, and Coercion

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### Addressing Intimate Partner Violence, Reproductive and Sexual Coercion: A Guide for Obstetric, Gynecologic, and Reproductive Health Care Settings

*Futures Without Violence*

This guide, developed in collaboration with the American College of Obstetricians and Gynecologists (ACOG), expands the scope of routine screening for IPV to include assessment for reproductive and sexual coercion. The Guide includes:

- Definitions of IPV, adolescent relationship abuse, reproductive coercion and related terminology
- A brief overview of the prevalence of IPV and reproductive and sexual coercion
- Strategies for addressing reproductive and sexual coercion with patients seeking reproductive health care services
- Safety cards to use as a brief intervention to ask and educate patients about reproductive and sexual coercion
- An overview of preparing your practice or program and keys for success including developing relationships with local domestic violence advocates and community programs
- A quality assessment/quality improvement tool to implement and sustain a trauma-informed, coordinated response to IPV and reproductive and sexual coercion

## **Clinical Care for Sexual Assault Survivors: A Multimedia Training Tool\***

*International Rescue Committee*

The goal of this multimedia educational program, developed in collaboration with UCLA Center for International Medicine, is to improve clinical care for and general treatment of sexual assault survivors by providing medical instruction and encouraging competent, compassionate, confidential care.

The program is intended for both clinical care providers and non-clinician health facility staff. It is designed to be delivered in a group setting with facilitators guiding participants through the material and directing discussions and group participation as appropriate. It is divided into five sections:

- What Every Clinic Worker Needs to Know
- Responsibilities of Non-Medical Staff
- Direct Patient Care
- Preparing Your Clinic
- Forensic Examination

\*Available in Arabic and French

## **Intimate Partner Violence and Sexual Violence Victimization Assessment Instruments for Use in Healthcare Settings**

*Centers for Disease Control and Prevention*

This document is a compilation of existing tools for assessing intimate partner violence (IPV) and sexual violence (SV) victimization (defined below) in clinical/healthcare settings. The purpose of this compilation of assessment instruments is: 1) to provide practitioners and clinicians with the most current inventory of assessment tools for determining IPV and/or SV victimization, and 2) to supply information on the psychometric properties of these instruments, when available, to inform decisions about which instruments are most appropriate for use with a given population.

## **IPV Health Online Toolkit**

*ACF Family and Youth Services Bureau National Health Resource Center on Domestic Violence*

This Online Toolkit aims to help health care providers learn more about how to help women be healthy and safe. The website includes tailored toolkits for providers in primary care, adolescent health, reproductive health, and college campus settings.

## **Tribal Forensic Healthcare Project**

*Indian Health Service and International Association of Forensic Nurses*

The Tribal Forensic Healthcare Project provides in-person and web-based training related to the identification, collection, and preservation of medical forensic evidence obtained during the treatment of victims of sexual and domestic violence. The project provides training for:

- Sexual Assault Examiner
- Pediatric Sexual Abuse Examiner
- Sexual Assault Clinical Skills
- Pediatric Sexual Abuse Clinical Skills
- Domestic Violence Examiner
- Domestic Violence Awareness



## Sexual Functioning and Pleasure

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### **ACOG Guidelines on Sexual Dysfunction in Women**

*American Family Physician*. 2011 Sep 15;84(6):705-709.

This article describes how a physician should approach talking about sex with patients, including a sexual symptom checklist for women, and discusses the different types of sexual dysfunction and conditions that may cause sexual dysfunction.

### **Men's Health Checklist**

*American Urological Association*

This checklist is intended to assist urologists and other health care providers as a resource of urological and non-urological men's health considerations and to better coordinate their care between providers. The checklist includes sexual function and reproductive health topics for discussions with patients by age group.

### **Sexual Dysfunction in the Female Patient: eModule**

*American College of Obstetrics and Gynecologists*

The objectives of this unit are to list the components of Female Sexual Interest and Arousal Disorder for diagnosis. The unit offers a review of definitions, assessment, laboratory testing (if needed), and current, validated scales for various sexual disorders.

CME credit available

\$90

### **Sexual Dysfunction in Women: A Practical Approach**

*American Family Physician*. 2015 Aug 15;92(4):281-288.

