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Chlamydia

Patient name: _____

Admission: _____

NRS
DATE INITIAL

I. The client/caregiver can define chlamydia.

- A. It is a sexually transmitted disease caused by the bacterium *Chlamydia trachomatis*.
- B. It can infect both men and women.
- C. It can damage female reproductive organs, including cause infertility. Men rarely have complications.
- D. The bacteria infect the cervix and urethra and can spread to fallopian tubes.
- E. Chlamydia can infect the rectum. Even mouth and throat infection can occur if having oral sex with infected partner.
- F. Testing for chlamydia is done by obtaining cultures of cervix or penis.

II. The client/caregiver can list symptoms of chlamydia.

- A. This is a “silent” disease because the majority of infected people have no symptoms.
- B. If symptoms appear, they will show within 1 to 3 weeks after exposure.
- C. Symptoms for women
 - Abnormal vaginal discharge
 - Burning sensation when urinating
 - Lower abdominal pain
 - Low back pain
 - Nausea
 - Fever
 - Pain during intercourse
 - Bleeding between menstrual periods
- D. Symptoms for men
 - Discharge from penis
 - Burning sensation when urinating
 - Burning or itching around opening of the penis
- E. Even mouth and throat infection can occur if having oral sex with infected partner.
- F. If rectal infection, rectal pain, discharge, or bleeding may occur.

III. The client/caregiver can list treatment options.

- A. Antibiotic therapy is administered.
- B. Sex partners of infected person should be evaluated, tested, and treated.

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- C. Infected persons should abstain from sexual intercourse until they and their sex partners have completed treatment.
- D. Retesting can be considered 3 to 4 months after treatment.

IV. The client/caregiver can describe preventive measures.

- A. Abstain from sexual contact.
- B. Be in a long-term mutually monogamous relationship.
- C. Have correct and consistent use of latex male condoms.
- D. Have annual screening for sexually active women 25 years of age or younger.
- E. Have annual screening for women with new sex partner or multiple sex partners.
- F. All pregnant women should be screened.

RESOURCES

Community Health Clinic

Healthy People 2010

www.health.gov/healthypeople

Centers for Disease Control and Prevention

www.cdc.gov/std/

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