

Adults Wellbeing and Health Overview and Scrutiny Committee

7 March 2019

Joint Update Report for the Integrated Sexual Health Service



Report of Amanda Healy, Director of Public Health, Durham County Council and Paul Frank, Associate Director of Operations, County Durham and Darlington Foundation Trust

Electoral divisions affected:

Countywide

Purpose of the Report

- 1 The purpose of this report is to provide the Health and Wellbeing Overview and Scrutiny Committee with an update regarding the Integrated Sexual Health Service (ISHS) delivered by County Durham and Darlington Foundation Trust (CDDFT).

Executive summary

Commissioned Service

- 2 Sexual health is an important area of public health. The majority of the adult population of England are sexually active and access to quality sexual health services improves the health and wellbeing of both individuals and the population.
- 3 The Government set out ambitions for improving sexual health in its publication, A Framework for Sexual Health Improvement in England (Department of Health, 2013).
- 4 The Health and Social Care Act 2012 devolved responsibility for commissioning sexual health services to Public Health in the local authority from April 2013. In line with this mandated responsibility, Durham County Council (DCC) is required to commission comprehensive, open access sexual health services including free sexually transmitted infections (STI) testing and treatment, notification

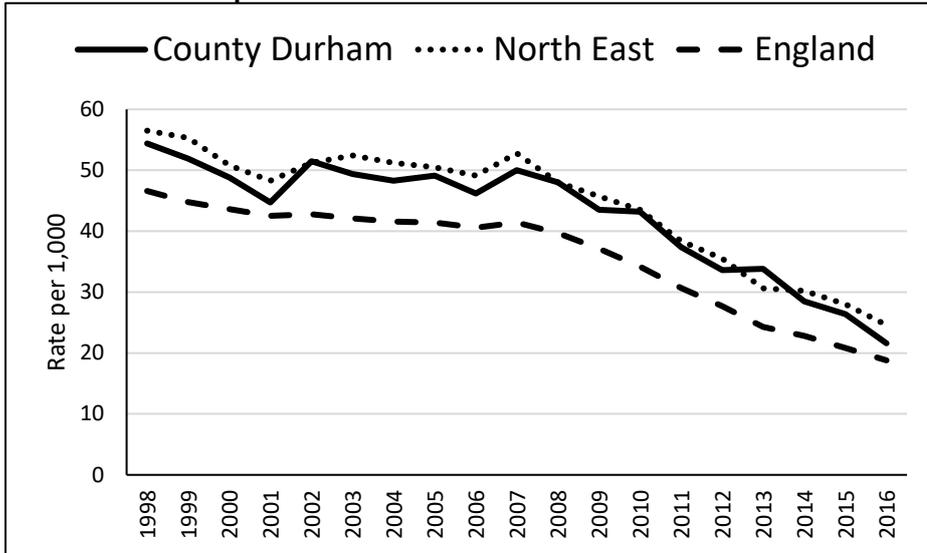
of sexual partners of infected persons and free provision of contraception.

- 5 This contract included provision of Genito-urinary medicine (GUM), contraception and sexual health (CaSH), and a sexual health improvement and screening team (SHIST) including human immunodeficiency virus (HIV) prevention, pregnancy prevention, young parent support, lesbian, gay, bisexual, and transgender (LGBT) support and chlamydia screening.
- 6 A detailed service review and procurement exercise was undertaken by the council in 2017 to recommission the service. In July 2017 CDDFT were awarded the new contract, with a start date of 1 January 2018. The contract awarded was for three years with the option to extend for up to a further 24 months.
- 7 The service specification for the current contract also incorporates responsibility and the associated budget for the provider to manage GP provision of Long Acting Reversible Contraception (LARC), for which the local authority previously contracted directly with GP practices, and pharmacy delivery of Emergency Oral Hormonal Contraception (EOHC). An additional new requirement was for the ISHS to provide 24 hour online testing to those aged 16+ to enable service users to order home testing kits for chlamydia, gonorrhoea, syphilis and HIV.
- 8 The decision to integrate key sexual health services, including outreach and additional community based services that support the main clinics ensured that prevention is centre to service development and that health inequalities are addressed, narrowing the gap for vulnerable groups.
- 9 Integrating key components of previously individually commissioned services, has reduced overheads and allowed a budget efficiency saving of 3.6% to be achieved.

