



Solent
NHS Trust



Honesty



Everyone counts



Accountable



Respectful



Teamwork

Solent Sexual Health Services

Cheryl Bleach
Lead Nurse for Safeguarding
Sexual health services and SARC





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What to expect

- Service overview
- Geography
- Let's talk about it
- Contraception (LARC)
- Emergency Contraception
- Specialist clinics
- Digital innovation
- Professional referral and pathways
- Changes post COVID 19

Sexual Health Services

All forms of Contraception – stable clients returned to GP- 12months supply OCP

All forms of Genito-Urinary Medicine

HIV care

Vasectomy

Termination of pregnancy

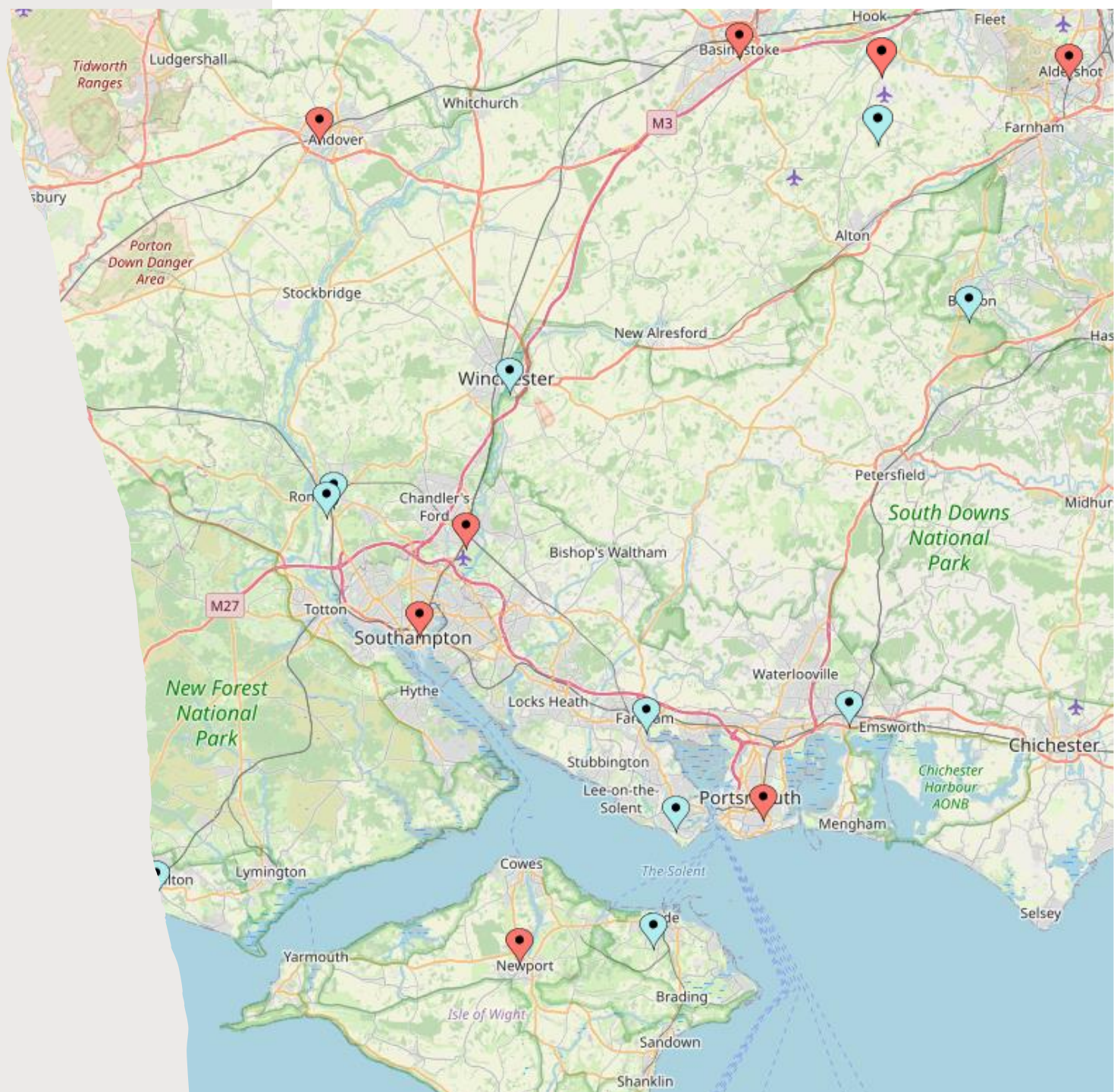
Psychosexual Counselling



Outreach and Health Promotion

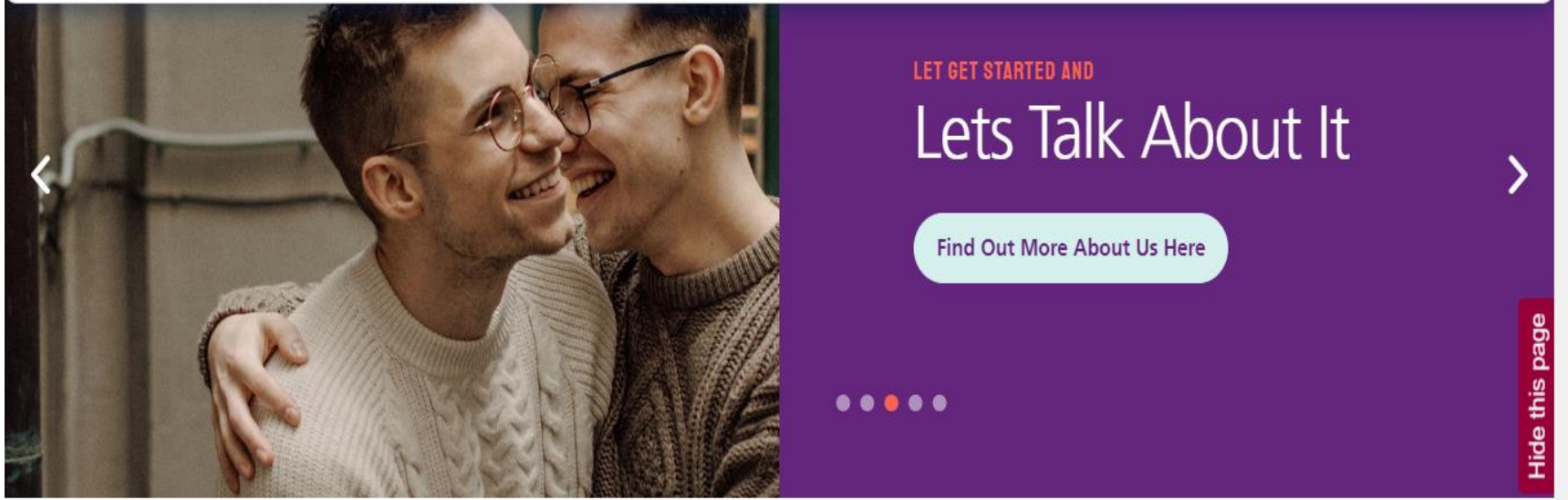
Self Help via website

Sexual Assault Referral Centre – Treetops

Hub and spoke model



-  Hub
-  Spoke



LATEST

Clinic Notifications

Bordon, Chase Community Hospital There will be no Young Person's walk in Bordon Chase Hospital Clinic on Weds 25/01/23 Pre-existing appointments are not affected and See There will be no Young Person's walk in Bordon Chase Hospital Clinic on Weds 25/01/23 for Bordon, Chase

Service website

Let's talk about it

Contraception

Contraception is used to prevent an unplanned pregnancy.

Some of the things you might want to think about when choosing your contraception are:

- How contraception will suit your lifestyle.
- Whether you want to use the method every day, every time you have sex or less often.
- Whether you want to become pregnant soon, many years away or not at all.

