

# Assessing Sexual Health in the Orthodox Jewish Patient

Modified PLISSIT model (Annon, 1976), A guide to taking a sexual history (CDC, 2005), and One Key Question (Oregon Foundation for Reproductive Health, 2102)

Sexual health assessment is important to your patients' overall health and wellbeing and should be included in every patient's initial visit, during routine preventive exams, and when you see signs of sexually transmitted diseases (STDs, CDC, 2005). This affords your patients the opportunity to discuss their sexual concerns and receive risk-reduction counseling from a trusted healthcare provider (HCP). This tool is intended for HCPs to use with their orthodox Jewish patients, a cultural group with unique sexual health practices and needs.

## 1. Permission/ Reassurance

"I would like to ask you a few questions about your intimate/ sexual health. These are important to your overall health and well-being. I ask these questions to every patient in my practice."

## 2. Partner:

"Are you married or in a relationship? Male, female or both?  
Have you had any intimate/ sexual experiences?"

No

Yes

## 3. STD Protection/ History

"Can you tell me about your intimate/ sexual relations?  
Partner(s)?"

## 2a. Engaged?

No

Yes

## 4. Sexuality: Pleasure, pain, cultural practice

Do you have any concerns or questions about intimacy/ sex?"

No

Yes

## 4a. Reassurance

Feel free to ask any questions in the future

5. Assess for underlying causes:  
structure, infection, dermatology, musculoskeletal, emotional, partner, medication, life stage, medical/ surgical history, abuse

## 6. Pregnancy/ Contraception

"Would you like to become pregnant in the next year? In the future?"

## 7. Limited Information/ Specific Suggestion

Educate about life stages, adverse effects of medications, sexual response cycle: desire, arousal, orgasm

Treat or refer to a sexual health specialist

Take time to reassure your patient that these are normal feelings  
Validate patient concerns  
Keep in mind Family Purity Laws and abstinence practices

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