Under 18 Conceptions

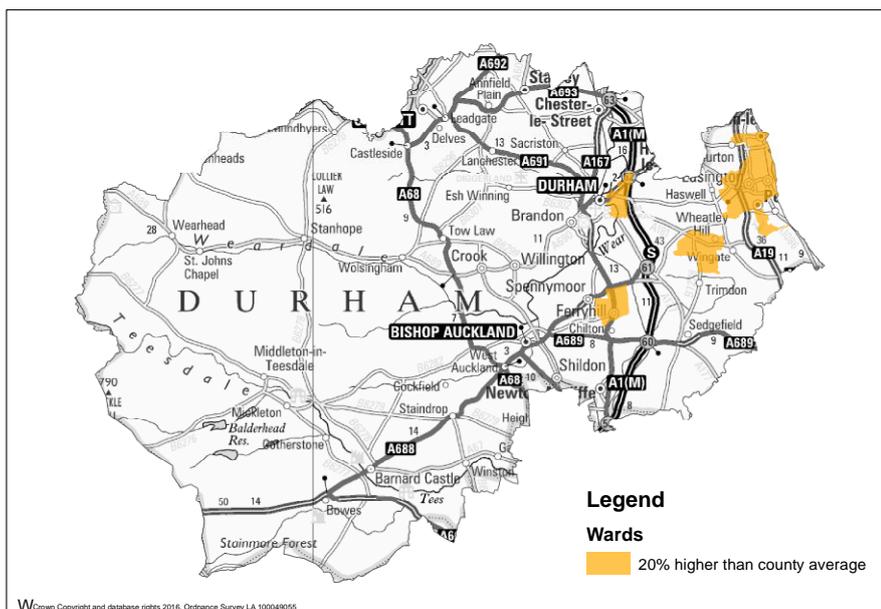
- 10 Whilst teenage contraception rates have reduced significantly over the last 25 years County Durham's rates remain significantly higher than the England average; Figure 1 below highlights this persistent positive trend.

Figure 1: Under 18 Conception Rates



- 11 The psycho-social impacts on teenage parents are significant, with high levels of parental stress, higher risk of developing mental health problems, and poorer physical health outcomes when compared to non-teenage parents. Research has demonstrated that the outcomes for teenage parents and their children are poor, associated with poorer physical, emotional and economic health and wellbeing for both the parent and child.
- 12 Additional targeted intervention is provided in areas where teenage conceptions are persistently 20% higher than the County Durham average as illustrated in Figure 2 below.

Figure 2: Areas where teenage conceptions are persistently 20% higher than the County Durham average



Sexually Transmitted Infections

Durham County Council's Joint Strategic Needs Assessment (JSNA) factsheet, supported by data from Public Health Outcomes Framework key messages against indicators state:

- County Durham has seen a steady decline of new sexually transmitted infection diagnoses and is significantly better than the England average.
- The percentage of girls aged 12 – 13 years who have received all 3 doses of the Human Papilloma Virus vaccine is higher in County Durham and the North East compared to England. This has increased over time and shows a high level of vaccination coverage.
- The rate of chlamydia detection per 100,000 young people (aged 15-24) has stayed fairly steady within County Durham from 2015 to 2017; however this rate is much lower than the England average. The rate in the North East has fallen significantly from 2013 to 2017 however remains higher than the England average.
- The percentage of adults (15 and over) receiving a late HIV diagnosis is considerably less in County Durham than for both the North East and for England. This figure has been declining over time showing a trend towards earlier diagnosis.
- The rate of terminations of pregnancy continue to fall with County Durham being lower than the North East average and the England average.

