

Appendix A: details of service levels within an Integrated Sexual Health Service

Self-Managed Care

Service users of all ages will be able to access the following without the need to see a healthcare practitioner, although support must be available if needed. Those under the age of 16 must be seen by a worker trained to assess competence to receive sexual health advice and interventions in the absence of a parent or guardian and to ensure that safeguarding issues are identified and appropriately referred on

Health information

- Generic information on pregnancy, STIs including and HIV prevention/safer sex advice
- Information on the full range of contraceptive methods and where these are available
 - Primary prevention initiatives to improve overall sexual health to the community
 - Male and female condoms and lubricant
 - Chlamydia home sampling kits for under 25 year olds¹²
 - Pregnancy testing kits
- Some NHS self-managed services may be accessed online.

Basic and Intermediate Care (Level 1 and 2)

- Information on services provided by local voluntary sector sexual health providers including referrals and/or signposting
- Full sexual history taking and risk assessment (all practitioners)¹³
- Pregnancy testing
- Supply of male and female condoms and lubricant
- All methods of oral emergency contraception and the intrauterine device for emergency contraception¹⁴
- First prescription and continuing supply of combined hormonal contraception (combined and progestogen only) including oral, transdermal, transvaginal methods of delivery and a choice of products within each category where these exist
- First prescription and continuing supply of injectable contraception
- IUD and IUD uncomplicated insertion, follow up and removal
- Diaphragm fitting and follow up
- Uncomplicated contraceptive implant insertion, follow up and removal
- Assessment and referral for difficult implant removal
- Natural family planning
- Cervical cytology
- Direct referral for antenatal care
- Direct referral for abortion care and to support self-referral
- Counselling and direct referral for male and female sterilisation
- Domestic abuse screening and referral (all practitioners)
- Assessment and referral for psychosexual issues
- Assessment and referral for Brief Alcohol Interventions (BAIs)
- Referral for Female Genital Mutilation (FGM) specialist advice and care

- STI testing and treatment of symptomatic but uncomplicated infections in men (except MSM)¹⁵ and women excluding:
 - Men with dysuria and/or genital discharge
 - Symptoms at extra-genital sites e.g. rectal or pharyngeal
 - Pregnant women (except women with uncomplicated infections requesting abortion)
 - Genital ulceration other than uncomplicated genital herpes
- Chlamydia screening for sexually active under 25 year olds
- Case Management of uncomplicated Chlamydia
- HIV and syphilis testing and pre and post-test discussions (with referral pathways in place)
- Initiation of Post Exposure Prophylaxis with referral to Level 3 for on-going management
- Promotion and delivery of Hepatitis A and B vaccination, with a particular focus on key target groups
- Hepatitis C testing and discussion (with referral pathways in place)
- Uncomplicated contact tracing/partner notification
- Management of first episode uncomplicated vaginal discharge (low risk)
- Management of contacts of gonorrhoea and TV (excluding symptomatic men)
- Assessment & treatment of genital ulceration with appropriate referral pathways for those at high risk of syphilis/LGV (Lymphogranuloma Venereum)
- Assessment and referral of sexual assault cases
- Holistic sexual health care for young people including child protection / safeguarding assessment
- Outreach services for STI prevention and contraception
- Problems with choice of contraceptive methods
- Management of problems with hormonal contraceptives
- Urgent and routine referral pathways to and from related specialties (general practice, urology, A&E, gynaecology) should be clearly defined. These may include general medicine /infectious diseases for inpatient HIV care
- Urgent and routine referral pathways to and from social care
- Regular audit against national guidelines

Complex (Level 3) Service Provision in addition to Levels 1 and 2

- Management of complex contraceptive problems including UK Medical Eligibility Criteria (UKMEC)¹⁷
- Management of complicated/recurrent STIs (including tropical STIs) with or without symptoms
- Management of STIs in pregnant women (except women with uncomplicated infections requesting abortion)
- Management of HIV partner notification¹⁸
- Management of sexual health aspects of psychosexual dysfunction¹⁹
- Management of organic sexual dysfunction²⁰
- Coordination of outreach clinical services for high risk groups
- Interface with specialised HIV services as commissioned by NHS England

- Specialist contraception services e.g. IUD/IUS problem clinics, difficult implant removal etc. with appropriate diagnostic services (e.g. ultrasound) to support this
- Provision and follow up of post-exposure prophylaxis after sexual exposure to HIV
- Coordination of contraceptive and STI care across a network including:
 - Clinical leadership of contraceptive and STI management
 - Co-ordination of clinical governance
 - Co-ordination and oversight of training in SRH and GUM
 - Co-ordination of pathways across clinical services
 - Co-ordination of partner notification for STIs and HIV

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