 Reasons for increasing Nurse Led Services

• The advent of HIV and the dramatic increase in all sexually transmitted infections (STIs) over the last ten years have focused attention on clinics’ abilities to deliver.

• An important change to practice was the advent of new technology allowing asymptomatic screening for gonorrhoea and chlamydia on a first-catch urine sample.

• Many nurses are trained in contraception and family planning issues, and can readily provide a comprehensive service for those with mixed demands.

• Engaging skilled nurses in more responsible and professional roles greatly enhances their enthusiasm and job satisfaction. (O’Mahony BJSM 2007 Vol 30 No 1)
Before January 2004

- Few Nurse led services
- No Nurse Practitioners - Gynae/GUM
- No designated support for HIV patients
- No designated person for Termination of Pregnancy Services
INTEGRATION AND MODERNISATION OF SERVICES

(MARRIAGE MODEL)

• Review of skill mix
• Review of clinic visit processes
• Offering HIV tests
• \( \downarrow \) routine Microscopy
• \( \downarrow \) Follow-up patients (0.62) (was 1:16)
• No Follow-up for BV and Thrush
• Results (text/ letter/ no news)
• Partner notification standardised
• Target Groups
• New diagnostic techniques (NAATS)
• KC 60 Coding
Aims

- ↓ Transmission of HIV and STI’s
- ↓ In the prevalence of undiagnosed HIV and STI’s
- ↓ In unintended pregnancy rates
- ↑ In Health and Social Care for PLWA
- ↓ In the stigma associated with HIV and STI’s
Proposed Standards for Sexual Health Services Wales

- Standard 1: Sexual Health Networks
- Standard 2: Sexual Health Promotion
- Standard 3: Sexually Transmitted Infections
- Standard 4: Contraceptive Care
- Standard 5: Abortion Services
- Standard 6: HIV and AIDS
- Standard 7: Psychosexual Services
Four Domains

• The Patient Experience
• Clinical Outcomes
• Healthcare Governance
• Public Health
“ZIPPER” MODEL FOR INTEGRATING SEXUAL HEALTH

GUM
- HIV
- Syphilis
- Recurrent HSV
- Training
- Symptomatic

EXTENDED SERVICES
- PID
- HSV
- GC
- Warts

SEXUAL HEALTH AND REPRODUCTIVE HEALTH
- Medical Gynae/menopause
- USS
- T.O.P’s
- Complex contraception
- Training
- Hysteroscopy

S+RH
- Implanon
- IUCD
- T.O.P. outpatients
- Nurse Prescribing/Independent Prescribing

UNIFIED SERVICE PROVISION
- STI SERVICES
- CONTRACEPTION
- UNPLANNED PREGNANCY
- PATIENT GROUP DIRECTIONS

COMPLEX
NURSE LED SERVICES

- GUM NURSE PRACTITIONERS
- CLINICAL NURSE SPECIALIST (HIV)
- SEXUAL HEALTH ADVISERS
- FAMILY PLANNING NURSES
- GYNAE NURSE PRACTITIONER (TOP)
GUM NURSE PRACTITIONERS

- Take sexual history
- Undertake examination and collection of swabs
- PN for NSU, Trichomonas
- Advice for all STI’s
- Diagnose conditions
- Supplementary /independent prescribing
  - telephone
- Triage
  - Person
GUM NURSE PRACTITIONERS

• CX Smears
• Vaccinations, venepuncture, pregnancy tests; urinalysis / MSU/ EHC
  Advice to GP’S/ SHO’S/Practice Nurses
• Referral for Termination of Pregnancy (TOP)
• Prison Service
• Safe sex advice (H.P) HEALTH PROMOTION
• Treatment for genital warts
• Pre-test counselling for low risk / HIV (High risk if Health Adviser trained)
• Teach students (pre/post/grad)
FUTURE PLANS

