



SEXUAL HEALTH IN PRIMARY CARE SERVICE SPECIFICATION

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Contract for Enhanced Service

1 October 2024 - 31 March 2030

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SEXUAL HEALTH IN PRIMARY CARE SERVICE SPECIFICATION

1 INTRODUCTION

This Service Specification along with the Contract Detail forms the Local Enhanced Service (LES) for a Sexual Health service delivered in primary care.

This Service Specification works towards meeting the Scottish Government priorities and NHS Local Delivery Plan (LDP): Outcome 3, Stay well and Outcome 4, Anchor well.

2 CLINICAL SPECIFICATION

This contract is a two-tier LES for comprehensive sexual health assessment, screening and management; within a timely manner in keeping with national guidance.

- Tier 1 – comprehensive sexual health assessment, screening & management of asymptomatic STIs within the primary care setting.
- Tier 2 – comprehensive sexual health assessment, examination and management of symptomatic STIs / genital tract infections within the primary care setting.

Purpose

The purpose of the contract is to provide equitable access to sexual health care and STI screening of patients in NHS Highland.

Service Aims

To provide a comprehensive sexual health assessment & screening service, with appropriate treatment locally, or onward referral if appropriate, to the patient population within a primary care setting.

Service Criteria

Enhanced service requirement
From 1 October 2024, the Practice should: Confirm if the practice wishes to participate in Tier 1 only or both.
Ensure the correct clinical coding and template is used to ensure compliance with the recording and monitoring requirements of the LES.
Tier 1
Undertake comprehensive sexual history and risk assessment <ul style="list-style-type: none">- Assess the risk of pregnancy and identify the need for emergency contraception.- Be aware of religious, cultural and social factors and how these may influence presentation and management.- Identify safeguarding issues in under 18s and vulnerable adults, with referral as appropriate.- Identify the need for HIV post-exposure prophylaxis following sexual exposure (PEPSE).- Identify sexual assault, including female genital mutilation, with referral as appropriate
Opportunistically promote “safer sex” with all patients <ul style="list-style-type: none">- Give clear information to patients regarding safer sex practices, including condom use and where the patient can access these. Participating practices should hold stock and distribute condoms/sheaths, if requested and/or appropriate.- Advise on appropriate changes to sexual behaviour to reduce risk.
Provide a full screen for asymptomatic STIs <ul style="list-style-type: none">- Take an appropriate and adequate sample of urine (or a self-taken low vaginal swab) to test for chlamydia and gonorrhoea and a sample of blood to test for syphilis and HIV,

<p>where appropriate.</p> <ul style="list-style-type: none"> - Screening for hepatitis B and hepatitis C where appropriate. - Consideration of (and if appropriate referral for) hepatitis B vaccination for at risk groups. - Ensure that patients are aware of the infections that they are being screened for and arrange how the client will be informed of their results e.g., phone, text, or letter. - Ensure that the client is aware that positive results for certain infections (e.g. gonorrhoea, syphilis, HIV) will require referral to the Highland Sexual Health service for treatment and partner notification.
<p>Manage positive results</p> <ul style="list-style-type: none"> - Inform the client of their results using the agreed means of communication. - For a positive chlamydia result: Treatment should be in accordance with TAMs. - Patients may, with their agreement, be referred to the Highland Sexual Health service for partner notification. - For a positive Gonorrhoea, Syphilis or HIV result patients should be referred to the Highland Sexual Health service for treatment and partner notification.
<p>Screening for HIV</p> <ul style="list-style-type: none"> - Offer an HIV test as part of a full sexual health screen. - Discuss HIV testing, including issues specific to pregnant women.
<p>Screening of men who have sex with men (MSM)</p> <p>It is recommended that MSM (including those who are asymptomatic) are referred to the Highland Sexual Health service for assessment and treatment.</p>
<p>Tier 2 – as above plus the following</p>
<p>To assess and manage suspected genital tract infections, requiring intimate physical examination (where a comprehensive sexual health assessment, including examination, has been undertaken).</p> <ul style="list-style-type: none"> - Take appropriate and adequate specimens. - Correctly interpret test results. - Clearly explain the diagnosis and management to the patient, referring to or liaising with other colleagues as appropriate.
<p>To undertake genital examination where appropriate</p> <ul style="list-style-type: none"> - Explain procedure to patient. - Elicit physical signs with minimal discomfort to patient. - Be aware of patient dignity and ensure chaperone is offered. - Demonstrate skilful use of instruments.
<p>To refer for partner notification and contact tracing in line with national guidelines</p> <ul style="list-style-type: none"> - Explain the reasons for partner notification and contact tracing; to reduce risk of re-infection and onward transmission. - Liaise with specialist sexual health service for partner notification.