Transition and Mobilisation

13 Some early indicators of good practice have emerged since implementation of the current ISHS these include;

- The development of bespoke sexual health training programmes for Foster carers, residential staff and staff within the Young People's Service to ensure that we are meeting the needs of our Looked After Children and Care Leavers;
- The development of CDDFT's digital offer through improvements to online services
- Increased attendance of Lesbian, Gay, Bisexual, Transgender, and Questioning+ (LGBTQ+) young people and adults attending mainstream services through the implementation of the outreach model;
- Delivery of training to Pharmacies across County Durham

- 14 In addition, a number of operational challenges have been identified through mobilisation and contract management arrangements, these have included:
- Delivery across a minimum of 20 facilities ensuring an equitable spread of service that considers the needs of vulnerable groups and areas where teenage conceptions are persistently more than 20% higher than the County Durham average;
 - Adequate opportunities for attendance at a combination of walk – in and appointment based clinics across County Durham
 - Clinic opportunities 6 days per week across County Durham
 - Transition and delivery of GP LARC provision from the Local Authority to CDDFT, including the introduction of a revised pricing structure.
- 15 A range of mitigating actions as set out in paragraph 52 to 58 have been put in place to ensure that the challenges identified are addressed in a timely manner and that the service continues to successfully serve the population of County Durham and address health inequalities across County Durham.

Recommendations

- 16 Members of the Health and Wellbeing Overview and Scrutiny Committee are recommended to:
- (a) Note the content of this report
 - (b) Acknowledge the actions to be taken to reduce inequalities and meet the sexual health needs of residents in County Durham

Background

- 17 Sexual ill health is not equally distributed amongst the population with certain groups being at greater risk. These include:
- Young people
 - Women
 - Men who have sex with men
 - People from African communities
 - People living with HIV
 - Victims of sexual and domestic violence
 - Other marginalized or vulnerable groups including prisoners.

- 18 A Framework for Sexual Health in England 2013, outlined the clear link between poor sexual health and deprivation and social exclusion. Groups (outside of those above) which are commonly identified as being at increased risk of sexual ill health include: young people not in education, training or employment (NEETs); asylum seekers and refugees; sex workers; drug users who inject; people with learning difficulties; homeless people.
- 19 Of all these at risk groups, young people (aged 16-24) are at the greatest risk - although making up approximately just 12% of the population, young people account for 65% of all chlamydia, 50% of all genital warts, and 50% of all gonorrhoea infections diagnosed in GUM clinics. (JSNA 2016)
- 20 STIs are one of the most important causes of poor sexual health due to infectious diseases among young people. However, good sexual health is equally important for people of all ages and reducing rates of STIs in the population is a key preventative public health measure. To monitor this, the Sexual Reproductive Health tool contains an indicator which reports the rate of all new STI diagnosis (excluding Chlamydia in under-25 year olds). A high diagnosis rate is indicative of a high burden of infection, however a low diagnosis rate may be explained by other factors as well.

CDDFT Implementation and Service Delivery

The Clinics

- 21 The service specification required the ISHS to be geographically based on need, utilising a wide range of outreach settings including schools, colleges and pharmacies. It was also set out that the core services should be delivered from 2 population centres of Durham City and Bishop Auckland.
- 22 Outreach services would have the ability to provide contraception and genito-urinary services (sexually transmitted infections screening, testing and treatment), including HIV. 'Test and Go' sessions are offered in the clinics for asymptomatic service users so that they can be seen quickly.
- 23 Between January 2018 and January 2019, the following attendances were made at the clinics:

Table 1: Clinic Attendance

Venue	Weekly clinics	Service user consultations
Durham Hub	10	6333
Bishop Auckland Hub	11	3980
Community Spokes	23	12,329
Outreach Clinics (schools / colleges)	5	449
Total	49	23,091

