

# Improving health together



www.northyorkshireandyork.nhs.uk/stayinghealthy

Public Health Factsheet

**W**elcome to this edition of Improving Health Together, which focuses on chlamydia screening.

The National Chlamydia Screening Programme (NCSP) is a control and prevention programme targeted at the highest risk group for chlamydia infection in England, young people under 25 who are sexually active. The NCSP has found that approximately 1 in 14 young people under 25 years who are tested carry chlamydia. Chlamydia is often asymptomatic so a large proportion of cases remain undiagnosed, but infection can be diagnosed easily (young people can do the test themselves), and treated effectively.

## Sexual Health - Chlamydia Screening

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### Chlamydia. Worth Talking About

- ◆ Chlamydia is the most common sexually transmitted infection (STI) in the UK and rates are increasing.
- ◆ Chlamydia can be passed on by any form of sex, including oral sex.
- ◆ Most people (up to 50% of males and 70% of females) will have **no** obvious signs or symptoms, so most people will be totally unaware that they or their partner(s) have the infection without having a test.
- ◆ If left untreated, chlamydia can cause long term health complications. In women, to infertility, ectopic pregnancy and chronic pelvic pain. In men it may cause urethritis and epididymitis. In both sexes it can cause arthritis.
- ◆ People may have undetected chlamydia for weeks, months or even years.
- ◆ The Department of Health recommends yearly screens, and whenever a young person has a new sexual partner.
- ◆ It is easy to test for chlamydia, usually by a simple urine test that is available in a wide range of healthcare and non-healthcare services and settings. It may be possible to test with self taken vaginal swabs.
- ◆ Under 25s can get a free test as part of the NCSP. Chlamydia is easily tested for and easy to treat - there is no need for an examination.
- ◆ Test results are delivered by letter, phone or by the most popular method - text messaging, usually taking between one to two weeks.
- ◆ For those testing positive, and their sexual partners, treatment is easily arranged by the Yorscreen team at a convenient time and place, and usually just consists of four antibiotic tablets taken as a single dose, this is provided free by the screening programme.
- ◆ Referral to Genito-urinary Medicine (GUM) is an option for those who have symptoms of complicated infection, or who wish to have a full sexual health screen.

In line with the Sexual Health Commissioning Framework and the Report of the Director of Public Health, full roll out of the Chlamydia Screening Programme throughout the NHS North Yorkshire and York area has taken place this year. The Yorscreen Chlamydia Screening Programme covers most of North Yorkshire, with the Hambleton & Richmond area currently being served by Durham NHS Foundation Trust. (Yorscreen has recently been awarded the provider contract for Hambleton & Richmondshire from April 2010.) Yorscreen is encompassed within the Young People's Sexual Health Outreach Team (YPSHOT), based at Monkgate Health Centre in York.

## Local Services and Projects

The sexual health commissioning framework used an equity audit which recommended full roll out of the Chlamydia Screening Programme throughout the PCT. (Annual Report of the Director of Public Health 2009 - Finding the mission for commissioning [www.northyorkshireandyork.nhs.uk/AboutUs/Publications/PHAnnualReport/index.htm](http://www.northyorkshireandyork.nhs.uk/AboutUs/Publications/PHAnnualReport/index.htm)).

### Local Services (CHARD, S&Y, SWR—H&R from April 2010)

- ◆ Screening tests are available from a wide range of health and non-health care settings including; family planning/contraception and sexual health clinics (York, Acomb, Selby, Harrogate, Skipton), many GP surgeries, antenatal services, many secondary schools and colleges, youth work services, Compass (drug intervention service), military venues (Army and RAF Medical Centres and TA's at Strensall Barracks), Walk in Centre (York) and Minor Injuries Unit (Selby), GUM clinics in York, Harrogate and Scarborough and non-NHS abortion services.
- ◆ A texting service is now available for young people to request a postal testing kit. Text 'TEST' to **80010** followed by name, address and age.
- ◆ Screening takes place opportunistically in social venues such as pubs and clubs, as well as military and educational establishments.

For further information on where to screen locally, please contact Yorscreen on **01904 725 440**. For Hambleton & Richmondshire, please contact **01642 266210** or [www.havegotit.org/](http://www.havegotit.org/)

The screening programme has been running in York and Selby since 2003, but has only been funded for the Craven, Harrogate, Scarborough, Whitby & Ryedale areas since 2009.

In order to impact on the prevalence of chlamydia, expert advice suggests that 35-50% of young people will need to be screened on a yearly basis.

