Sexual health is a holistic concept that encompasses both prevention of sexually transmitted infection and patient satisfaction with sexual expression. Research indicates older adults continue to engage in sexual activity well into the eighth decade of life but may be less inclined to use barrier methods or obtain regular screening for STDS. When it comes to talking about HIV and sex with older adults, the topic is frequently deferred secondary to physician embarrassment or perceived lack of relevance to the patient’s chief complaint, propagating a continually unmet need for interventions concerning HIV prevention. The adaptation of the Ex-PLISSIT model as a sexual health survey is geared directly towards rectifying this inconsistency. Unlike the linear PLISSIT model, whereby practitioners progress from one level to the next, a key element of Ex-PLISSIT is “Permission-giving” as a core feature of each stage. Presented here are the outcomes of a study conducted at an ambulatory internal medicine office, the primary aim of which was to measure the effects of using the Ex-PLISSIT model as a sexual history questionnaire on HIV testing in patients 50 years and older.

**OBJECTIVES**

- Measure the effects of using the Ex-PLISSIT model as a sexual history-taking guide on 1) rates of HIV testing in patients 50 years and older as compared to the same timeframe of the previous year and 2) the number of times a patient 50 years and older had specific questions regarding sexual health
- Improve provider comfort level when initiating a dialogue about sexual wellness with older patients

**METHODS**

**Sexual Health Questionnaire:**

- Administered to every patient who met inclusion criteria (50 years of age and older who presented to the ambulatory Internal Medicine office at PCOM and Roxborough Memorial Hospital between February 1st, 2017 - April 15th, 2017)

  1. Do you have any questions regarding sexual health that you would like to discuss with your doctor today?  
     - [ ] Yes  
     - [x] No

  2. Would you like to be tested for HIV today?  
     - [ ] Yes  
     - [x] No

  3. Please write your age:

  4. Please circle the Race/Ethnicity that best describes you:  
     - [x] African American  
     - [ ] Caucasian  
     - [ ] Pacific Islander  
     - [ ] Asian American  
     - [ ] Native American  
     - [ ] Other

  5. Please circle the gender with which you best identify:  
     - [x] Male  
     - [ ] Female  
     - [ ] Transgender (Male → Female, Female → Male)

**Retrospective Chart Analysis:**

- Conducted to assess how many patient encounters with older adults (50 years and older) between the dates of February 1st, 2016 and April 15th, 2016 resulted in an ordered HIV test.
- Redundant patients with multiple visits were not excluded, as sexual behavioral risk factors may have changed in between visits.

**CONCLUSIONS**

- As the study demonstrates, in comparison to the non-surveyed group, patients who were asked about sexual health and HIV screening using the Ex-PLISSIT model were 2.6 times more likely to receive an HIV test.
- None of the survey respondents endorsed specific concerns to their provider about sexual health.
- It would be highly beneficial to expand the Ex-PLISSIT model of sexual history taking to multiple primary care centers to better assess older patient attitudes about their providers’ approach to their sexual wellness, or to identify which practices may need to improve their approach to sexual health discussions with older patients.