- 24 Appendix 2 highlights the areas of persistently high teenage conceptions, current location of CASH Clinics alongside active GP LARC provision.
- 25 Appendix 3, is the current CaSH timetable. This timetable highlights the times and locations of the clinics and specifies which are Teen Plus clinics (priority given to under 25's)
- 26 In addition, CDDFT offers outreach clinics for young people in the clinical venues and in schools, liaising with the School Nurse to promote services.
- 27 Work is ongoing between public health commissioners and CDDFT to further understand the levels of need across the county and to ensure that there is clarity on the location of each facility and delivery of clinics which considers the needs of vulnerable groups, areas of deprivation and areas where teenage conceptions are persistently 20% higher than the County Durham average.
- 28 Other outreach sessions include working with vulnerable groups, such as a LGBTQ+ group, working with the Princes Trust and a residential unit for looked after young people.
- 29 CDDFT seeks to work with vulnerable people and to ensure that the services offered are accessible and welcoming.

Sexual health promotion / prevention sessions

- 30 The sexual health service works with a broad range of groups, providing key prevention messages, C Card registrations and Chlamydia

screening. These sessions also inform participants about what services are available to them, and how to access them.

- 31 Between July – December 2018 (since records began) CDDFT have delivered 1704 Sexual Health Promotion sessions to a broad range of services and settings including colleges, Durham University, Investing In Children Extreme Group for young people with Special Educational Needs and Disabilities (SEND) and the LGBTQ+ Health and Wellbeing group.
- 32 In line with the outcomes of the recent Looked After Children and Care Leavers Health Needs Assessment, further work is being developed to enhance the sexual health promotion and prevention offer for this group of vulnerable young people. This offer will include bespoke training packages for foster carers and residential staff and will be incorporated into the wider review of clinics to ensure that their needs are being met and inequalities addressed. This work is reported to the LAC Strategic Partnership and will inform the work of the Corporate Parenting Panel.
- 33 CDDFT have engaged with the development of other key services including Children’s Services Pre Birth programme.

Emergency contraception and C Card

- 34 There are 106 pharmacies (84% of the County Durham total) in the emergency contraception scheme, which CDDFT sub-contracts and supports. The scheme is for women aged 13 years and over to access emergency contraception, and is mostly used by young people aged 16-25 years (approximately 40% of all users).
- 35 Table 2 below shows figures for Emergency Contraception delivered through pharmacies and C Card outlet attendance between January 2018 and January 2019.

Table 2: Emergency Contraception and C Card Attendance

Service	Outlets	Service user consultations
Emergency contraception pharmacies	106	4963
C card	203	5383

- 36 In 2018, 4963 consultations took place. CDDFT provides regular training events for the current and new pharmacists. Pharmacists are encouraged to recommend contraception from the clinics, and offer Chlamydia tests.
- 37 There are 203 active C-Card outlets, where young people aged under 25 years can access free condoms, after they have had a 'condom teach'. Areas that have persistently high teenage conception rates, areas of deprivation are considered alongside the ability to meet the needs of vulnerable groups.
- 38 In 2018, 2533 young people were registered for the scheme, making 5383 visits, an increase from 5103 (5%) in 2017. Of these 60% were young men. Staff in the C Card outlets are given training regarding basic contraception, supporting young people and local service provision in order to sign post effectively. In 2018, 234 staff from a range of services attended c card training, this included youth workers, Voluntary and Community Sector (VCS) representatives, School Nurses and Children's and Young People's Services staff.

Long Acting Reversible Contraception (LARC)