This article describes the types of female sexual dysfunction, medical conditions and medications that impact sexual function, ways to evaluate women for sexual dysfunction, and treatment options.

### **Why Pleasure Matters: Risk Reduction for HIV, STI, or Unintended Pregnancy**

*Intimate Health Consulting*

This 1 hour webinar introduces a framework for pleasure-centered sex education within the context of HIV, STI, and unintended pregnancy risk reduction. This information will be relevant to providers across specialties, but particularly for those in primary care, HIV prevention, and sex therapy.

\$1-85

## Sexual Health (broadly)

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### **Sexual and Reproductive Health Care Best Practices for Adolescents and Adults**

*New York City Health Department*

This guide sets forth best practices for sexual and reproductive health. It focuses on contraceptive care and the prevention, screening, and testing of sexually transmitted infections (STIs) and HIV.

### **Sexual Health and Your Patients: A Provider's Guide**

*National Coalition for Sexual Health*

A guide to help primary care providers and others integrate sexual health conversations and recommended preventive services into routine visits with adolescents and adults.

### **Sexual Health and Your Patients: Pocket Cards**

*National Coalition for Sexual Health*

Three quick-reference pocket cards — one focusing on adults, one on adolescents, and one a combination on both adults & adolescents — allow healthcare providers to access essential sexual health questions and preventive service recommendations in a clear and concise format.

## Sexual Health Module

*Denver Prevention Training Center*

An e-learning module that takes 45 minutes to complete. After completion, participants will be able to:

- Define sexual health and the various factors that make up human sexuality
- Understand sexual function and dysfunction
- Discuss the provider's role in fostering healthy sexuality with patients

## Sexually Transmitted Infections (Including Hepatitis and HIV)

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### 2015 Sexually Transmitted Diseases Treatment Guidelines

*Centers for Disease Control and Prevention*

Updated guidelines for the treatment of persons who have or are at risk for STDs. The website includes links to a PDF print version, a mobile app, pocket guides, and wall charts.

### Clinical Education Initiative

*New York State Department of Health AIDS Institute  
Clinical Education Initiative*

Clinical Education Initiative (CEI) is designed to enhance the capacity of New York's diverse health care workforce to deliver clinical services to improve health outcomes related to HIV, sexually transmitted diseases (STDs) and hepatitis C (HCV). The aims of the CEI are fourfold:

- Provide progressive HIV, HCV and STD education to clinicians
- Disseminate AIDS Institute clinical practice guidelines
- Expand the base of providers able to diagnose and care for HIV, HCV and STD patients

- Foster partnerships between community-based providers and HIV, HCV and STD specialists

### Extragenital Testing

*National Coalition of STD Directors*

NCSD collaborated with the National Network of STD Clinical Prevention Training Centers and the Association of Public Health Laboratories to produce resources for providers and laboratories pertaining to extragenital STD testing.

### Herpes Resources for Healthcare Providers

*American Sexual Health Association*

The Herpes Testing Toolkit offers providers summary of evidence-based information and expert opinion about testing and diagnosing genital herpes. This complex and dynamic topic is organized into modules to simplify decision-making, assist with test interpretation and education and counseling.

### HPV Champion Toolkit

*American Academy of Pediatrics*

A toolkit designed to provide health care professionals with the most up-to-date information regarding HPV, tips on discussing HPV vaccination with parents, and tools to improving HPV vaccination rates. This includes videos and printable resources for patients and their caregivers, CME/MOC activities for clinicians, and more.

### The HPV Toolkit: A Resource for Healthcare Providers

*American Sexual Health Association*

The HPV Toolkit offers providers an overview of HPV and cervical cancer screening, HPV vaccine recommendations, genital warts, and HPV-related cancers. It also offers suggested counseling messages for patients.