- PGD’s for all contraception except implanon
- More generic Nurse Practitioners – all Health Adviser trained
- All Nurse Practitioners dual trained in GUM / Family Planning
- All nurses trained to STIF/RCN Sexual Health Skills or equivalent
- Specific wart treatment clinics
FUTURE PLANS

- Fast Track minimum screen clinics
  - Triage
    - Questionnaire
  - Chlamydia
  - Gonorrhoea
  - STS
  - HEP B
  - HIV

Initially by trained Nurse but by Health Care Support Worker when fully trained.
CURRENT EXCLUSION CRITERIA FOR NURSE PRACTITIONERS

• Under 16’s ? Future under 13’s
• Sexual Assault ➔ Nurse led – (Sexually Assault referrals centred (SARC) Opening December 2007/January 2008
• PID – Second Opinion
• Testicular pain – Second Opinion
• Pregnancy – Second Opinion
• Ulceration – Second Opinion
CLINICAL NURSE SPECIALIST (HIV)

- Co-ordinates care

Dietician
Community Psychiatric Nurse
Social Worker
Pharmacist
Ante Natal Screening Midwife

- Fastrack clinics for HIV testing only (Health Adviser trained)
- Adherence clinics in conjunction with Pharmacist
- Advice and support
- Monitoring / medication clinics (home delivery)
- On call advice during working hours by mobile phone
- ECG/Exercise tests

FUTURE PLANS
- Clinical Assessor
- Supplementary/Independent prescribing
- Lipid Clinics
- Joint Adolescent Clinic with UHW
- Joint Family Clinic
SEXUAL HEALTH ADVISERS

• High risk
  Pre post test
  Counselling for HIV

• Partner notification for :- Chlamydia, HIV, Hepatitis, Gonorrhoea and Syphilis

• Safe sex information

• Behaviour modification

• Advice re: vaccines etc

• Sexual Assault
SEXUAL HEALTH ADVISERS

- Giving positive results
- Worried well
- Young people (under 16’s)
- Child protection/vulnerable adult issues
- Teaching in house /externally/nationally
- Health Protection e.g. Mardi Gras
  - Sauna
- Project work
  - Airport
  - Education and Primary Care
- Prison – Detox Unit

ongoing education programme

- HIV
- STI’s Safe Sex
- Hepatitis
- Safe drug using
SEXUAL HEALTH ADVISERS

FUTURE PLANS

• More collaborative working with Primary Care
• Community Health Adviser to Co-ordinate PN in Level 1 and 2
• More outbreak work e.g. Sexual Health Promotion
• Motivational and interviewing
FAMILY PLANNING NURSES

- Prescribe contraception
- EHC
- Obtain swabs for Chlamydia/Gonorrhoea/BV and Thrush
- Safe sex advice
- Referral for termination of pregnancy
- Cervical Cytology
- Implanon insertion/removal
- Chlamydia treatment and simple partner notification
FAMILY PLANNING NURSES

FUTURE PLANS

• Increase number of nurses who insert/remove implanon
• Increase number of nurses who fit coils
• NAATS Testing - SEPTEMBER 2007
• STI treatments - SEPTEMBER 2007
• STIF – RCN Sexual Health Skills trained
• Co-ordinator of partner notification
GYNAECOLOGY NURSE
PRACTITIONERS
TERMINATION OF PREGNANCY

- Takes history
- Undertakes counselling
- Provides information on
  Gonorrhoea
  Chlamydia

- Deals with referrals in outpatients department
- Takes swabs for sexually transmitted diseases
- Performs ultrasound scans
- Organises procedures
- Refers patient to doctors when necessary
- Deals with:
  Medical Termination of Pregnancy
  Suction Termination of Pregnancy
TERMINATION OF PREGNANCY

- Any women over 16 weeks are referred to British Pregnancy Advisory Service
- 10% Complication rate
- 10% Evacuation of retained products of conception
- 10% Infections
FUTURE PLANS

• Patient group direction in termination service

• Move ultrasound scanning over completely

• Provide care for over 16/40 gestation in Cardiff and Vale

• Home procedure