

Appendix D Part 1

Staff training workbook for Pharmacy Chlamydia Testing Kits & Condom Distribution Service

Who will be offering this service?

Any member of the pharmacy staff team who the pharmacist/pharmacy manager feels is competent to offer the service. All those offering the service will complete and sign the training form which will be kept by the pharmacist/pharmacy manager.

Background to improving access to free condoms and Chlamydia testing

Overall the sexual health of the population in Hampshire is good. However young people (those under 25 years) often experience poor sexual health i.e. become pregnant or have a sexually transmitted infection (STI) because of unprotected sex.

Chlamydia is the most commonly diagnosed STI in young people and it has been estimated that up to 1 in 14 young people have Chlamydia. Young people are the group most affected by Chlamydia in the UK.

About 25% of young people will become sexually active before their 16th birthday, however it is important to stress that the vast majority of young people will not be sexually active before 16.

Condoms are a popular choice for young people and are the only method of contraception that can provide protection against both STIs and pregnancy.

Why promote sexual health in community pharmacy?

Teenagers and young people need access to a range of services that will help them to promote and look after their sexual health.

We want to develop sexual health services in pharmacy because:

- Young people can find it difficult to use sexual health services as they are often a bus ride away or are only open once a week.
- Young people can be reluctant to use some health services like their GP or local sexual health clinic because they are concerned about confidentiality.
- Many pharmacies in Hampshire offer a free emergency contraception service and over 6000 women use this service each year, 64% were aged 15-24. This tells us that young people are happy to use a pharmacy for sexual health services and we want to build on this.
- There are 230 pharmacies in Hampshire and they are open longer hours than GP practices and clinics and are also open at the weekend.
- Young people will be able to choose to use pharmacies that are close to where they live, work or socialise.

Many pharmacies in Hampshire are already offering a range of sexual health services and we want to develop these services, make them easier for young people to use and simple for you to offer.

What do we want you to do?

Chlamydia Testing Kits

We want pharmacy staff to offer free chlamydia testing postal kits to young people aged 16-24 years old as part of the National Chlamydia Screening Programme. We want you to do this in 2 ways:

1. By proactively offering the testing kits to young people who come in to the pharmacy and who are aged 16-24 and live in Hampshire.
2. By giving out the testing kits to young people who ask for the kit (who are aged 16-24 and live in Hampshire).

We have developed a series of short video podcasts to help you to think about how you will offer chlamydia testing postal kits to young people.

The chlamydia podcasts show that offering the kit is not difficult and you are not expected to have detailed conversations with young people about their sexual health or Chlamydia.

Condom Distribution using a C Card

We want you to provide a free condom pack to young people aged 13-24 years old who present with a C card.

When a young person comes in **with** a C card this means that they have already been seen by a trained practitioner and have been deemed to be Fraser competent to be given condoms.

When a young person asks for free condoms **without** a C card you will tell them that they need to have a C card to access condoms from pharmacies.

Let them know where they can get a C card from (all sexual health clinics & some youth projects).

All venues offering young people C cards are listed on www.getiton.nhs.uk

If the young person without a C card is 16 or older you can on this occasion give a free pack of condoms but you need to encourage them to get a C card in order to access condoms from the pharmacy in the future. If young person is under 16 then they will have to see the pharmacist who will make an assessment (using the Fraser Guidelines) to see if they are competent to receive condoms.

What is in the chlamydia testing postal kit?

The postal kit includes a form for the young person to complete with their name, date of birth, address (including postcode), mobile number and/or email address, a method of contact (text, email, phone or letter) and some optional ethnicity and sexual history questions.

They are then required to provide a urine sample in a bottle, label the bottle with their name and date of birth, and to send the form and sample to the lab in the packaging provided. It is a good idea to familiarise yourself with the postal kit so that you feel

confident to offer the test to young people. The kit also contains local information about specialist sexual health services.

Video Podcasts

Please now watch the 4 video podcasts and discuss the following points below:

1. Chlamydia Testing Kits & Condoms Scenario 1

In this scenario a young person comes into the pharmacy to buy something. This is a good opportunity to offer a free chlamydia test.

Here the member of staff demonstrates how simple it is to offer a testing kit.

Have look through a testing kit, read the instructions provided and familiarise yourself with the kit.

Can you find the contact number for the chlamydia screening office?

Have a go at practising how you would offer a chlamydia testing kit? Try and find a phrase you feel comfortable saying.

<http://www.piperhub.com/2012/07/pharmacist-learning-materials-kits-and-condom-scenarios/>

2. Chlamydia Testing Kits & Condoms Scenario 2

Here in this scenario the same young woman clearly does not want a free chlamydia test and that is ok as it is her choice. It is important that she was offered the opportunity in order that she can make an informed choice about taking a test.

The member of staff in the video just reminds her that she can come back and pick up a test any time if she changes her mind.

<http://www.piperhub.com/2012/07/pharmacist-learning-materials-kits-and-condom-scenarios/>

3. Chlamydia Testing Kits & Condoms Scenario 3

Here a young mother comes in to buy something for her child.

The member of staff offers her a free chlamydia test.

Remember that you can offer the chlamydia testing kits to young people aged 15 to 24.

<http://www.piperhub.com/2012/07/pharmacist-learning-materials-kits-and-condom-scenarios/>

4. Chlamydia Testing Kits & Condoms Scenario 4

Here the member of staff helps a young man who asks for free condoms with and without a C card.

Remember when a young person asks for free condoms it is a great opportunity to also offer a chlamydia testing kit as well.

Young people can get C cards from all sexual health clinics in Hampshire as well some youth centres.

Check out www.getiton.nhs.uk to find out more about free condoms and C cards.

Check out www.letstalkaboutit.nhs.uk to find out where the nearest sexual health services are located in Hampshire.

In both scenarios where the young man is 15 years old should you offer him a Chlamydia testing kit?

If the young person has a C card and is 15 years old then you can offer a free chlamydia test. If the 15 year old does not have a C card then do not offer a chlamydia test.

Have a think about how you will feel when approached by a young person for free condoms, and what phrases you will use to give them the condoms or refer to the pharmacist as required. It's always best to be prepared!

<http://www.piperhub.com/2012/07/pharmacist-learning-materials-kits-and-condom-scenarios/>

Please now read through the 2 flowcharts provided (appendix D Parts 2 & 3)
Please complete the quick quiz (Appendix D, part 4) and go through the answers with your manager.

I have read and understood this training workbook. I have watched the 4 video podcasts accompanying this workbook and have completed the short quiz and gone through the correct answers with my manager.

Name	Signature	Date completed

