

Motivating patients diagnosed with chlamydia to notify sexual partners is vital to ensure your patient isn't reinfected and to prevent serious sequelae. Professor Jane Tomnay has provided some practical tips for how you might encourage patients to notify partners.

1 It is important to reduce feelings of stigma for your patient. You can normalise discussions about sexual partners and explain why you need to discuss this. You might say:

“It's **standard procedure** in this clinic to enquire about all partners. We ask all our patients in sexual health consultations these questions **because it's important.**”

2 Provide the facts. Clearly explain that chlamydia is a sexually transmitted infection, and what that means:

“Chlamydia is an infection that is transmitted from one person to another during sexual activity. At least one of your sexual partners now or in the past will have had chlamydia. This is a scientific fact because **we know that you have acquired this infection from someone.**”

3 Let patients know chlamydia is **usually asymptomatic**, and what this means for partners:

“Some people with chlamydia don't know that they have it, as most people don't have any symptoms. If you don't tell your partner, they may not get tested. This can lead to some serious health consequences for them, and they may unknowingly pass it to another partner. You might have acquired chlamydia from someone who didn't know they had it.”

4 Highlight the **benefits and importance** of partner notification:

“We know that people with chlamydia who are diagnosed and treated early can avoid serious health consequences and won't pass the infection on to another person.
Once treated, you won't have to worry about passing chlamydia to anyone else.”

5 If the index patient has a current sexual partner, tell them it is likely this partner also has chlamydia. Reiterate that if they don't notify them, **they may be reinfected**:

“If you have a current partner, **it is likely they have chlamydia too.** If you don't tell them and they don't get treated, you are very likely to get infected again.”

For more information on partner notification, as well as all other aspects of chlamydia management, see the Management of Chlamydia Cases in Australia (MoCCA) study website:

www.mocca.org.au