Interdependencies with other services

Providers are expected to work closely with:

Highland Sexual Health Service (incorporates GUM and Contraceptive Services)

<https://www.highlandsexualhealth.co.uk/>

Patients can also be signposted to this website.

For clinical advice:

01463 888300, choosing the 'Health Advisor in Inverness' option – a message can be left which will be returned promptly

Refer to the TAM site for referral information and partner notification process on the link below

- [Highland Sexual Health referral service \(Guidelines\) | Right Decisions \(scot.nhs.uk\)](#)

Training

People at risk of STIs should have their care managed by an appropriately skilled health professional. All healthcare professionals have a responsibility to maintain their own clinical competence. The provision of this service should be in accordance with guidance from the relevant professional bodies including the FSRH, BASHH, RCOG, and NICE guidelines.

<p>Core Knowledge RCGP Introductory certificate in Sexual Health Highlights the importance of pro-active primary healthcare professionals, clinical and non-clinical, to improve the UK's sexual and reproductive health needs. It includes normalising testing for sexually transmitted infections and overcoming barriers to discussing sexual health.</p> <p>STIF Foundation Course: Multi-disciplinary training in the knowledge, skills and attitudes, required for the diagnosis, management and prevention of STIs.</p> <p>E-SRH: On-line modules on anatomy & physiology, contraceptive choices & emergency contraception.</p>	<p>RCGP Introductory Certificate in Sexual Health</p> <p>STI Foundation Home STIF Foundation</p> <p>Sexual and Reproductive Healthcare – elearning for healthcare (e-lfh.org.uk)</p>	<p>2 Hours 10 minutes</p> <p>10 Hours</p> <p>15 Hours</p>
<p>Theory into Practice and Updates</p>	<p>Contact Highland Health Sexual Health Service</p>	<p>nhsh.adminhsh@nhs.scot</p>

Useful links

[SEXUAL HEALTH | Right Decisions \(scot.nhs.uk\)](#)

[Chlamydia \(uncomplicated\) in Primary Care \(Guidelines\) | Right Decisions \(scot.nhs.uk\)](#)

[GENITAL TRACT \(Antimicrobial\) | Right Decisions \(scot.nhs.uk\)](#)

[HIV | Right Decisions \(scot.nhs.uk\)](#)

[Syphilis referral pathway \(Guidelines\) | Right Decisions \(scot.nhs.uk\)](#)

[Intimate examinations and chaperones | GMC \(gmc-uk.org\)](#)

[FSRH Bitesize: Intrauterine contraception \(IUC\) removal | video](#)

Recording Information

The following read codes will be used for monitoring and payment purposes:

For claim – selection of either Tier 1 or Tier 2 read code as appropriate; and completion of the Sexual health ESCRO screen will be required to trigger payment.

Read codes 08.07.24	Screen description	Read code description	When to be used
6832	Sexual Health Screening – Tier 1	Sexually Transmitted Infection Screening	Screening of asymptomatic STIs within the primary care setting - claim
9Na4	Sexual Health Screening – Tier 2	Consultation for complex sexual health need	Treatment of positive cases of asymptomatic STIs and investigation / management of suspected genital tract infections - claim
8T0F	Referral to Highland Sexual Health Service	Referred to contraception and sexual health service	For all referrals to Sexual Health Service

3 QUALITY

Good record keeping. Production of an appropriate clinical record using appropriate read codes and adequate recording should be made in the patient's electronic record.

STI services should be managed in accordance with the FRSH, BASHH, TAM and/or NICE guidance.

Effective prevention and control of Health Care Associated Infection (HCAI) should be embedded into everyday practice and applied consistently by everyone. The General Practitioner must ensure that patients, staff and other persons are protected against the risk of acquiring a HCAI, through the provision of appropriate care, in suitable facilities, consistent with good practice.

Staff undertaking care of under 18s should follow local and national guidance on safeguarding children. All under 16s should be assessed for competency according to Fraser Guidelines.

The Mental Capacity Act should be followed for adults (and young people aged 16-17 years) with learning difficulties or where there is impairment of decision making.

4 FINANCE & SERVICE PRICING

Contract value

Payment per patient registered identified and treated under sexual health LES in primary care.

