

# Primary Care for People Engaged in Sex Work

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8/1/24

# Disclosures

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No conflicts of interest or relationships to disclose

# Disclaimer

Funding for this presentation was made possible by 1 TR7HA53202-01-00 from the Human Resources and Services Administration HIV/AIDS Bureau. The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government. *Any trade/brand names for products mentioned during this presentation are for training and identification purposes only.*

# SHE Clinic



Photo by Tess Riski

# Women of North Aurora

## Qualitative interviews of exchange sex workers on North Aurora, 2014

- All surveyed were opiate dependent
- Nearly all did not have medical home/PCP
- Prior interactions with healthcare system were felt to be judgmental and stigmatizing

# Women of North Aurora

## Medical needs assessment performed in 2017

- Most of the women surveyed wanted full primary care
  - Contraception
  - Vaccines
  - Cancer screening
  - Mental health care
  - Buprenorphine-naloxone
  - STI testing/treatment
  - HIV testing
  - HCV testing and treatment
- Most had not heard of PrEP

# S.H.E. Clinic

- July 2018, walk-in low barrier care
- Harm Reduction, Trauma Informed
  - STI testing/treatment
  - Rapid HIV testing
  - PrEP/PEP
  - GYN care/contraception
  - MAT for OUD
  - HCV treatment
  - Wound care
  - Referral to specialty care
  - Referral for prenatal care
  - Companionship

# Things they wish we did/didn't do...

- Provide a warm and inviting approach. Treat each encounter as a potential step toward improving their health.
- Give patients space to tell their story. Don't press for information and try to minimize the need for them to repeat what is already in the medical record.
- Offer care that is individualized, supportive, non-judgmental. Focus on risk reduction. Avoid adding labels like "sex worker" to the chart.
- Emphasize the patient's control over any examination and care. Offer options. Only touch when needed for an exam with clear and ongoing consent.
- Don't appear shocked or disgusted.
- Learn to recognize trauma responses. Attend to person's safety throughout the encounter.



# FIGHT



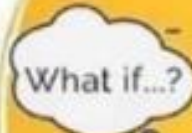
Sympathetic NS

- irritability
- anger
- aggression
- moving toward



# FLIGHT

Sympathetic NS



- anxiety & fear
- panic
- avoiding
- chronic worry
- perfectionism



## TRAUMA RESPONSES

# FREEZE

Dorsal Vagal



- stuckness
- collapse
- immobilization
- spacing out
- dissociation
- depression
- shame



# FAWN\*



- people-pleasing
- avoiding conflict
- prioritizing others needs over own
- difficulty saying "no"
- setting boundaries is hard



# Acknowledgment

This Mountain West AIDS Education and Training (MWAETC) program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of award 1 TR7HA53202-01-00 totaling \$2,982,063 with 0% financed with non-governmental sources.

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