

## 5.7 Abstinence

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DEFINITION	Abstinence may be defined in a variety of ways, including the following: <ul style="list-style-type: none"><li>• Refraining from all sexual behavior.</li><li>• Refraining from behavior involving genital contact.</li><li>• Refraining from penetrative sexual practices.</li></ul>
SUBJECTIVE	<ol style="list-style-type: none"><li>1. Motivation and desire to practice abstinence as defined by client.</li><li>2. Comprehensive health history according to Title X guidelines.</li></ol>
OBJECTIVE	<u>May include:</u> <ol style="list-style-type: none"><li>1. Blood pressure.</li><li>2. Height/weight.</li><li>3. Physical exam as required by Title X.</li></ol>
LABORATORY	<u>May include:</u> <ol style="list-style-type: none"><li>1. Pap test according to protocol (p 15.3).</li><li>2. Hemoglobin/ hematocrit prn per protocol.</li></ol>
ASSESSMENT	Client desires to practice abstinence.
PLAN	<ol style="list-style-type: none"><li>1. Provide support and counseling for the patient's choice of abstinence.</li><li>2. Return to clinic for follow-up evaluation, prn problems, or as designated by clinician.</li></ol>
CLIENT EDUCATION	<ol style="list-style-type: none"><li>1. Provide written information specific to abstinence including use, effectiveness, benefits and risks.</li><li>2. Provide information regarding sexually transmitted diseases (STIs), including risk reduction of STIs and pregnancy.</li><li>3. Counsel regarding commitment to abstinence and importance of back-up method.</li><li>4. Provide client education and counseling to adolescents according to state Administrative Clinical Manual (Adolescent Services p. 10.1-1).</li></ol>
REFER TO PHYSICIAN	

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