There are several different types of contraception that can prevent an unplanned pregnancy. The Contraception Choices website provides honest information to help weigh up the pros and cons.



[What's right for me? Contraception Choices](#) 

If you would like to order condoms by post, you will need to create an account using our

Contraception

- Condoms
- Get It On Condom Card
- Vasectomy Services
- Fit & Forget Contraception
- Portsmouth Pharmacy Pilot

Hide this page

 Need help? 



Fit & Forget Contraception

also known as LARC (Long-acting reversible contraception).

Contraception doesn't have to be about remembering to take the pill every day.

Here are a few options worthy of a closer look, including the **what, how, benefits and pre-conceptions**.



Contraception

- Condoms
- Get It On Condom Card
- Vasectomy Services
- Fit & Forget Contraception
 - Coils (intrauterine contraception)
- Portsmouth Pharmacy Pilot

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Benefits of fit and forget contraception



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Long-acting reversible contraception aka: LARC



Injection

13 weekly IM injection in clinic or
Sayana Press self administered
Subcutaneous injections at home



Implants

Sub dermal implants fitted in clinic, most
effective form of contraception, 0.05% of
users have an unplanned pregnancy.
Last for 3 years.



Coils

IUD-Copper coils, no hormones, 5-10
years and also can be used as
emergency contraception. 99.9%
effective.

IUS- Progesterone containing coils, 3-6
years, can also reduce menstrual loss as
well as highly effective contraception. <1
in 100 Pregnancy risk.

