

Station 1

Instructions for Standardized Client

OPENING STATEMENT Note: To be said verbatim at the start of the station.

I'm in a new and serious relationship and I want to know more about safe sex.

INFORMATION PROVIDED TO EXAMINEE

20-year-old Carl Logan is at the physician's office. The client has questions about sexual health as they are in a new and serious relationship.

AIM FOR EXAMINEE

Examinee is to complete a history of the health concern, provide client teaching and respond to client's concerns.

KEY CONCEPTS FOR STANDARDIZED CLIENT

- SC to listen carefully to the examinee's question and only answer that question.
- SC to portray consistently all day (i.e., stay "fresh" & standardized in the delivery of answers).

DETAILS FOR STANDARDIZED CLIENT

You are Carl Logan, a 20-year-old who has just started a new same-sex relationship. You are worried about sexually transmitted infections and want to know more about how to protect yourself and your new partner. You have no signs or symptoms of infections.

BACKGROUND

Behaviour, Demeanor, and Appearance

Calm

Attire

Casual clothing; no logos

Starting Position

- Sitting on a chair

HISTORY OF PRESENT ILLNESS/PROBLEM

Client's Concerns

- You want to make sure you do not have an STI.
- You value your current relationship and want to keep you and your partner protected.

Current Symptoms

No symptoms

PAST MEDICAL HISTORY	
Nothing specific identified for this station	
ALLERGIES	
No allergies	
MEDICATIONS	
None	
FAMILY MEDICAL HISTORY	
Nothing specific identified for this station	
SOCIAL/PERSONAL HISTORY	
Occupation	Student
Relationship Status	New relationship for 2 weeks (have not had sex yet)
Children	None
Social Support	<ul style="list-style-type: none"> Your partner is Paul. You are close with your parents. You talk to them once a week. You came out as gay when you were 15, and you are very content with your sexual orientation.
Living Arrangements	You live alone in an apartment.
Alcohol	Social drinking (weekends)
Smoking	No
Recreational Drugs	None
Diet	Normal diet
Exercise	<ul style="list-style-type: none"> Gym 3 times per week for one hour Lift weights and do cardio on treadmill
Other	<p>Sexual History:</p> <ul style="list-style-type: none"> You have been dating Paul for 2 weeks but have not yet consummated the relationship (it is monogamous) If the examinee uses the term “girlfriend”, correct them by saying, “It’s not a girl.” Stick with the terms “my partner” or “they” rather than “boyfriend/he” until examinee elicits that it is a male partner. You were sexually active before this relationship started, so if the examinee asks if you are currently sexually active, answer: Yes, <i>I do have sex</i>. Last sexual activity: 1 month ago. Sexual partners always male.

- 2 sexual partners in past 6 months
- 4 sexual partners in past 12 months; knew some of the previous sexual partners and some were casual
- If asked how many partners total since you became sexually active, say: *I don't know, a few.*
- Have never used a condom; you think condoms are only used to prevent pregnancies
- First time having sex – at 16
- Have never had an HIV or STI test

Note:

- **If asked about any partner's past sexual history, answer:**
I don't know.
- **If asked what you know about HIV, answer:**
I know a little bit, but I want to know more about how to prevent it.
- **If asked if interested in testing, ask:**
Is that what I should do?
- **If asked about PrEP (pre-exposure prophylaxis) or PEP (post-exposure prophylaxis), answer:**
I've heard about those, but I don't know much.
- **If asked about contraceptives/birth control, answer:**
I don't need birth control.
- **If asked, "why not", tell them it is because you are in a same sex relationship.**
- **If asked about the type of sex you are engaging in, answer:**
I top and bottom.
- **If asked for further clarification, say that you engage in both giving and receiving. This includes oral and anal sex.**

“MUST ASK” QUESTIONS

At the 6-minute mark: *How can I protect myself from sexually transmitted infections?*

Note: If the examinee has already explained, ask: *So, can you tell me again, how can I protect myself from sexually transmitted infections?*

“MAY ASK” QUESTIONS

None

PHYSICAL EXAM

None

NOTES FOR STANDARDIZED CLIENT

- **PrEP (Pre-Exposure Prophylaxis)**
 - This is an HIV medication that you take before an exposure to prevent any possible transmission. It requires a daily pill and regular doctor visits and reaches maximum effectiveness within 7 days.
- **PEP (Post-Exposure Prophylaxis)**
 - This is an HIV medication that you take after you have had an exposure. It is taken within 72 hours of HIV exposure and involves taking 1 or 2 pills daily for 28 days. It is not 100% effective.

STANDARDIZED CLIENT RESPONSES

<i>If the examinee...</i>	<i>Respond by saying</i>
Asks for consent to complete a health history	<i>Yes.</i>
Stands too close to you, causing you to feel uncomfortable	<i>Please back away and don't stand so close.</i>
Attempts to touch you and the examiner does not intervene	<i>Please do not touch me.</i>