- 39 LARC's consist of implants and intrauterine devices (IUS / coils) and are provided by the sexual health clinics and through sub-contracting arrangements with general practice.
- 40 Historically, GP Practices were contracted directly by the Local Authority. During this time 72 GP Practices entered into a Service Level Agreement (SLA) and 55 practices actively engaged in the provision of this service.
- 41 Since transferring this element of the contract to CDDFT, and the implementation of the revised pricing tariff, the numbers of GP practices engaging decreased from 55 to 24.
- 42 Initially GP's raised concerns regarding the change of provider, revised tariff and identified billing issues through their respective GP Federations. The Local Authority and CDDFT gave a joint presentation at a recent meeting to explain in detail the rationale behind the changes with CDDFT providing a number of improved communication plans that have since resolved a number of issues.
- 43 Whilst the number of GP practices that have entered into an SLA agreement has remained the same, action is being taken to ensure that there is a consistent growth in the delivery of GP LARC fittings.
- 44 Appendix 2 illustrates the current active delivery of LARC provision, alongside CaSH Clinic locations, overlaid on areas where teenage

conceptions are persistently 20% higher than the County Durham average.

- 45 Table 3 below highlights the number of LARC's fitted between January 2018 and January 2019.

Table 3: LARC Fittings

Service	Service user consultations (fittings)
LARCs in sexual health clinics	2937
LARCs in general practice	1958
Total	4895

Online provision

- 46 CDDFT sub-contracts SH:24 to provide online provision, whereby residents of County Durham can order STI tests to be delivered directly to their own home.
- 47 In 95% of cases, the service user receives their diagnosis within 48 hours. In 2018, 3141 tests were ordered with a return rate of approximately 80%. There were 230 reactive tests throughout the year. In these cases, service users are referred into the sexual health clinics for confirmation of the diagnosis and potential treatment.
- 48 Table 4 below highlights current usage online provision usage between January 2018 and January 2019.

Table 4: Online Testing

Service	STI testing packs sent to service users	Reactive tests
Online STI testing	3141	230

Young parents

- 49 CDDFT actively supports young parents and in 2018 saw 128 young mothers and arranged contraception plans for them, as well as offering training to 13 midwifery teams. The Support Workers ensure that young

people are able to access services and to help them get other support they may need. CDDFT have also engaged with the Teenage Pregnancy Steering Group.

Human Papillomavirus (HPV) programme

- 50 The HPV programme is funded through NHS England and is a vaccine targeting MSM aged under 45 years who attend sexual health clinics. CDDFT commenced this programme in January 2019 and has administered the first vaccination for 33 men.

Cervical Screening

- 51 Although many practices are reaching the 80% target for cervical screening coverage, there are a number of practices who do not meet this. CDDFT has arranged a contract with NHSE to support general practice in providing cervical screening, working in conjunction with general practice. In 2018, sexual health services provided 869 cervical smears.

Next Steps

- 52 In order to fully deliver all aspects of the ISHS and ensure that health inequalities are addressed, a number of areas for development have been highlighted.
- 53 CaSH clinics will be delivered across a minimum of 20 different facilities, over 6 days each week. These services will consider the needs of vulnerable groups, areas of deprivation and areas where teenage conceptions are persistently more than 20% higher than the County Durham average.
- 54 CDDFT will be undertaking significant activity to capture the views of key stakeholders including service users and young people between 4 March 2019 and the 5 April 2019. The findings of this exercise will contribute to the evidence base on which to further enhance and develop services. This will ensure that additional clinics are located in the most appropriate venues and at times that are convenient to service users, with particular focus addressing inequality.
- 55 The CaSH timetable will be revised to ensure that there are more opportunities for walk in facilities and that Teen Plus clinics are at times and locations that meet the needs of young people.
- 56 Further work is being carried out in partnership with GP Federations to enhance the provision of LARC's under the new arrangements.

- 57 CDDFT will offer additional training and support where necessary and review on a quarterly basis those engaging in the scheme alongside their own provision to ensure that there is adequate coverage across County Durham and that health inequalities are addressed.
- 58 A detailed Communications Plan is under development to ensure key messages are clearly communicated to all stakeholders.

Conclusion

- 59 Since implementation of the ISHS in January 2018, the benefits of providing a more integrated approach to sexual health are emerging. This can be seen in the development of the pharmacy provision and some innovative practice linked to vulnerable groups including Looked after and Children and Care Leavers.
- 60 There are a number of key areas for development underway to ensure that residents of County Durham are able to access high quality sexual health services that meet their needs and address health inequalities.