The most effective method of EC and should be considered by ALL women who have had UPSI and do not want to conceive.

- The only method of EC that is effective after ovulation has taken place (but is inserted well before the earliest likely date of implantation so that it does not disrupt a pregnancy that has already implanted).
- Can be inserted for EC within 5 days after the first UPSI in a cycle, or within 5 days of the earliest estimated date of ovulation, whichever is later.
- Has the advantage of providing immediately effective ongoing contraception.
- Is not known to be affected by body mass index (BMI)/weight or by other drugs

Emergency contraception: The Cu-IUD



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Consider UPA-EC as first line oral EC if UPSI taken place during 5 days before estimated date of ovulation

If BMI >25 or weight >70kg – use UPA-EC or double dose (3mg) LNG-EC

Women on LEI should have Cu-IUD or 3mg LNG-EC (double dose of UPA-EC not recommended)

Quick starting contraception – immediately if using LNG-EC or start after 5 days if using UPA-EC

Levonorgestrel= LNG- EC

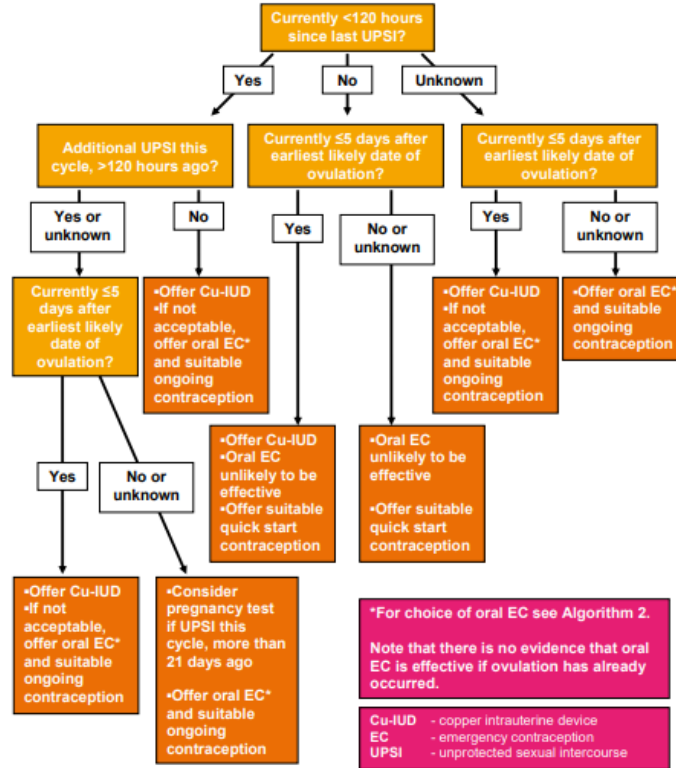
Ulipristal acetate= UPA- EC

EHC - Emergency hormonal contraception

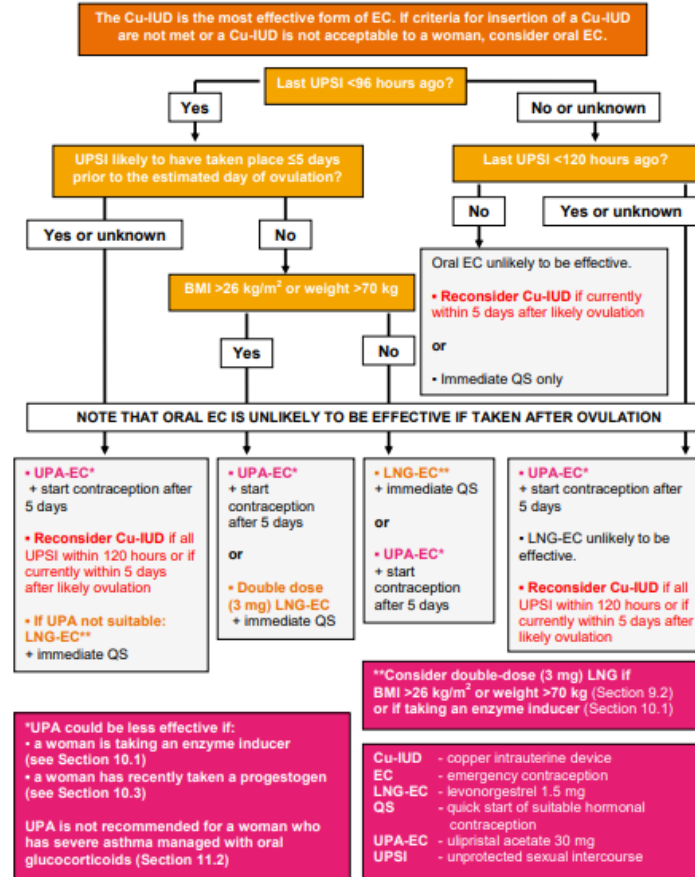


Decision-making Algorithms for Emergency Contraception

**Algorithm 1: Decision-making Algorithm for Emergency Contraception (EC):
Copper Intrauterine Device (Cu-IUD) vs Oral EC**