The payment for patients being treated in general practice will be:

Tier 1 payment - **£70.89**

Tier 2 payment - **£106.23**

Consumables are included within the item of service fee.

Appendix 1 - Links for use / sharing / sending by SMS to patients (July 2023)

Link to SSK order online

Please click the link to order your STI KIT online_

<https://nashonlinebooking.com/OnlineBookingSystem/en/ssk>

GUM

Bacterial vaginosis – [Bacterial vaginosis | NHS inform](#)

Chlamydia - [Chlamydia | NHS inform](#)

Genital Herpes- [Genital herpes | NHS inform](#) / [Herpes Viruses Association - Helping You With Genital Herpes](#)

<https://herpes.org.uk/wp-content/uploads/2020/10/PIL-printable.pdf> - *this leaflet is helpful also for answering questions on herpes*

Genital Skin Care -

https://www.highlandsexualhealth.co.uk/application/files/3215/9292/5448/HSH_genital_skin_care.pdf

Genital Warts - [Genital warts | NHS inform](#)

Gonorrhoea - [Gonorrhoea | NHS inform](#)

Hepatitis A - [Hepatitis A | NHS inform](#)

Hepatitis B - [Hepatitis B | NHS inform](#)

Hepatitis C - [Hepatitis C | NHS inform](#)

HIV- [HIV symptoms & treatments - Illnesses & conditions | NHS inform](#)

HIV PREP - [HIV PrEP \(Pre-Exposure Prophylaxis\) | NHS inform](#)

HPV – <https://highlandsexualhealth.co.uk/stis/hpv>

HPV VACCINE MSM - <https://highlandsexualhealth.co.uk/stis/hpv>

LGV - [Lymphogranuloma venereum \(LGV\) | NHS inform](#)

M Gen - [Key points \(iusti.org\)](#)

Monkeypox vaccine - [Vaccination to help protect against mpox \(monkeypox\) | NHS inform](#)

Pelvic Inflammatory disease (PID) - [Pelvic inflammatory disease | NHS inform](#)

[Pelvic floor exercise app: https://www.squeezyapp.com](#)

PrEP – [What is HIV PrEP | NHS inform](#)

[PrEP private purchase guidance - Home page - I Want PrEP Now](#)

Pubic Lice - [Pubic lice | NHS inform](#)

Scabies- [Scabies | NHS inform](#)

Syphilis - [Syphilis | NHS inform](#)

Thrush - [Thrush | NHS inform](#)

Trichomonas (TV) - [Trichomonas infection | NHS inform](#)

Contraception

<https://www.nhsinform.scot/healthy-living/contraception>

Bridging contraception - <https://www.nhsinform.scot/campaigns/bridging-short-term-contraception/>

Condoms - <https://www.nhsinform.scot/healthy-living/contraception/condoms/>

Condom Supply - <https://www.waverleycare.org/find-a-service/free-condoms-by-post/>

Sayana Press - [Sayana Press patient guide to self injection.pdf \(sayanaanswers.co.uk\)](#)

Ordering of sharps containers and PIL for Sayana Press-[Medisa](#) (you will need to register an account)

Sex and contraception after birth - <https://www.nhsinform.scot/ready-steady-baby/early-parenthood/your-growing-family/sex-and-contraception-after-birth/>

Healthy Start pregnancy vitamins: [Vitamins and minerals in pregnancy| Ready Steady Baby! \(nhsinform.scot\)](#)

Post natal contraception links NHS Scotland-several languages

NHS Postnatal contraception [NHS Postnatal Contraception - YouTube](#)

NHS Postnatal contraception Polish [NHS Postnatal Contraception - Polish - YouTube](#)

NHS Postnatal contraception Urdu [NHS Postnatal Contraception - Urdu - YouTube](#)

NHS Postnatal contraception Mandarin [NHS Postnatal Contraception Mandarin Version - YouTube](#)

NHS Postnatal contraception Punjabi [NHS postnatal contraception - PUNJABI - YouTube](#)

Video links for contraception

- IUS (mirina coil) video HSH website-

Please watch this video before your appointment and read the consent form at the bottom of the webpage. <http://www.highlandsexualhealth.co.uk/contraception/ius>

- IUD (copper coil) video HSH website

Please watch this video before your appointment and read the consent form at the bottom of the webpage. <http://www.highlandsexualhealth.co.uk/contraception/iud-copper-coil>

