



2.7.1 COMPREHENSIVE HEALTH HISTORY

POLICY:

A comprehensive health history must be collected and reviewed/updated annually and as appropriate for each client receiving Title X services. The comprehensive history for women and men includes health conditions to assess for contraception services, pregnancy testing and preconception care services, infertility services, sexual health, and related family planning services.

A health history also guides client education on individual risk reduction as a component of comprehensive primary care and client-centered care.

Each subrecipient is responsible for developing and maintaining updates to EMR templates to reflect the current standards of care.

The components of the health history below are comprehensive for the requirements of Title X programs. Client-centered care allows for agency staff to determine what components need to be addressed for each client that is served.

PROCEDURE:

Comprehensive history review should include:

Medications: Prescription, OTC and Supplements, Medicinal Cannabis

Allergies:

Primary care provider: Stressed by Quality Family Planning (QFP) to prevent duplication of services.

Past medical history: (conditions that could affect contraceptive choice or pregnancy)

Summary Chart of U.S. Medical Eligibility Criteria for Contraceptive Use. ([cdc.gov](https://www.cdc.gov))

Hospitalizations, surgeries, injuries: Listing any surgery will assess bleeding and anesthesia challenges.

- Bariatric surgery (MEC guidelines)

Family history: (Immediate or first-degree relatives, guides risk assessment and prevention counseling)

- Myocardial infarction, stroke, or thromboembolic disorder before age 50
- Thyroid disorders
- Genetic or chromosomal disorder
- GYN (breast, ovarian, uterine) and Colon cancer with risk assessment for
 - bilateral breast cancer in one or more female family members
 - multiple cases of breast cancer in the family
 - both breast and ovarian cancer in the family,
 - one or more family members with two primary cases of breast or ovarian cancer
- Familial GYN conditions (endometriosis, leiomyomas, delayed puberty, PCOS)
- Diabetes.
- High cholesterol
- Hypertension
- Mental illness
- Substance abuse

Effective Date: August 2023

Last Reviewed: June-July 2023

Next Scheduled Review: July 2024



OB/GYN/REPRODUCTIVE PLAN HISTORY:

Reproductive Life Plan: (Checkboxes could include:)

- No plans for pregnancy for several years
- Considering a pregnancy in 2-3 years
- Considering a pregnancy in the next year
- Currently ambivalent regarding pregnancy at this time
- Trying to conceive now
- Currently pregnant, or partner is currently pregnant
- No plans for future pregnancy
- Zika counseling done, as indicated

Gynecologic/Menstrual history:

- Age of menarche
- Date of last normal menstrual period
- History of menstrual problems (dysmenorrhea, hypermenorrhea, oligomenorrhea, polymenorrhagia, intermenstrual bleeding)

Pap history:

- Date and result of last Pap/HPV test
- Any abnormal Pap tests and follow up
- History of non-compliance with pap follow-up

Obstetrical history:

- Gravity, parity, number of abortions (spontaneous or induced), ectopic pregnancies, premature deaths, living children
- Date of last delivery and intervals between pregnancies, if relevant
- Breastfeeding status if relevant
- Complications of pregnancies
- Infertility or difficulty conceiving
- Prolonged time from discontinuing birth control to conceiving a pregnancy

For men:

- Partner pregnancy status or plans
- Parenthood status
- Urological conditions
- Infertility or difficulty conceiving



Contraceptive history:

- Current contraceptive method and satisfaction with the current method
- Previous contraceptive methods used
- Problems with past method(s)
- Review of available methods, including FABM, as indicated by client responses

Sexual Health Assessment:

Use the five “P’s” of sexual health counseling (partners, practices, protection from STIs, past history of STIs, and prevention of pregnancy) to guide the risk assessment and discussion.