## National STD Curriculum

*University of Washington STD Prevention Training Center*

The National STD Curriculum is free, up-to-date, and integrates the most recent CDC STD Treatment Guidelines. Features include:

- Seven Self-Study Modules
- Twelve Question Bank topics with 100+ interactive board-review style questions
- Modular learning in any order with an individual progress tracker
- Group registration and tracking for staff, students, and healthcare organizations
- Free continuing education credits (CME and CNE)

## The NNPTC STD Clinical Consultation Network

*National Network of STD Clinician Prevention Training Centers*

This online system provides STD clinical consultation services in 1-3 business days, depending on urgency, to health care providers. Providers will be triaged to the expert faculty at the regional PTC serving their state who can address their STI consultation needs.

Operating nationally five days a week, the STDCCN is convenient, simple, and free.

## Providing Family Planning Care for Non-Pregnant Women and Men of Reproductive Age in the Context of Zika

*Office of Population Affairs*

This toolkit, based on CDC guidance, is designed to help providers of family planning services in a variety of settings educate their non-pregnant clients about the risk of Zika infection.

## STD 101: What You Need to Know

*Cardea*

Developed for community health workers, this interactive, easy to understand course offers an overview on the most common STDs: chlamydia, gonorrhea, trichomoniasis, syphilis, herpes, HPV, and HIV.

By the end of this online training, participants will:

- Know more about common STDs
- Find out what happens when STDs are not treated and/or cured
- Learn what to do if someone thinks they may have a STD
- Learn how to help the community lower its risk for STDs

## STD Resources – Videos and Podcasts

*Centers for Disease Control and Prevention*

A collection of brief videos and audio podcasts featuring CDC staff to promote STD prevention and treatment.

## Syphilis Pocket Guide for Providers

*Centers for Disease Control and Prevention*

This booklet was created to help educate physicians and health care providers on the diagnosis, treatment, and prevention of syphilis.

## **Why Screen for Chlamydia? An Implementation Guide for Healthcare Providers**

*National Chlamydia Coalition*

This guide covers the latest information and tools for providers to improve delivery of chlamydia screening to patients and make chlamydia screening and care a routine part of medical practice.

## **Zika Virus: For Health Care Providers**

*Centers for Disease Control and Prevention*

Women and their partners should plan their pregnancies in the context of the Zika outbreak. Health care providers should discuss reproductive life plans, including pregnancy intentions and timing of pregnancy, with women of reproductive age.

## CLINICAL TOOLS TO BUILD SKILLS

### Recommendations and Guidelines

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#### **Providing Quality Family Planning Services: Recommendations from CDC and the U.S. Office of Population Affairs**

*Centers for Disease Control and Prevention / U.S. Office of Population Affairs*

The QFP provides recommendations for use by all reproductive health and primary care providers with patients who are in need of services related to preventing or for achieving pregnancy. The QFP recommendations support all primary care providers in delivering quality family planning services and define family planning services within a broader context of preventive services, to improve health outcomes for women, men and their (future) children.

#### **Recommendations for Providing Quality Sexually Transmitted Diseases Clinical Services, 2020**

*Centers for Disease Control and Prevention*

This report provides CDC recommendations regarding quality clinical services for sexually transmitted diseases (STDs) for primary care and STD specialty care settings. These recommendations specify operational determinants of quality services in different types of clinical settings, describing on-site treatment and partner services, and indicating when STD-related conditions should be managed through consultation with or referral to a specialist.

#### **Sexually Transmitted Diseases Treatment Guidelines, 2015**

*Centers for Disease Control and Prevention*

This document contains the CDC's most up-to-date STD treatment guidelines. These guidelines are applicable to any patient-care setting that serves persons at risk for STDs, including family-planning clinics, HIV care clinics, correctional health-care settings, private physicians' offices, Federally Qualified Health Centers (FQHCs), and other primary-care facilities.

### Risk Assessment and Risk Reduction

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#### **Provider Checklist for Adolescent and Young Adult Males Age 14-18**

*American Sexual Health Association*

This checklist suggests questions for your next adolescent male (ages 14-18) clinical visit. These include questions related to sexual health, immunizations, and mental health that should be asked along with the recommended routine physical examination and history taking that apply to all adolescents.

#### **Provider Checklist for Young Adolescent Females Age 9-14**

*American Sexual Health Association*

This checklist suggests questions for your next young female (ages 9-14) clinical visit related to mental and physical health, immunizations, and other issues that should be asked along with the recommended routine physical examination and history taking that apply to all adolescents.

