

Sexually Transmitted and Blood Borne Infection (STBBI) Pre- and Post-Test Counselling Checklist



Many socio-economic factors that increase the vulnerability of Nunavut Inuit to STBBIs are a result of the historic and on-going impacts of colonization. These factors may include poverty, insufficient or overcrowded housing, violence, systemic racism, harmful drug or alcohol use, and sexual abuse or exploitation. Despite these challenges, Inuit communities retain strong ties to family, language, land, and knowledge systems. Investing in these strengths can reduce the risk of STBBIs.

Risk reduction counselling must include:	
Environment	<ul style="list-style-type: none">Consider contexts in which individuals will be engaging in the specific behaviours and how to navigate these contexts (eg. Identifying potential barriers to access for sexual health service and strategies for self-advocacy).Reflect on social and cultural factors relating to broader aspects of relationships and vulnerability, such as gender and power inequalities, socio-economic factors, race, STI status, disability, sexual orientation, gender identity.
Information	<ul style="list-style-type: none">Must be directly relevant to the behavioural objectiveMust be easy to translate into the behavioural objective
Motivation	<p>Consider motivations for potential behaviour change. Motivations that influence sexual health and well-being behaviour typically include:</p> <ul style="list-style-type: none">Emotional motivation – an individual's emotional response to sexuality (ie. Their degree of comfort or discomfort) and their response to specific sexual health-related behaviours.Personal motivation – a person's attitudes and beliefs about a specific sexual and reproductive health behaviour strongly influence whether that person engages in that behaviour.Social motivation – a person's beliefs regarding social norms (ie. Their perception of social support pertaining to relevant sexual and reproductive health behaviour).
Behavioural Skills	<p>Teach the behavioural skills needed to accomplish objectives related to potential behaviour change. This includes:</p> <ul style="list-style-type: none">Practical skills to engage in the behaviour, including problem solving, effective communication, and the ability to evaluate ideas.Self-efficacy to engage in the behaviour, including a person's belief in their ability to successfully manage a situation, accomplish a task, have health conversations with a partner, access services, etc.

Principles of Motivational Interviewing	Determinants of Sexual Health
<ul style="list-style-type: none">Express empathyAvoid argumentsDevelop discrepancyRoll with resistanceSupport self-efficacy	<ul style="list-style-type: none">Individual knowledge, motivation, attitudes, beliefs, values, and skills.Quality of and access to sexual health education.Access to relevant comprehensive sexual health care and services.Cultural and social attitudes towards sexuality and sexual health.Social determinants of health (ie. housing, socio-economic status).

Resources:

- Government of Nunavut STBBI Course <https://governmentofnunavut.thinkific.com/collections/courses>
- Government of Nunavut Communicable Disease Manual <https://www.gov.nu.ca/en/health/manuals-and-guidelines>
- Government of Nunavut Management of STBBIs for RNs Medical Directive 07-032-00 https://www.gov.nu.ca/sites/default/files/documents/2024-09/section_7_nursing_practice_edited_09_27_24.pdf
- Government of Nunavut Sexual Health Resources www.irespectmyself.ca



Sexually Transmitted and Blood Borne Infection (STBBI) Pre- and Post-Test Counselling Checklist



Pre-Test: Obtain Informed Consent

Aspects of Consent	Key Messages
Provide information about the testing process	<div><input type="checkbox"/> Sexual health history and physical assessment</div> <div><input type="checkbox"/> Recommended tests</div> <div><input type="checkbox"/> Type of test (POCT, serological, urine)</div> <div><input type="checkbox"/> Length of time for results</div> <div><input type="checkbox"/> Window periods</div>
Advantages and disadvantages of testing	<div><input type="checkbox"/> Advantages – relieve anxiety, prevent transmission, access treatment</div> <div><input type="checkbox"/> Disadvantages – anxiety re: positive result, difficulty with relationships if positive, stigma</div>
Implications of positive result for client and others	<div><input type="checkbox"/> Confidentiality of results</div> <div><input type="checkbox"/> Risk reduction and prevention measures adapted to the person's situation, including vaccination, PEP and PrEP</div> <div><input type="checkbox"/> Treatment and follow up</div> <div><input type="checkbox"/> Contact tracing, including confidentiality</div>
Obtain informed consent	<div><input type="checkbox"/> Provide opportunity to ask questions</div> <div><input type="checkbox"/> Client has right to decline testing or remove consent at any time</div> <div><input type="checkbox"/> Defer test and refer to appropriate services if concerned client may be at risk of violence or self-harm</div> <div><input type="checkbox"/> Follow up arrangements for results</div>



Sexually Transmitted and Blood Borne Infection (STBBI) Pre- and Post-Test Counselling Checklist



Sexual Health History:

	Consider these questions:
I'm going to ask you a few questions about your sexual health. Since sexual health is very important to overall health, I ask all my patients these questions. If you're uncomfortable answering any of these, just let me know, and we'll move on. To begin, are there any sexual health concerns you would like to discuss today?	
Practices (identify needs and risk factors)	<ul style="list-style-type: none">• Are you currently sexually active with one or more partners? If no, have you ever been sexually active?• What kinds of sex do you engage in? (e.g. oral sex, vaginal sex, anal sex, sharing sex toys)• How do you feel about having sex? Is it a good thing or bad thing for you?• Screen for risk factors as per Sexual Health Report on Meditech
Partners	<ul style="list-style-type: none">• How many partners have you had sex with in the past 12 months?• Tell me about your partners and their gender identity and sexual orientation.• Are you having any difficulties with your sexual relationships?
Pregnancy intentions	<ul style="list-style-type: none">• Do you have any plans for pregnancy or desires to have (more) children?• If not, what are you doing to prevent pregnancy?• Do you or your partner(s) currently use any contraception or practice any form of birth control?
Past history of STIs	<ul style="list-style-type: none">• Have you ever had an STI (sexually transmitted infection)?• Have you been tested for STIs such as HIV? If yes, when and what were the test results?
Protection from STIs	<ul style="list-style-type: none">• When was the last time you had unprotected sex (i.e., sex without a condom)?• What do you do to protect yourself from STIs?• Do you use condoms/dental dams whenever you have sex? How often?• Do you regularly get screened for STIs?• Have you been vaccinated against Hepatitis A, Hepatitis B or HPV?• (When was your last Pap smear test for cervical cancer screening?)
Pleasure	<ul style="list-style-type: none">• Do you have any problems experiencing sexual pleasure in the way that you would like to or have in the past?• Do you experience any pain or discomfort during sex?• Do you experience ejaculation more quickly than you would like to or more quickly than you have in the past?• Do you experience trouble getting or maintaining an erection for as long as you would like to or for not as long as you have in the past?
Partner violence and past trauma	<ul style="list-style-type: none">• Have you ever had non-consensual sex?• Have you experienced or are you now experiencing physical, sexual, or emotional violence or abuse or assault from your partner or someone close to you?• Do you feel safe in your relationships?• Do you need trauma-informed support services? (Provide referral)

Sexual Health Physical Assessment Resources:

Alberta Health Services. (2022). The Blue Book Standards for the Management and Evaluation of STI Clinic Clients. <https://www.albertahealthservices.ca/assets/info/hp/srh/if-hp-srh-the-blue-book.pdf>

Canadian Public Health Association. (2021). Trauma- and violence-informed physical examinations and STBBI testing: A guide for service providers. <https://cpha.ca/trauma-and-violence-informed-physical-examinations-and-stbbi-testing-guide-service-providers>



Sexually Transmitted and Blood Borne Infection (STBBI) Pre- and Post-Test Counselling Checklist



Post-Test Counselling:

Post-Test Counselling Checklist	Key Messages
Negative Result	
Explain meaning of result simply and clearly	<ul style="list-style-type: none"> Discuss window periods/ preliminary results and need for repeat/ confirmatory testing if applicable Confirm client understanding
Client counselling to reduce risk <i>Try saying:</i> "Tell me more about why it's hard for you to make this change." "What are the good things about this behaviour? What worries you about that behaviour?"	<ul style="list-style-type: none"> Assess client's perception of their risk behaviours Explore realistic risk reduction options including safer sex and routine screening. Help client identify barriers to safer sex (ie. fear that asking for a condom suggests promiscuity or distrust, lack of skill to address partner resistance to safer sex behaviour, perceptions of "normal" sexual behaviour) Practice skills as needed
Provide opportunity ask questions	
Positive Result	
Explain meaning of result simply and clearly	<ul style="list-style-type: none"> Confirm client understanding Denial, shock, anger, guilt, sadness, anxiety, and indifference are common reactions
Explain treatment and follow-up <i>Try saying:</i> "Tell me about any difficulties you think you might have with the treatment or follow-up."	<ul style="list-style-type: none"> Any additional testing, treatment, and follow-up as needed as per protocols Identify and address barriers to follow-up
Explain need for contact tracing/ notification <i>Try saying:</i> "We will never tell your contact that it was you who named them."	<ul style="list-style-type: none"> Be aware of barriers including actual or feared physical or emotional abuse, fear of losing a partner, anonymous partnering, and non-consensual sexual contact Confidentiality Invite patient to say or write down the names of their contacts
Preventing transmission/ reinfection <i>Try saying:</i> "You know your life best. Help me understand some of the difficulties you might have."	<ul style="list-style-type: none"> Abstain from sex for recommended time period or use barrier method Negotiating safer sex if contact(s) refuse testing and/ or treatment
Client counselling to reduce transmission/ reinfection risk <i>Try saying:</i> "How important is this change to you right now? How confident are you that you can make this change?"	<ul style="list-style-type: none"> Assess client's perception of their risk behaviours Explore realistic risk reduction options including safer sex and routine screening. Help client identify barriers to safer sex (ie. fear that asking for a condom suggests promiscuity or distrust, lack of skill to address partner resistance to safer sex behaviour, perceptions of "normal" sexual behaviour) Practice skills as needed
Provide opportunity to ask questions.	