The Department of Health has set screening targets for all Primary Care Trusts in England – this year the target is to test 25% of 15–24 year olds, rising to 35% in 2010-2011. Although this is a very challenging target – over 26,000 screening tests in North Yorkshire this year – we believe that it can be achieved if all participating screening venues offer a test to any sexually active young person presenting to the service.

We have calculated that if each of our testing sites in North Yorkshire sent in just **five samples each week**, we would achieve the 25% target!

If you are not yet a registered screening site, but would be interested, then please contact Yorscreen on **01904 725 440**.

*Please help to reduce the prevalence of chlamydia in North Yorkshire by offering routine yearly chlamydia tests to any sexually active under 25 year old that you see in your working day!*

The Department of Health, working with the Department for Children, Schools and Families, and the National Chlamydia Screening Programme, will be launching a national sexual health campaign in the near future. In January the focus of this campaign will be on chlamydia and encouraging young people to accept a test when offered. NHS North Yorkshire and York is working with Yorscreen, North Yorkshire County Council and the Children's Trust, to prepare for the national sexual health campaign. From January 2010 the focus of the campaign will be around chlamydia and to encourage young people to accept a screening test when offered. Further information will shortly be available on the [YorSexualHealth](http://YorSexualHealth) and National Chlamydia Screening Programme websites, or from Yorscreen.

## Projects

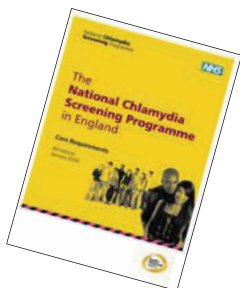
- ◆ The 'YorSexualhealth' website is currently being developed which will include a facility for young people to request a testing kit on-line. The website will also link with popular internet sites such as Facebook to further increase uptake.
- ◆ Yorscreen has recruited a Project Support Officer who will lead a team of peer educators. Their role will be to increase screening availability and uptake in non-healthcare settings. A young people's focus group has been established to advise the programme on screening initiatives.
- ◆ Medivend machines will soon be available in Craven and Harrogate Colleges, which will contain postal kits.
- ◆ Mail shots: we plan to pilot the sending of a letter and testing kit to young people aged 18-24 in two GP practices to offer the opportunity to test, and if successful will expand the project throughout the region.

## Policy Context

### The National Chlamydia Screening Programme in England Core Requirements

**4<sup>th</sup> edition (Jan 2008)** aims to

- ◆ Control chlamydia through early detection and treatment of asymptomatic infection.
- ◆ Prevent the development of sequelae.
- ◆ Reduce onward disease transmission.



[www.chlamydia-screening.nhs.uk/ps/assets/pdfs/publications/core/NSCP\\_CoreReq\\_4th\\_edition\\_latest.pdf](http://www.chlamydia-screening.nhs.uk/ps/assets/pdfs/publications/core/NSCP_CoreReq_4th_edition_latest.pdf)

**NHS North Yorkshire and York Sexual Health Strategy 2008**, makes key recommendations to roll out the national chlamydia screening programme to all areas of the PCT. This recommendation is based on evidence that chlamydia infections within the PCT are increasing in line with the national trend.

**NHS North Yorkshire and York Operating Framework 2008/11** has targets of 17% for 2008/09, 25% for 2009/10 and 35% of all young people between 15-24 years being screened.

**Our Health, our care, our say: a new direction for community services (DH 2006)** aims to ensure that:

- ◆ People will be helped in their goals to remain healthy and independent.
- ◆ People will have real choice and greater access in both health and social care.
- ◆ Far more services will be delivered – safely and effectively in the community or



at home.

- ◆ Services will be integrated, built around need of individuals and not service providers, promoting independence and choice.
- ◆ Long-standing inequalities in access and care will be tackled.

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4127453](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4127453)

### The NHS Operating Framework (DH 2006)

highlights one of the key targets for the NHS as reducing health inequalities and promoting health and well-being, raising the importance of ensuring through commissioners that patients receive high quality healthcare, no matter where they live in the country, and where inequalities exist they are dealt with.

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4127117](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4127117)

### The Medical Foundation for AIDS and Sexual Health (MedFASH) Recommended standards for sexual health services

**2005** were developed to enable people to have prompt and convenient access to consistent, equitable and high quality sexual healthcare.