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Appendix 1: Implications

Legal Implications

Mandatory provision of sexual health services

Finance – n/a

Consultation

CDDFT will gather service user feedback in line with their organisational policies to ensure services are located and developed based on need

Equality and Diversity / Public Sector Equality Duty

An equality impact assessment was completed as part of the service review

Human Rights

Any service should support sexual health through legal and other mechanisms that are consistent with human rights standards and their own human rights obligations.

Crime and Disorder n/a

Staffing – n/a

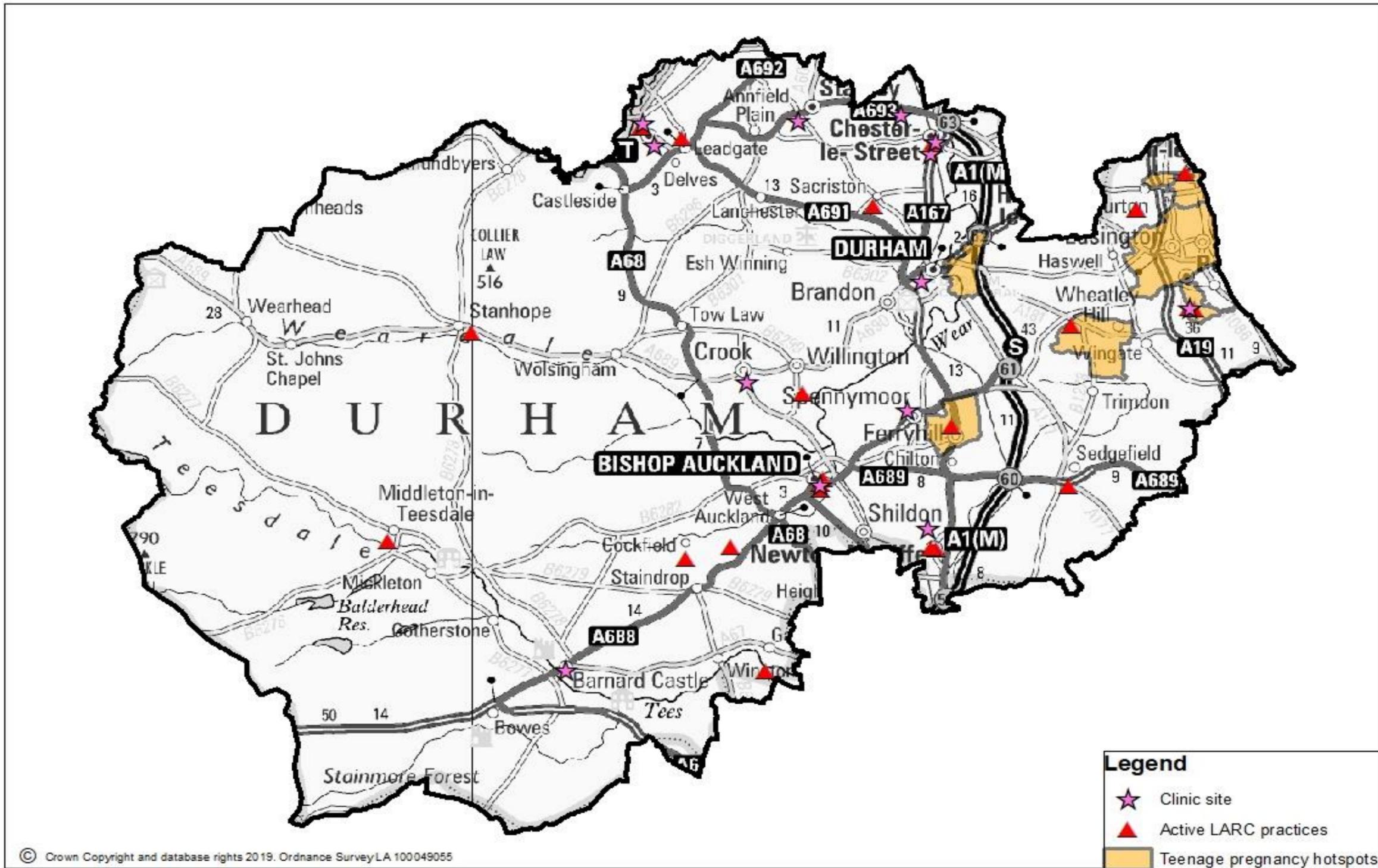
Accommodation – n/a

Risk - n/a

Procurement

DCC Procurement policies were followed for the procurement of this service.

Appendix 2:



Appendix 3: CaSH Clinic Timetable

Some clinics can be contacted directly during opening times	Monday	Tuesday	Wednesday	Thursday	Friday
Teen Plus Under 25's sessions available as below (walk in)					
Chester-le-Street Hospital , Ground Floor, Chester-le-Street Co Durham DH3 3AT ☎ 0191 387 6301				5.30 – 7.30pm	
Chester-le-Street HUB , One Point HUB, Burns Green, Chester-le-Street, Co Durham DH3 3QH ☎ 07810 054 066	9.30am – 12.00midday				
Pelton Lavender Centre , Unit 1, Pelton Lane, Pelton, Co Durham DH2 1HS - ☎ 07823 536 229				2.00 – 4.30pm <i>(Closed every 3rd Thursday)</i>	
University Hospital of North Durham , North Road, Durham DH1 5TW ☎ 07824 406977		1.30 – 4.30pm <i>(Procedure Clinic)</i>			