- Implant video HSH website

Please watch this video before your appointment

<http://www.highlandsexualhealth.co.uk/contraception/contraceptive-implant>

Different ways to take COCP: www.bit.ly/35DJV11

How to put on a condom (and other condom related info): [How to put a condom on | NHS - YouTube](#)

Emergency Contraception - [Emergency Contraception - Your Guide \(sexwise.org.uk\)](#)

Termination of Pregnancy- Social Gynae PIL:

https://www.highlandsexualhealth.co.uk/application/files/2115/8712/4518/COVID_patient_information_leaflet_.pdf

Lichen Sclerosus

Female - <https://www.bad.org.uk/pils/lichen-sclerosus-in-females>

Male - <https://www.bad.org.uk/pils/lichen-sclerosus-in-males>

Menopause

Menopause - [Menopause | NHS inform](#)

Alternatives to HRT: <https://www.womens-health-concern.org/help-and-advice/factsheets/complementaryalternative-therapies-menopausal-women/>

CBT & Menopause: <https://www.womens-health-concern.org/help-and-advice/factsheets/cognitive-behaviour-therapy-cbt-menopausal-symptoms/>

Menopause Matters: <https://www.menopausematters.co.uk/>

Menopause & Sleep: <https://www.womens-health-concern.org/help-and-advice/factsheets/menopause-and-insomnia/>

Migraine & HRT: <https://www.womens-health-concern.org/help-and-advice/factsheets/migraine-and-hrt/>

Urogenital Problems: <https://www.womens-health-concern.org/help-and-advice/factsheets/urogenital-problems/>

Women's Health Concern: <https://www.womens-health-concern.org/>

Vulval pain:

Vulvodynia: <https://www.bad.org.uk/shared/get-file.ashx?id=186&itemtype=document>

Rape/Sexual Violence:

Reporting a rape or sexual assault - [Reporting a rape or sexual assault to the police | NHS inform](#)

NHS Self referral service - <https://www.nhsinform.scot/turn-to-sarcs>

RASASH: <https://www.rasash.org.uk/>

Coping After Sexual Violence:

https://www.rapecrisisscotland.org.uk/resources/1714037129_COPING.pdf

Victim support Scotland: <https://victimsupport.scot/>

Women's Aid Inverness: <https://www.invernesswa.org/>

Rape Crisis Scotland Helpline – offers confidential short-term, crisis and initial support by phone, email, webchat and text to people of all genders over 13 who have been affected by sexual violence.

website: www.rapecrisisscotland.org.uk

phone number: 08088 01 03 02

Beyond the Streets – works with women involved in the UK 'sex industry'. Women's Support Workers are available to explore options for change.

website: <https://beyondthestreets.org.uk/>

Revenge Porn Helpline – supports all adult victims of intimate image abuse in the UK.

website: <https://revengepornhelpline.org.uk/> phone: 0345 6000 459

You My Sister – run tailored support programmes for survivors of the sex trade.

website: <https://youmysister.org.uk/>

Breathing Space – is a free confidential phone and web-based service for people experiencing low mood, depression or anxiety.

website: <https://www.breathingspace.scot> phone: 0800 83 84 85

National Ugly Mugs – is an independent reporting system for those in the 'sex industry', they provide alerts about sex buyers to avoid and can help screen buyers.

website: <https://nationaluglymugs.org/>

Scottish Domestic Abuse and Forced Marriage Helpline - phone and text-based service for anyone experience domestic abuse or forced marriage.

website: <https://www.sdafmh.org.uk/en/> phone: 0800 027 1234

Scottish Women's Rights Centre - provide free and confidential legal advice and advocacy support to women affected by violence against women.

website: <https://www.scottishwomensrightscentre.org.uk/> phone: 08088 010 789

TARA – supports women who may be trafficked or exploited across Scotland.

website: <https://www.tarascotland.org.uk/> phone: -phone: -0141 276 7724

Encompass Network – a network of services working with people at risk of becoming involved in, who are currently involved in, or who have exited selling or exchanging sexual activity. They have safety planning resources available.

website: <https://www.encompassnetwork.info/>

Smoking Cessation (for self-referral)

- 01463 704619
- www.smokefreehighland.scot.nhs.uk click contact us at the bottom of the page and fill the form in

Gender Identity:

Chest reconstruction surgery:

https://highlandsexualhealth.co.uk/application/files/3316/4459/0150/v6_top_surgery_leaflet.pdf

National Gender Identity Clinical Network for Scotland: <https://www.nn.nhs.scot/ngicns/>

