

STI Case Studies

Objective: Participants will describe STI symptoms and consequences.

Structure: Small group.

Time: 25 minutes.

Materials: “STI Case Studies” handout.

Procedure

1. **Divide** participants into groups of 4 – 5 people. Give each group a copy of the “STI Case Studies” handout. Explain the group assignment:
 - Read the case studies.
 - Complete the worksheet by using the Internet, resources in the library, or fact sheets/pamphlets (call your local public health unit or planned parenthood affiliate for copies).
2. **Discuss** group work on the case studies, and correct any misconceptions (answer key provided).
3. **Conclude** by pointing out that many STIs are quite serious. While some STIs are curable, others are not. The best thing to do is to prevent getting an STI in the first place. The only 100% effective method of prevention is to abstain from intercourse. Engaging in lower risk sexual activities decreases risk. If having sex, condoms should be used each and every time.

(Adapted with permission from: Planned Parenthood Federation of Canada (2001) *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*. Ottawa: Author.)

Handout

STI Case Studies

A. Chris and Pat

Chris and Pat had been attracted to each other for a long time. When they finally began to date, things moved very quickly and they decided to have sex. Almost a month after having sex with Chris, Pat developed small, fluid-filled blisters on his genitals.

1. What should Pat do?
2. Which STI might Pat have?
3. How can this STI be treated?
4. How can Chris be protected from getting this STI?

B. Laura and Shane

Laura and Shane have dated throughout high school. They love and care for each other very much. One evening, Laura told Shane that she had an abnormal Pap test and may have HPV.

1. What symptoms might Laura experience?
2. What are the consequences of HPV?
3. How can Shane protect himself from getting HPV?

C. Greg

Greg was excited to go away to university. At university, he began to visit a local bar on weekends. One night, Greg went home with someone he had just met at the bar and they had intercourse. A few weeks later, Greg experienced pain with urination and discharge from his penis.

1. What should Greg do?
2. What STI might Greg have?
3. How can this STI be treated?
4. What will happen if Greg does not get treated?

D. Karen

Karen had a crush on someone she worked with at her part-time job. They dated a couple of times and then one night they had intercourse. A few weeks later, after a full gynecological examination by her doctor, Karen found out she had chlamydia.

1. How is chlamydia treated?
2. What symptoms might Karen have?
3. What are the consequences of chlamydia if left untreated?

Answer Key

Case Studies

Chris and Pat

1. Pat should seek assistance from a health care provider (at an STI clinic or physician's office).
2. Herpes.
3. There is no cure for herpes. Medication can be used to heal sores more quickly and to reduce the multiplication of the virus.
4. Condoms provide some protection but they do not protect all of the skin that touches during intimate contact. Pat should not have intercourse when sores are present or at the first signs of an outbreak (tingling or redness in the usual attack area). Pat may have been infected by Chris or by a previous partner.

Laura and Shane

1. Small, cauliflower-like warts on and around the genitals—sometimes there are no symptoms
2. HPV can be passed on to other sexual partners and can increase the risk of cervical cancer.
3. Shane has likely been infected. Condom use is not always helpful in preventing transmission. Condoms provide some protection but they do not protect all of the skin that touches during intimate contact. Having warts removed will decrease the virus particles on the skin. Laura should get regular pap smears.

Greg

1. Greg should seek assistance from a health care provider (at an STI clinic or physician's office).
2. Gonorrhea or chlamydia.
3. Antibiotics.
4. If left untreated, Greg may transmit gonorrhea/chlamydia to his other sexual partner(s) or become infertile.

Karen

1. Antibiotics cure chlamydia.
2. Discharge from genitals, burning or pain while urinating, unusual bleeding from the vagina, pain in the pelvic area. Often there are no symptoms.
3. Can cause pelvic inflammatory disease and infertility.