		5.00 – 7.00pm			
Shotley Bridge Hospital , Ante Natal Department, Tower Block, Shotley Bridge, Consett, DH8 0NB ☎ 01207 594471		5.30 – 7.30pm			
Stanley Primary Care Centre , Clifford Road, Stanley, Co Durham DH9 0AB ☎ 01207 285400	2.00 – 5.00pm		2.00 – 4.00pm <i>(Procedure Clinic)</i>		
			4.30 – 7.30pm		
Glenroyd House , Medomsley Road, Consett, DH8 5HL ☎ 07824 868 821				10.00am – 4.30pm <i>(Includes Teen Plus session 4– 4.30pm)</i>	

Peterlee Health Centre Bede Way, Peterlee, Co Durham SR8 1AD ☎ 07785 542 004	12.30 – 6.30pm <i>(Includes Teen Plus session 2.30 – 4.00pm)</i>		2.30 – 4.30pm <i>(Teen Plus session)</i>	9.30am – 12.30pm	
	2.00 – 5.00pm <i>(Procedure Clinic)</i>		5.00 – 7.00pm		
Spennymoor Health Centre , Bishop's Close, Spennymoor, Co Durham DL16 6ED ☎ 07825 655 590		1.30 – 4.30pm <i>(Includes Teen Plus session 3.00–4 .30pm)</i>			
Ferryhill Health Centre , Chapel Terrace, Ferryhill, Co Durham DL17 8JL ☎ 07768 537 998			<i>Suspended</i>		
Pioneering Care Centre Carers Way, Newton Aycliffe DL5 4SF ☎ 07887 752 927	2.30 – 4.30pm				
Bishop Auckland Hospital , Centre for Sexual Health, Co Durham DL14 6AD ☎ 01388 455702		9.30am – 12.00midday	1.30 –4 .00pm <i>(Procedure Clinic)</i>		1.00 – 4.00pm <i>(Includes Teen Plus session 3.00 – 4.00pm)</i>
			4.00 – 5.00pm <i>(Teen Plus session)</i>		
			5.00–7.00pm		
Richardson Hospital , Victoria Road, Barnard Castle DL12 8HT - ☎ 01833 696542		5.00 – 7.00pm			
Crook Health Centre , Hope Street, Crook, Co Durham DL15 9HU - ☎ 01388 455950				3.00 – 4.00pm <i>(Teen Plus session)</i>	