

H.A.L.O

Health Adviser's Latest Offering

Volume 1, Issue 1

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**NHS TAYSIDE SEXUAL HEALTH ADVISER'S
NEWSLETTER**



Welcome to H.A.L.O!

☞ Welcome to the first edition of the NTSRH Sexual Health Adviser's quarterly newsletter, in which we aim to keep you up to date with our work, future HA developments, and to hopefully answer your questions.

Please feel free to contact any of us in person, by e-mail, or by telephone.

The NTSRH Health Adviser Team are:

Alison Stone (Lead HA)
Jackie Black
Ros Findlay
Ruth Leslie
James Nicoll
Sandra Strachan (HA Assistant)

For more information about Sexual Health Advising, visit the Society of Sexual Health Advisers website:

www.ssha.info

The SSHA is a national (UK) organisation with around 300 members—out of a total of around 350 health advisers.



What do we do?

- Partner Notification (PN)
- Sexual Health Promotion
- Treatment of STIs
- Patient follow-up
- Vaccinations
- Child Protection
- Advising
- Training
- Supporting (patients and professionals)
- STI Screening
- BBV Testing and follow-up
- Audit and Research
- Partnership Working

Where to find us...

The NTSRH Health Advisers work across the whole NHS Tayside area from three offices.

We are based in Ninewells, level 7, South Block (Dundee), Drumhar Health Centre (Perth), and Abbey Health Centre (Arbroath).

☎ Telephone numbers:

Dundee 01382 632 600

Perth 01738 564 272

Arbroath 01241 430 303

Fax (Dundee) 01382 425 541

We are here to help and support you!

Please feel free to contact any of us to discuss any issues around infection spread, transmission of infections, partner notification, and treatment of STIs.

The SSHA describes the role of a Sexual Health Adviser:

- To ensure, wherever possible that contacts of sexually transmitted infections (STIs), including HIV, are offered medical services through partner notification.
- To reduce the transmission of STIs including HIV, through health promotion initiatives.
- To support individuals affected by STIs, including HIV.



A DIRECT REFERRAL PATHWAY TO HEALTH ADVISERS:

We offer a Direct Pathway to Health Advising for those services dealing with high risk or vulnerable individuals (e.g.: Substance Misuse Services, WRASAC, BBV Team, The Corner Project, TCA, Nairn Suite and others) - for more information, please contact the HA Team.

P.E.P. MUST be commenced as soon as possible after high risk sexual exposure... and certainly within 72 hours!

BE IN TIME FOR P.E.P.

Gay Men's Health (Scotland) have recently launched a new campaign, aimed at MSM, around Post Exposure Prophylaxis (after Sexual Exposure) - P.E.P. (S.E.)

P.E.P. is a four week course of antiretroviral drugs given in certain circumstances depending on risk, when a person has had unprotected sexual intercourse with

another person who is known to have HIV (or where there is a very strong possibility that they have HIV).

P.E.P. is only prescribed to individuals who have had a significant risk of exposure to HIV.

P.E.P. medication can have side effects such as nausea, vomiting, and diarrhea.

There is NO guarantee that P.E.P. will work but research appears to show that HIV transmission is less likely.

For more information about the Gay Men's Health P.E.P. campaign, go to:



www.pepscotland.com

Q & A

You asked:

1. For a brief explanation about Hepatitis A, B, and C.

Well, where do we start?

The Health Advising team have developed a Hepatitis A & B leaflet which will be published soon...watch out for this in *H.A.L.O. issue 2*.

Info. On Hepatitis is available from:

www.britishlivertrust.org.uk

2. Can we explain HIV and AIDS.

Again, what a question!

HIV (Human Immunodeficiency Virus) is the virus which leads to a weakening of a person's immune system, leaving them at high risk of opportunistic infections and cancers.

We use the term AIDS

(Acquired Immunodeficiency Syndrome) when the immune system is too weak to fight off infections, ultimately leading to death.

Rarely is AIDS seen in Scotland as most HIV +ve people are diagnosed relatively early and commenced on medications to slow down the HIV, keeping them well for many years.

AIDS related illnesses kill thousands of people across the world every day!

www.sexualhealthscotland.co.uk

www.aidsmap.com

3. Information about head lice and crabs?

Pubic Lice or Crab Lice (Pthirus Pubis) are very different creatures from

Head Lice (Pediculus Humanus capitis).

Pubic lice are found in the genital area, are about the size of a pin-head, crawling from host to host via close physical (and sexual) contact.

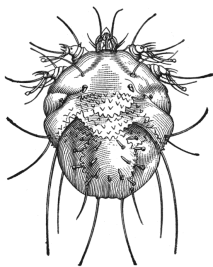
They are treated with Permethrin and malathion. The solution is applied and left for 12 hours and a 2nd treatment is needed after 7 days to kill lice from surviving eggs.

The whole body must be treated and bedding must be washed and partners treated too.

Head lice are passed on through head to head contact most usually between children. A Nit Comb can be used to remove them.

More information:

www.nhsinform.co.uk



A Head Louse



A Pubic Louse (Crab)



NHS Tayside MSM Survey

NHS Tayside are currently looking to improve services for the "men who have sex with men" (MSM) population.

An online survey is available and only takes 10 minutes, or so, to complete.

Please have a look and direct any appropriate service users to the site:

www.surveymonkey.com/s/MensHealthQuestionnaire