

# HIV & STI TESTING PILOT PROJECT - SEXUAL HEALTH ADVICE & GUIDANCE (SHAG) WEEK 2015

## EVALUATION REPORT DEVELOPMENT

**HSE Gay Men's Health Service, GUIDE Clinic, St James's Hospital  
and the HSE Crisis Pregnancy Programme with support from the  
National Sexual Health Communications Working Group**

**May 2015**



## INTRODUCTION

In line with the forthcoming national sexual health strategy, a national sexual health communications working group was established by the HSE Crisis pregnancy Programme. This was to coordinate sexual health communications activities between HSE and non-statutory organisations to ensure joint resources are used in the most effective manner. The membership of the group includes; AIDS West, HIV Ireland (formerly Dublin AIDS Alliance), SpunOut.ie, Gay Health Network (GHN), Sexual Health Centre Cork, BelongTo, GOSHH, Union of Students in Ireland (USI), HSE National Communications Unit, HSE Crisis Pregnancy Programme (HSE CPP) and HSE Gay Men's Health Service (HSE GMHS).

## BACKGROUND

The working group held a series of meetings and provided an opportunity for feedback and co-ordination of events. Including the development of a calendar and it was recognised that some key events exist in Ireland to do with HIV, sexual health and hepatitis for instance.

Initially there was some feedback on the HIV Testing Week held in November 2014 and World AIDS Day on December 1st. SpunOut.ie presented a report on their 'Get Tested' sexual health campaign. Their aim was to normalise regular STI testing among sexually active young adults and to encourage them to sign up to get tested. A SpunOut.ie worker would follow-up with a text message to arrange an appointment at a clinic for individuals to go and get tested.

## SHAG WEEK 2015

The Union of Students in Ireland (USI) Sexual Health Advice & Guidance (SHAG) Week is a key time of year for promoting sexual health promotion messages. In 2015 the SHAG campaign was to happen in four campuses across Ireland from the 9th until the 12th of February. The colleges involved were DIT Aungier St., Dublin, Waterford IT, NUI Galway and Carlow IT.

It was decided by the sexual health communications working group that SHAG week would be the first co-ordinated campaign of the group in 2015. Apart from the usual SHAG week events and promotions it was agreed that it would be beneficial to build on the SpunOut.ie campaign. However rather than offer to arrange testing it was decided to explore the possibility for the provision of free onsite HIV and STI testing on campus, to be carried out by a nursing outreach team linked to free STI screening services. This decision was based on feedback on current outreach STI testing at HIV Ireland (formerly Dublin AIDS Alliance) offices by the GUIDE clinic, at the Outhouse LGBT Centre and previous onsite testing at gay bars and saunas by HSE GMHS.

## **PILOT PROJECT FOR FREE STI TESTING**

A working sub-group was formalised and two colleges were chosen to pilot the STI testing initiative, one in Dublin and one outside Dublin. DIT Aungier Street and NUI Galway were chosen, however although the support was there to roll out the initiative in NUI Galway the timeframe was too tight. Carlow IT was chosen as an alternative regional option for the initiative. Based on costs and availability of the team it was agreed to aim for a maximum of 100 tests. This was later changed to allow for 100 tests at DIT Aungier St and 50 at IT Carlow.

The manager of the HSE GMHS co-ordinated the pilot project and Dr Fiona Lyons (Consultant Genitourinary Medicine) GUIDE Clinic, St James's Hospital, acted as the Medical Director. Meetings were held with the relevant stakeholders and an outreach team was formulated with nurses from the GUIDE Clinic, St James's Hospital and HSE GMHS, the manager from HSE GMHS and a counsellor from HIV Ireland (formerly Dublin AIDS Alliance). Laboratory facilities were supplied by the Microbiology Department, St James's Hospital. A standard operation procedure (SOP) was drawn up for the implementation of the pilot project and projected costings.

Initial visits were made and meetings were held with the student's union welfare officer, the sexual health centre Aungier St, and with Bolton St to establish whether the Bolton street location would be suitable location to roll out the pilot initiative as a follow on to the pilot in Aungier Street. Communication was made via telephone and email with the welfare officer and nurse at the health centre in Carlow IT.

### **Testing Days**

On the day of the testing recruitment was made via the personnel at the exhibition stands, the 'Johnny got you covered' crew, the student's union team and the health centre's team. This resulted in a steady flow of people till close at 5.00pm. On entrance the people who presented for testing were spoken to about the process, handed some information and a triage form. They were asked to indicate if they had sex with men only, women only or with both men and women.