## Sexual History-Taking

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### **A Guide to Taking a Patient's Sexual History**

*Centers for Disease Control and Prevention*

For a more complete picture of your patient's health, this guide offers parameters for discussion of sexual health issues. The dialogue lends itself to the opportunity for risk-reduction counseling and sharing information about behaviors that may place your patient at risk of contracting STDs.

### **Sexual Health and Your Patients: A Provider's Guide**

*National Coalition for Sexual Health*

A guide to help primary care providers and others integrate sexual health conversations and recommended preventive services into routine visits with adolescents and adults.

### **Sexual Health and Your Patients: Pocket Cards**

*National Coalition for Sexual Health*

Three quick-reference pocket cards — one focusing on adults, one on adolescents, and one a combination on both adults & adolescents — allow healthcare providers to access essential sexual health questions and preventive service recommendations in a clear and concise format.

### **Taking a Sexual History**

*SIECUS*

This tool offers guidance for health care providers who care for adolescents and young adults as to how to take an inclusive sexual history to meet the needs of all youth including lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) youth.

### **Taking a Sexual History with Older Adults**

*AIDS Education & Training Center Program*

This PowerPoint presentation provides guidance to clinicians on obtaining a sexual history with older adults with the goal of risk reduction, early diagnosis, and linkage to care.

### **Taking Routine Histories of Sexual Health: System-Wide Approach for Health Centers**

*National LGBT Health Education Center & National Association of Community Health Centers*

This toolkit has been created to help develop and implement systems for collecting routine histories of sexual health with all adult patients. Understanding that all health centers are different, the tools have been designed to be adaptable to different practices and patient populations.

# TOOLS TO CREATE A WELCOMING ENVIRONMENT

## **A Teen-Friendly Reproductive Health Visit**

*Centers for Disease Control and Prevention*

The CDC provides a downloadable visual that provides guidance on how to create a safe and welcoming place for adolescents. Additionally, there is information regarding confidentiality, privacy and consent for these visits.

## **Creating a Welcoming and Safe Environment for LGBT People and Families**

*Johns Hopkins University Center for Health Disparities Solutions*

These webinar slides describe barriers faced by LGBT people in accessing healthcare and why these barriers exist. The presentation then identifies concrete tools to incorporate into your center to provide sensitive, affirming, informed, and empowering healthcare for the LGBT community.

## **Creating a Welcoming Clinical Environment for LGBT Patients**

*Heartland Alliance International Rainbow Welcome Initiative*

This tool provides a few ideas to update your physical environment, add or change intake and health history form questions, improve provider-patient discussions, and increase staff's knowledge about and sensitivity to your LGBT patients.

## **Health Inequities Trainings**

*California Prevention Training Center*

These trainings aim to help participants understand and address the ways in which larger social and economic issues such as race, class, gender, sexual orientation, education, and living conditions contribute to differences in health outcomes. Trainings are available on a variety of topics, including:

- Deconstructing Homophobia and Transphobia
- MSM Cultural Sensitivity
- Social Determinants of Health
- Stigma
- Working with People Living with HIV

## **Managing Unconscious Bias Trainings**

*California Prevention Training Center*

These trainings increase participants' ability to understand and manage unconscious stereotypes in order to help build a stronger, more diverse and inclusive organizations.

## **Teen Friendly Office Tips**

*National Chlamydia Coalition*

This visual example from the *Why Screen for Chlamydia?* guide includes recommended office practices and suggestions that can be adapted to any outpatient medical setting.

## **Treating All Patients with Respect: Cultural Proficiency at the Border and Beyond**

*Cardea*

Participants will integrate cultural proficiency skills in collaboration with patients in planning care that is clinically and culturally appropriate and realistic for the clients' circumstances. Providers will be able to establish more trusting relationships with clients through culturally proficient communication skills.

CNE credit available.

## **Welcome Patients: Helpful Attitude, Signs, and More**

*Alliance for Health Research and Quality*

This tool provides tips on how to assess your practice environment and train staff to create a friendly and easy-to-navigate environment, particularly for new patients and those with limited health literacy.