Consent forms FtM: https://www.highlandsexualhealth.co.uk/download_file/112/0

Consent form MtF: https://www.highlandsexualhealth.co.uk/download_file/113/0

FAQs for professionals: <https://www.nn.nhs.scot/ngicns/professionals/>

Genital surgery for those assigned male: <https://www.gires.org.uk/wp-content/uploads/2014/08/lowersurgery-transwomen.pdf>

Genital surgery for those assigned female: <https://www.gires.org.uk/wp-content/uploads/2014/08/lower-surgery.pdf>

Human Fertilisation and Embryology Authority: <https://www.hfea.gov.uk/treatments/fertility-preservation/information-for-trans-and-non-binary-people-seeking-fertility-treatment/>

Inverness kiki Family LGBTQ+/ Queer meet up group [Inverness Kiki Family | Facebook](#)
(info on their upcoming meetings [Inverness LGBTQ+/ Queer Meetup Group | Meetup](#))

LEAP sports promotes sporting activities for LGBTQI+ individuals, including events specifically for transgender people <https://leapsports.org/> . There is a local group in Inverness Out and about in the Highlands www.leapsports.org/news/OUThighlands

TransParents support:

https://highlandsexualhealth.co.uk/application/files/2816/2374/8938/TransParents_2.pdf -

Transmasculine Scotland contact: transmasculinescotland@gmail.com

Nurse led support and information service leaflet:

https://highlandsexualhealth.co.uk/application/files/2816/4449/9832/Nurse-led_support_and_information_service.pdf

Phalloplasty Leaflet:

https://highlandsexualhealth.co.uk/application/files/1116/4450/0117/Phalloplasty_Masculinising_Surgery_Leaflet.pdf

Metoidioplasty Masculinising Surgery Leaflet:

https://highlandsexualhealth.co.uk/application/files/2116/4450/0287/Metoidioplasty_Masculinising_Surgery_Leaflet.pdf

Surgical providers: [Surgery Providers – National Gender Identity Clinical Network for Scotland \(nhs.scot\)](#) A Guide to hormone therapy for trans people:

Pelvic floor exercises:

https://thepogp.co.uk/patients/pelvic_health_advice/pelvic_floor_muscles.aspx
<https://www.gires.org.uk/wp-content/uploads/2014/08/doh-hormone-therapy.pdf>

Transgender Health Screening: <https://www.nhsinform.scot/healthy-living/screening/screening-information-for-the-transgender-community>

Resources for Patients:

https://highlandsexualhealth.co.uk/application/files/6516/2374/8570/Gender-Identity-Clinic-Factsheet_V4.pdf

NHS Scotland STI Test poster:

https://highlandsexualhealth.co.uk/application/files/3316/5479/3513/NHS_Scot_STItest_for_David_Parker_to_share.pdf

Screening – Trans specific info

Coppafeel: <https://coppafeel.org/breast-cancer-info-and-advice/what-is-breast-cancer/resources-for-trans-and-non-binary-people/>

Coppafeel, self-check: <https://self-checkout.coppafeel.org/>

Transgender Screening in Scotland: <https://www.nhsinform.scot/healthy-living/screening/screening-information-for-the-transgender-community>

Resources for parents of trans youth/adults

<https://wavehighland.com>

https://highlandsexualhealth.co.uk/application/files/2816/2374/8938/TransParents_2.pdf

<https://lgbtyouth.org.uk/>

PILLAR (LGBT Youth Scotland)

LGBT+ Group for 13-25 year olds. Meets weekly at The Bike Shed at 33 Grant Street, Merkinch, Inverness on a Tuesday from 6pm-7.30pm.

07786 202 370

nikki.darling@lgbtyouth.org.uk

<https://mermaidsuk.org.uk/parents/>

<https://www.facebook.com/transparentsees2/> or transparentsees@gmail.com

[Restrictions on puberty suppressing hormones | NHS inform](#)

Female Genital Mutilation (FGM)

[FGM – the facts leaflet \(publishing.service.gov.uk\)](#)

General Health

BDA Cholesterol leaflet -<https://www.bda.uk.com/resource/cholesterol.html>

Vitamin D – <https://www.bda.uk.com/static/01d7715f-c4f7-42e7-96f67018f035b0ea/Vitamin-d-food-fact-sheet.pdf>

Near Me

Near Me: <https://nhsattend.vc/sexualhealth>

Near me for Gender psychological assessment appts only

<https://nhsattend.vc/psychological-services-gi>