### **Testing People**

Overall 171 people were tested (85 at DIT Aungier St., and 86 at Carlow IT) and it was almost equal uptake by males to females. Of the 171 who registered for testing;

- Seven males and 14 females (a total of 21 (12%)) were homosexually or bisexually active.
- 87% were aged 24 and younger rising to 96% for those aged 29 or younger.
- One in five students 35 (20%) were born abroad. This was more significant at DIT Aungier St (23%) than at Carlow IT (17%).
- 89.5% identified themselves as white, 7.6% as black, 1.8% as mixed background and 1.2% as having an Asian background.
- Just over eight in ten students had never tested for HIV (85%) or STI's (82%) previously. Having been tested previously was significantly higher among those attending DIT Aungier Street, and men who have sex with men (MSM).

## Testing Procedures

Students were informed that they would not be contacted in regard to negative results. Students with positive results would be offered to attend the GUIDE clinic (or HSE GMHS if MSM) or their local student health centre. A card was also supplied with a mobile telephone number to everyone tested to contact a nurse on Monday to Friday.

The testing was provided as follows;

- STI Testing: consisted of a urine sample from males and a self-taken vaginal swab from females.
- If MSM: a urine sample, a pharyngeal swab (taken by the nurse) and a self-taken rectal swab.
- A blood test for HIV, Syphilis and Hepatitis B surface antigen for everyone as standard.

## Testing Results

No one tested positive for HIV, Syphilis or Gonorrhoea. Chlamydia was detected and the need for Hepatitis b vaccine was indicated. Nine people tested positive for Chlamydia (5.3%) and two thirds of these were female. The overall diagnosis rate was 3.5% for males tested (3/85) and 7.1% for females tested (6/84). Follow-up by the nurse at GUIDE meant these students were treated in a timely manner.

## CONCLUSION

There is a separate report on campaign elements relating to SHAG week. Regarding the Pilot Testing Project overall the two days were a huge success and demand was extremely high.

The promotion and partnership with various groups, the student health centre and the welfare staff was greatly appreciated and helpful. The cost although low does not reflect the effort, commitment and long travel journeys made by the Nurses which cannot be underestimated. The early evaluation indicates the positive outcomes, learning and recommendations for any further initiatives.

## Positive Outcomes

The pilot project was highly successful in that;

- The students were enthusiastic and had less concerns than the sub group originally thought they would.
- Over eight in 10 people tested availed of HIV and STI screening for the first time.
- Awareness of the need for STI testing if sexually active was raised among the student population of both colleges.
- It provided an opportunity to also discuss any concerns the students had.
- It highlighted that Chlamydia infection is higher among students than other infections
- It was a relatively inexpensive initiative that provided immediate promotion and testing access
- The development of a partnership “outreach nurses team” between GUIDE, St James’ Hospital and HSE GMHS including the sharing and development of resources contact cards, triage form etc. worked well.

### **Key Learning's from the Pilot**

- Longer lead needed with regard to planning period
- Made more aware of what days and times are best during the day and perhaps evening for testing
- The benefit of having an extra nurse onsite for relief
- Use of health assistant for provision of and collection of forms etc.
- Having a counsellor onsite was not necessary within the colleges as part of this pilot
- Need for earlier and closer liaison with nearest STI clinical services i.e. Waterford STI clinic for Carlow IT
- Capacity of student health centre for dealing with results would need to be explored

### **Recommendations**

- Explore further testing at two other colleges for comparison.
- Explore regular testing initiatives at third level institutions.
- Explore the possibility of the provision of free testing by all student health centres as part of the National sexual health strategy.

***Finally this small report highlights the first ever nurse led Outreach free STI testing in colleges. The SOP and documents used along with the experience of the team and working group can help formulate practice. It shows that the partnership approach, coordination and implementation with clear areas of responsibility are vital for further initiatives and success of same.***

## APPENDIX 1. TESTING DETAILS

### DIT Aungier St: Monday 9th February

Four nurses, Manager GMHS and DAA counsellor formed the team which met at 10.30am and set up. There were three tables for nurses and one table for registration. Recruitment was via the personnel at the exhibition stands, 'Johnny got you covered' crew, the student's union team and the Student health centre team and leaflets were distributed. This resulted in a steady flow of people till close at 5.00pm. Recruited 86 people and tested 85 (one person left).

### Carlow IT: Thursday 12th February

Three nurses met and drove by car to Carlow IT and provided service from 11.30am to 6.00pm. The testing site was away from the main exhibition, but it was felt that this did not hinder uptake. There was a greater demand for testing at IT Carlow which led to a slower process as there was one less nurse than at DIT. Recruited 89 students and 86 tested (three had to go to class).

### Students Tested and Demography

Of the 171 tested the Male and Female breakdown was just 50%, with more males (55%) testing at DIT Aungier St than at IT Carlow (45%). Students were asked to indicate if they had sex with men only, women only or with both men and women.

(MSM) if male and had sex with men only or with men and women.