**Algorithm 2: Decision-making Algorithm for Oral Emergency Contraception (EC):
Levonorgestrel EC (LNG-EC) vs Ulipristal Acetate EC (UPA-EC)**



**Consider double-dose (3 mg) LNG if BMI >26 kg/m² or weight >70 kg (Section 9.2) or if taking an enzyme inducer (Section 10.1)

*UPA could be less effective if:
 • a woman is taking an enzyme inducer (see Section 10.1)
 • a woman has recently taken a progestogen (see Section 10.3)
 UPA is not recommended for a woman who has severe asthma managed with oral glucocorticoids (Section 11.2)

Cu-IUD - copper intrauterine device
 EC - emergency contraception
 LNG-EC - levonorgestrel 1.5 mg
 QS - quick start of suitable hormonal contraception
 UPA-EC - ulipristal acetate 30 mg
 UPSI - unprotected sexual intercourse

Professional referrals and pathways

The screenshot shows the 'Exit Professionals' section of the NHS Solent website. The header includes the 'lets talk about it' logo, a 'Home' button, and navigation links for 'Contraception Guides', 'Network & Training', 'Referrals', 'Pathways & Models', and 'More...'. The NHS Solent NHS Trust logo is in the top right. The main content area features a photograph of two women, one holding a smartphone. To the right of the photo is a purple box with the text: 'WELCOME TO THE SOLENT SEXUAL HEALTH PROFESSIONALS SECTION', 'For Professionals', and 'We have a range of resources, information, signposting and training available on this section of the website.' A vertical red button on the right edge of this box says 'Hide this page'. Below the photo and purple box, there are two columns of text: 'The Sexual Health Promotion Team at Solent NHS Trust regularly update this section of the website to bring you our latest training, resources, information and knowledge/signposting to support' and 'For more resources and information about Relationships and Sex Education click on the button below'. A 'Need help?' chat button is located in the bottom right corner.

lets talk about it Home Contraception Guides Network & Training Referrals Pathways & Models More... NHS Solent NHS Trust

Exit Professionals

WELCOME TO THE SOLENT SEXUAL HEALTH PROFESSIONALS SECTION

For Professionals

We have a range of resources, information, signposting and training available on this section of the website.

Hide this page

The Sexual Health Promotion Team at Solent NHS Trust regularly update this section of the website to bring you our latest training, resources, information and knowledge/signposting to support

For more resources and information about Relationships and Sex Education click on the button below

Need help?





Exit Professionals

If you need clinical advice about a patient you are providing care for, please email **SNHS.SexualHealthAdvice@nhs.net** and one of the team will contact you within 2 working days.

To refer a patient into Sexual Health:

1. Use the [referral form here](#) to refer to the following services:

- **Sexual Health Promotion (1:1 Support)**
- **Psychosexual Counselling team**
- **Outreach Nurse**
- **Sexual Assault Referral Centre (SARC) (non urgent only)**
- **Complex Sexual & Reproductive Health**
- **HIV Referrals (non urgent only)**

2. Complete all relevant sections and email to Snhs.sexualhealthreferral@nhs.net

Referrals

- Outreach Nurse Referral
- Psychosexual Referral
- Sexual Assault Referral
- Sexual Health Promotion (1:1 Support) Referral
- Vasectomy Referral
- Complex Sexual & Reproductive Health Clinic Referral
- HIV Referrals

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Need help?



Referrals to sub teams within the service



TULIP
Clinic



ROSE
Clinic



SHIELD
Clinic



Clinic
Xtra

Digital innovation

- Online testing since 2015
- Online booking
- Patient Health Record (PHR)
- Health promotion via social media platforms including:
 - TikTok
 - Twitter
 - Grinder/Tinder via THT
 - Facebook
 - Instagram

Resources

- Contraception choices- pros and cons: [What's right for me? Contraception Choices](#)
- FSRH Clinical Guideline: Emergency Contraception (March 2017, amended December 2020) [FSRH Clinical Guideline: Emergency Contraception \(March 2017, amended December 2020\) - Faculty of Sexual and Reproductive Healthcare](#)
- How effective is contraception- infographics : [Effectiveness | Contraception Choices](#)
- Sexual health services: [Home | Lets Talk About It](#)
- SPA contact number; 0300 300 2016

Questions?

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