

**Sexual Health History in Patient Care: Quality Improvement**

Tinlee Shepherd

Lakeview College of Nursing

N434: Evidence-Based Practice

Professor Whisman

June 14, 2025

## **Quality Improvement**

The concept of quality improvement utilizes evidence-based data to evaluate and improve outcomes in a specific field or setting (QSEN, 2020). Quality improvement is noted as the fourth competency of the Quality and Safety Education for Nurses organization, or QSEN (QSEN, 2020). QSEN prioritizes quality improvement in the healthcare setting for a multitude of reasons. The personal health outcomes and experiences of patients and healthcare staff can be constantly improved and expanded on by using quality improvement to identify and alter evidence-based practice (QSEN, 2020). Effective history taking is just one aspect of the healthcare setting that may be improved upon by utilizing quality improvement. Without proper conduction of a health history, pertinent information relating to a patient's health outcome may be overlooked. Specifically, history relating to sexual health is oftentimes not collected properly resulting in adverse health outcomes for patients. This writing will include a thorough discussion on the topic of sexual health history taking by examining the following article.

## **Article Summary**

According to Maslow's hierarchy of needs, sexual function is considered a physiological need, placing it at the base of the pyramid (Maslow, 1943). However, the topic of sex and sexual health is widely regarded as uncomfortable or taboo. This article, "Sexual health in patient care: shortcomings in medical training and experienced barriers in sexual history taking," examines the current viewpoints and beliefs of medical residents on sexual history taking in the clinical setting and how this may affect the health outcomes of patients (Bogaert & Roels, 2025). The study was conducted by surveying 167 medical residents at KU Leuven medical school in Belgium (Bogaert & Roels, 2025). The participants were asked to complete an online

questionnaire that included questions regarding sexual history taking and other related topics (Bogaert & Roels, 2025). The results of the study show a clear lack of medical training in the area of sexual history taking. Discomfort and lack of adequate training stands out as driving factors for the lack of effective health history collection by the participants (Bogaert & Roels, 2025). Quality improvement in relation to sexual health history taking could improve the confidence and understanding of medical staff as well as decrease the occurrences of adverse health outcomes in patients.

## References

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