[Sexual History Guide \(cdc.gov\)](#)

- Partners (male, female or both)
- Date of last sexual encounter or document no history of sexual activity
- Number of partners and any new partners in the last 90 days in the last year. (Lifetime partners no longer addressed in CDC references)
- Length of the current relationship.
- Sexual practices: (Vaginal, rectal, or oral)
- Gender and sexual orientation of sexual partners
- Known or suspected exposure to STD
- Current STI symptoms
- History of STI or PID
- Illness or evidence of STIs in recent partners
- Use of condoms to prevent STIs
- Date and results of last STD testing (CT, GC, HIV and Syphilis)

Additional information on sexual history taking is available at [Sexual Health and Your Patients: A Provider’s Guide | National Coalition for Sexual Health](#)

[Let’s Talk About Sex Getting a Comprehensive Sexual Health History \(ndhealth.gov\)](#)

The 2021 [Counseling, Testing & Referral Site Policy and Procedure Manual](#) also includes the following risk factors for STDs that can be assessed:

- Resident or staff of a correctional institute
- Client or partner use of IV drugs
- Client or partner use of non-injection drugs (intranasal cocaine, etc.)
- Sex while high or intoxicated
- Trading sex for drugs or money
- Multiple partners
- Anonymous partners
- Internet used to meet sex partners
- Tattoos or body piercing in unsterile environments
- Persons from areas of high prevalence of a type of STD



Gender affirmation: (as applicable)

Sex assigned at birth on your original birth certificate:

- Male
- Female

Sexual identity:

- Straight or heterosexual
- Lesbian, gay, or homosexual
- Bisexual
- Different identity (please state):

Current gender identity:

- Male
- Female
- Transgender male
- Transgender female
- Genderqueer/Gender-nonconforming
- Different identity (please state):

Sexual attraction to others:

- Only attracted to females
- Mostly attracted to females
- Equally attracted to females and males
- Mostly attracted to males
- Only attracted to males
- Not sure

Personal social history (as appropriate):

- Marital status
- Employment
- Education (currently in school)
- Social stressors since last exam

Substance use/abuse risk assessment with counseling/referral as indicated:

- Tobacco (smoking, vaping, chew, nicotine replacement use, secondhand smoke exposure)
- Alcohol (frequency, # of drinks, binge drinking, etc.)
- Drug use including route of use
- Prescription drug use/misuse/abuse
- Willingness to decrease use
- High risk behaviors with substance use
- History of substance use treatment



Psychosocial:

- Depression/suicide risk assessment
- Sexual orientation/gender identity
- Bullying/cyber safety
- Peer/intimate relationships
- Self-mutilation
- Adverse Childhood Effects (ACE) risks (eating disorders, molestation, cutting, etc.)

Intimate partner violence (IPV), Domestic violence (DV), and Human trafficking risks:

- History of physical, emotional, verbal, or sexual abuse, incest or molestation
- Assessment of safety in the current living situation
- History of counseling for abusive past
- Exchanged sex for money, housing, or drugs
- Ability to leave your job or work situation

Immunizations:

- MMR
- Tetanus and pertussis, (TDAP or TD as indicated)
- Varicella
- Hepatitis B
- Human Papilloma Virus
- Annual flu vaccine
- Other age-appropriate vaccines may be provided by subrecipients (COVID, Hepatitis A, dengue, etc.)

Review of systems (usually completed by clinician): Age, gender, and appointment appropriate.

- Constitutional (general health)
- Eyes, ears, nose, mouth, throat
- Cardiovascular (e.g., cardiomyopathy, myocardial infarction (MI), deep vein thrombosis (DVT))
- Respiratory (e.g., asthma, shortness of breath, TB)
- Gastrointestinal
- Genito-urinary (post-coital bleeding, dyspareunia, vaginal discharge, renal disease, urinary tract infection (UTI), gynecologic or urological symptoms)
- Musculoskeletal (e.g., arthritis or osteoporosis)
- Skin (changes in skin or moles, rashes, breast changes)
- Endocrine (e.g., thyroid problems, diabetes, gestational diabetes)
- Psychological (e.g., depression, diagnosed condition, symptoms)
- Neurological (e.g., headaches, epilepsy)
- Hematological/Lymphatic (e.g., anemia, hemoglobinopathies)



RESOURCES:

ND FPP Protocol Manual <https://www.hhs.nd.gov/cfs/family-planning/grantees>

[HIV.HCV CTR Program | Health and Human Services North Dakota](#)

[The Initial Reproductive Health Visit | ACOG](#)

[Well-Woman Visit | ACOG](#)

[Well-Woman Chart | WPSI \(womenspreventivehealth.org\)](#)

[Training Packages | Reproductive Health National Training Center \(rhntc.org\)](#)

[Coding Search | Reproductive Health National Training Center \(rhntc.org\)](#)

ND FPP Policy 2.7.7 Recommended Screening for Comprehensive Primary Health Care

[FPAR Search | Reproductive Health National Training Center \(rhntc.org\)](#)