[www.medfash.org.uk/publications/documents/Recommended\\_standards\\_for\\_sexual\\_health\\_services.pdf](http://www.medfash.org.uk/publications/documents/Recommended_standards_for_sexual_health_services.pdf)

**Choosing Health: Making Healthier choices easier (DH 2004)** aims to modernise the whole range of NHS Sexual health Services which will:

- ◆ Communicate better with people about risk.
- ◆ Offer more accessible services.

- ◆ Provide faster and better prevention and treatment delivered in different ways.
  - ◆ Break down the boundaries between primary and specialist services.
  - ◆ Develop new staff roles and skills.
- [www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4094550](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4094550)

**Better prevention, better services, better sexual health - The national strategy for sexual health and HIV (DH 2001)** aims to

- ◆ Reduce the transmission of HIV and Sexually Transmitted Infections (STIs).
- ◆ Reduce the prevalence of HIV and STIs.
- ◆ Reduce unintended teenage pregnancy rates.
- ◆ Improve health and social care for people living with HIV.
- ◆ Reduce the stigma associated with HIV and STIs.

[www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4003133](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4003133)

## Order your free resources

These are the resources recommended by your Public Health team for use with the sexual health - chlamydia screening campaign.

### Department of Health



A national campaign is due to be launched at the end of 2009, focusing on Chlamydia screening in January. Resource information is not yet available but these will be ordered through the Department of Health - Tel: **0300 123 1002** or online at [www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk). Details will be available on our website as soon as possible. Please check [www.northyorkshireandyork.nhs.uk/StayingHealthy/SexualHealth/resources.htm](http://www.northyorkshireandyork.nhs.uk/StayingHealthy/SexualHealth/resources.htm)

### Yorscreen

Telephone 01904 725440

- ◆ Posters, fliers, leaflets, test kits including postal kits.
- ◆ Training and support for all screening venues.
- ◆ Presentations and informal discussions tailored to individual groups of professionals.
- ◆ Screening sessions at young people's and/or clinical venues.
- ◆ Branded 'Incentives' for young people (condoms, keyrings, pens etc).
- ◆ Telephone advice around chlamydia and sexual health.

### Have I got it? (Hambleton & Richmondshire)

Telephone: 01642 266210.

### National Chlamydia Screening Programme

[www.chlamydia-screening.nhs.uk/ps/publications/marketing.html](http://www.chlamydia-screening.nhs.uk/ps/publications/marketing.html)

View resources available through Local Screening Programme Co-ordinators at Yorscreen (01904 725440).

### Family Planning Association

Contraceptive Awareness Week 8-14 February 2010.  
Telephone 0207 608 5240 to register for a free campaign pack.  
[www.fpa.org.uk/News/Campaigns](http://www.fpa.org.uk/News/Campaigns)

## Websites

### National Chlamydia Screening Programme

[www.chlamydia-screening.nhs.uk/](http://www.chlamydia-screening.nhs.uk/)

Information on chlamydia, the National Screening Programme and how to access local screening services.



Separate site for Health Professionals with information on best practice provision, quality and standards.

[www.chlamydia-screening.nhs.uk/ps/index.html](http://www.chlamydia-screening.nhs.uk/ps/index.html)

### British Association for Sexual Health and HIV

[www.bashh.org/](http://www.bashh.org/)

The lead professional representative body for those practicing sexual health including the management of STIs and HIV in the UK



### Sexual Health Professional

[www.nhs.uk/sexualhealthprofessional/Pages/index.aspx](http://www.nhs.uk/sexualhealthprofessional/Pages/index.aspx)



[www.nhs.uk/sexualhealthprofessional/Pages/index.aspx](http://www.nhs.uk/sexualhealthprofessional/Pages/index.aspx)

Sexual health and teenage pregnancy professionals website hosted by the Department of Health and Department for Children, Schools and Families.

### Health Protection Agency

[www.hpa.org.uk/HPA/Topics/InfectiousDiseases/InfectionsAZ/1191942172070/](http://www.hpa.org.uk/HPA/Topics/InfectiousDiseases/InfectionsAZ/1191942172070/)

General information, guidelines and datasets.



### NHS Choices Sex - worth talking about

<http://www.nhs.uk/worhtalkingabout/Pages/sex-worth-talking-about.aspx>

information and advice to make it easier to discuss everything to do with sexual health.



### Have I got it?

[www.haveigotit.org/](http://www.haveigotit.org/)

Chlamydia screening service for under 25 year olds in the Hambleton and Richmondshire area

### YorSexualhealth

[www.yorsexualhealth.org.uk](http://www.yorsexualhealth.org.uk)

The website is not yet available, but will be launching shortly.

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