ST5: Sexual Health Clinical Outreach Service

Geographical Area: Western Cheshire
Lead: NHS Western Cheshire,

Brief Overview

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- Sexual Health Outreach Nurse funded for 15 hours per week targeting vulnerable young people.
- To deliver specialist information, advice and clinical care around sexual health to young people in Western Cheshire; who are regarded as vulnerable and hard to reach as they are unlikely to access mainstream contraception and sexual health services.

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- Delivery of regular drop in sessions within Contraception and Sexual Health Clinics, West Cheshire College, Midwifery and other targeted sessions.
- Able to follow up young people (particularly important if the young person has failed to attend an appointment – Acute Trust services use the same IT system which facilitates this).

Target Group
Vulnerable young people

Outcomes
- ˜ Promotion of contraceptive choices.
- ˜ Increase in uptake of LARC (long acting reversible contraception).
- Increase in Chlamydia screens.
- Promotion of positive lifestyle changes.
- Engagement with those young people identified as being most at risk.
- Increased confidence and self-esteem of young people and hence more likely to access mainstream services and make positive lifestyle choices.
- Positive relationships built with young people (recognition must be given that it can take several months of work to engage and build trusting relationships with young people. This is a key success factor which is why it is recognised as an outcome and not an objective).
- ˜ Referral and follow up of young people. As an Integrated Contraception and Sexual Health Service the Outreach Nurse can make appointments for young people, check if attended and text to remind them of their appointments. If a young person does not attend an appointment, (including abortion service appointments) the Nurse can follow up and take appropriate supportive actions).

Evaluation
Key Indicators
- ˜ Number of prescribed LARC and other methods of contraception.
- Number of Chlamydia screens.
- Number of young people attending sessions.
- Number of young people successfully transitioned into mainstream services.
- Number of referrals received from other services.
- Number of young people failing to attend appointments.

Sustainability
Provision of child sexual exploitation training to contraception clinicians in order to enable the wider adoption of this role.

What makes it work?
- ˜ Staff who have good communication skills are able to quickly develop a good rapport with young people.
- Additional training on related issues such as child sexual exploitation.
- Someone with a foot in mainstream services and the ability to provide outreach access to services and support into mainstream services.
- Links with other key services, for example, midwifery service: Those who are young and pregnant that are identified as being vulnerable have two appointments with the outreach nurse during early and late pregnancy to discuss post natal contraception. If necessary, will do home visits with the midwife and is able to fit implants.
- Continuous promotion of and easy access to the referral pathway into the outreach service.
- Strong links with local abortion service because the Integrated Contraception and Sexual Health service runs the Community (pregnancy) Assessment Clinic which provides counselling for women with unplanned pregnancy and abortion.

What could make it work better?
- Extra training necessary so not all contraception trained nurses are able to cover all elements of the service during periods of annual leave. Recommendation to have two nurses.
- Appropriately trained staff will enable the outreach cases to be monitored and covered during periods of annual leave and sickness.
- Due to the geographical area, more than one outreach nurse is required to effectively cover the patch. In Cheshire West and Cheshire there are two trusts covering the area. The outreach nurse only covers the area which is serviced by the Acute Trust they are employed by.