

# STI - Sexually Transmitted Infections

## **STI-AP ANATOMY AND PHYSIOLOGY**

**OUTCOME:** The patient/family will understand anatomy and physiology as it relates to sexually transmitted infections.

### **STANDARDS:**

1. Explain the normal anatomy and physiology of reproductive system as it pertains to sexually transmitted infections.
2. Discuss the changes to anatomy and physiology as a result of sexually transmitted infections.
3. Discuss the impact of these changes on the patient's health or well-being.

## **STI-C COMPLICATIONS**

**OUTCOME:** The patient/family/partner will understand the common and important complications of sexually transmitted infections.

### **STANDARDS:**

1. Explain that the most common complication of untreated or progressed STI is pelvic inflammatory disease, infertility, and/or sterility.
2. Explain that some STIs if left untreated can progress to disability, disfigurement, and/or death.
3. Discuss that having one sexually transmitted infection greatly increases a person's risk of having a second sexually transmitted infection.
4. Explain the importance of HIV testing and hepatitis profile A,B,&C.
5. Discuss that some sexually transmitted infections can be life-long or fatal.
6. Discuss the potential for harm to a fetus from the sexually transmitted infection or its treatment.

## **STI-CUL CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.

2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.

#### **STI-DP      DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the specific sexually transmitted infections.

#### **STANDARDS:**

1. Discuss the-risk factors, transmission (semen, vaginal fluids, blood, mother to infant during pregnancy, child birth, breastfeeding, skin-to-skin contact), and symptoms of the STI.
2. Explain the importance of partner(s) notification in the treatment and prevention of the spread of infection.
3. Explain that there are no vaccines against STIs and that there is no immunity to STIs. Stress the importance of early treatment.

#### **STI-FU      FOLLOW-UP**

**OUTCOME:** The patient/family will understand the importance of follow-up in the treatment of sexually transmitted infections.

#### **STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

#### **STI-HPDP      HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient/family will understand the lifestyle changes necessary to promote and sustain healthy living.

#### **STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.

2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.
3. Discuss wellness as an individual responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Set small, realistic, sustainable goals.
  - d. Practice new knowledge.
  - e. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

## **STI-L LITERATURE**

**OUTCOME:** The patient/family/partner will receive literature about sexually transmitted infections.

### **STANDARDS:**

1. Provide the patient/family/partner with literature on sexually transmitted infections.
2. Discuss the content of the literature.

## **STI-M MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
  - a. Explain that medications may cure bacterial STIs but typically provide only symptomatic relief for viral STIs.
  - b. Explain that in most cases, the patient's partner(s) will need to be treated.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.
3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements.

Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **STI-P          PREVENTION**

**OUTCOME:** The patient/family/partner will plan behavior patterns that will prevent STI infections.

### **STANDARDS:**

1. List the behaviors that eliminate or decrease risk of infection, e.g., use of latex condoms, use of spermicide with condom, monogamy, abstinence, not injecting drugs. Non-latex condoms, while not as effective as latex, are recommended when latex sensitivity is an issue.
2. Describe the behavior changes that prevent transmission of STIs.
3. Discuss the proper application of a condom.
4. Describe the type of lubricant to use with condom, e.g., water-based gels, such as K-Y, Astroglide, Foreplay.
5. Describe how alcohol/substance use and/or abuse can affect the ability to use preventive measures.

## **STI-SM          STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in sexually transmitted infections.

### **STANDARDS:**

1. Explain that uncontrolled stress is linked with an increased recurrence of symptomatic outbreaks with many sexually transmitted infections, such as genital herpes and human papilloma virus.
2. Explain that effective stress management may help reduce the frequency of outbreaks, as well as, help improve the patient's health and well-being.
3. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a.      Becoming aware of your own reactions to stress
  - b.      Recognizing and accepting your limits
  - c.      Talking with people you trust about your worries or problems
  - d.      Setting realistic goals in small attainable increments
  - e.      Getting enough sleep
  - f.      Maintaining a healthy diet
  - g.      Exercising regularly

- h. Taking vacations
  - i. Practicing meditation or prayer, self-hypnosis, and positive imagery
  - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities
4. Provide referrals as appropriate.

## **STI-TE TESTS**

**OUTCOME:** The patient/family will understand the test(s) to be performed, the potential risks, the expected benefits, and the risks of non-testing.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

## **STI-TX TREATMENT**

**OUTCOME:** The patient/partner/family will understand the treatment plan.

### **STANDARDS:**

1. Explain the treatment plan. Emphasize the importance of early detection and active participation by the patient/partner/family in the development of and participation with treatment plan. Stress the importance of treatment of the partner to prevent re-infection and spread of the infection.
2. Discuss the therapies that may be utilized.
3. Explain that various treatments have their own inherent risks, side effects, and expected benefits. Explain the risk/benefit of treatment and non-treatment.

4. Discuss the importance of maintaining a positive mental attitude.