

# Barns Medical Practice Service

## Specification Outline: Sexual Health

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DEVELOPED June 2017

REVIEW DATE June 2019

### Introduction

Sexual health screening is important as sexually transmitted infections can lead to more serious complications such as pelvic inflammatory disease and infertility in females. Men can experience complications such as infection of the testicles (orchitis). It is important to treat sexually transmitted infections to prevent spread of infection

The practice can offer details of how to arrange full STI screening through the sexual clinic .The sexual health clinic is run at North Ayr Health Centre and has drop in sessions as well as pre-booked appointment for opening times etc follow this link [www.shayr.com](http://www.shayr.com)

Testing can also be carried out in the practice but for certain STIs immediate testing available at the sexual health clinic is more reliable. A longer appointment is needed for a sexual health screen in the practice and is usually carried out by a member of the nursing team.

### Diagnosis

In women, symptoms of STI include vaginal discharge, irregular vaginal bleeding and pelvic pain. Men may experience pain on passing urine, inflammation of the tip of the penis or penile discharge. Infections can often be asymptomatic.

Screening asymptomatic patients is appropriate if a partner has tested positive for an infection or if an individual has any concerns that they may have been exposed to an STI.

Infections are diagnosed from vaginal swab in women and urethral swab and urine sample in men. For Chlamydia and gonorrhoea testing women can perform a self taken swab and it can be tested from a urine sample in men. Blood borne virus screening can also be offered within the GP surgery to help identify those exposed to Hepatitis B , C and HIV.

Treatment is with an antibiotic appropriate for the infection identified and those identified as having a blood borne virus will be referred appropriately to the infectious disease team at the hospital

### Resources for Staff and or Patients

Sexual health Ayrshire – [www.shayr.com](http://www.shayr.com)

Contact number for sexual health clinic – 01294 323226

<http://www.patient.co.uk/health/sexually-transmitted-infections-leaflet>

## Staff involved and training required

Practice nurses and GPs are able to carry out consultations regarding sexual health and arrange appropriate investigations. The clinical staff has undertaken a variety of training in issues of family planning and sexual health. In order to arrange an appointment with the most suitably trained health professional the reception staff may enquire regarding the nature of your visit.

### **REFERENCES**

1. The Faculty of Sexual and Reproductive Health <https://www.fsrh.org/home/> (accessed 5/6/17)
2. UK national evidence- based guidelines on sexual screening and management <https://www.bashh.org/guidelines> ( accessed 5/6/17)