(WSW) if female and had sex with women only or with men and women.

(MSW/WSM) if male or female and had sex with the opposite sex only (MSW/WSM).

Of the 171 tested 21 (12.3%) were *homosexually or bisexually active* with nearly twice as many females than males. 8.2% of males and 16.3% of *females were homosexually or bisexually active*.

	Male	Female	MSM	WSW	MSW/WSM
<b>DIT Aungier</b>	47(55.2%)	38(44.7%)	4(4.7%)	6(7.1%)	75(88.2%)
<b>Carlow IT</b>	38(44.1%)	48(55.8%)	3(3.5%)	8(9.3%)	75(87.2%)
<b>Total n=171</b>	85(49.7%)	86(50.2%)	7(4.1%)	14(8.2%)	150(87.7%)

### Ethnic and Cultural background

Overall one in five students 35 (20%) were born abroad. This was slightly more at DIT Aungier St (23%) than at IT Carlow (17%). 89.5% identified themselves as white 7.6% as black, 1.8% as mixed and 1.2% as having an Asian background.

### Age Range

As expected the 18 to 24 age group was the highest for both colleges. Slightly younger students tested at IT Carlow.

Age Range		18-24	24-29	30-39
<b>DIT Aungier St</b>	<b>n=85</b>	71(83.5%)	9(10.6%)	5(5.9%)
<b>IT Carlow</b>	<b>n=86</b>	77(89.5%)	8(9.3%)	1(1.2%)
<b>Total</b>	<b>n=171</b>	148(86.5%)	17(9.9%)	6(3.5%)

### Testing History

Just over eight in ten students had never tested for HIV (85%) or STI's (82%) previously. Overall 25 (15%) of students had tested previously for HIV and 31(18%) for STIs. *More Students at DIT had tested previously for HIV and STIs.*

Tested Previously	HIV	STI
DIT Aungier St	15(17.6%)	19(22.4%)
IT Carlow	10(11.6%)	12(14.0%)
Total	25 (14.6%)	31(18.1%)

Of the MSM; three (43%) had tested previously for HIV and two (29%) for STIs all attended at DIT. While one WSW had tested for HIV and two WSW (14%) tested for STIs also based at DIT.

### Testing Procedures

**STI Testing:** consisted of urine sample from males and self-taken vaginal swab from females.

**For MSM:** Urine sample, Pharyngeal swab (by nurse) and self-taken Rectal Swab.

**Blood Test** for HIV and Syphilis and Hepatitis if indicated.

Students were informed that no contact would be made regarding negative results. Those with positive results would be offered to attend GUIDE (or GMHS if MSM) or local student health centre. A card was supplied with a mobile telephone number to contact a nurse am Monday to Friday.

### Results of tests

No one tested positive for HIV, Syphilis or Gonorrhoea while Chlamydia and need for hep vaccine was indicated. Of the 171 STI tests two were incomplete (female) and therefore these are not counted in the following.

### Chlamydia: N=169

Of the 169 students tested for STIs; nine (5.3%) tested positive for Chlamydia and six (66.7%) of these were female. While at DIT Aungier Street the ratio was even between men and women in IT Carlow; four females to one male. The overall diagnosis rate was 3.5% for males tested (3/85) and 7.1% for females tested (6/84) (one female was WSW which is also 7.1% rate 1/14).

Chlamydia N=169	Male N=85	Female N=84
DIT n=85 (4.7%)	2	2
IT n=86 (5.8%)	1	4
Total by gender	3 (3.5%)	6 (7.1%)

Seven (77.8%) of the diagnosed students had never tested for STI's previously and of the two who had these were male and attended at DIT Aungier St.

### Hepatitis Vaccine

MSM were also tested for anti bodies for hepatitis A&B and if indicated were contacted regarding uptake of course. Of the seven MSM tested, five (71%) were recalled. Arrangements were made with the local student health centre.



## APPENDIX 2\* DRAFT PROTOCOL SOP: OUTREACH STI & HIV TESTING AT SHAG WEEK

Service and Times	SHAG WEEK EVENTS DIT Aungier St, Dublin 2 & Carlow IT. The STI Outreach Clinic Nurse Led. Blood Tests and STI Tests: A Self-Testing (Rectal or Vaginal Swab), Throat Swab and Urine sample.
Partners	Guide Clinic, St James's Hospital, HSE GMHS, USI, HSE CPP
Lead Responsibility	Dr Fiona Lyons, Consultant, GUIDE Clinic St James's Hospital & Mick Quinlan, Manager, GMHS, Baggot St. Hospital, Dublin 4.
Testing Delivery	Nurses from GUIDE & HSE GMHS
Insurance	Covered as part of the <b>Public Service Indemnity</b>
Protocols on Confidentiality	This is a <b>Confidential Service</b> identity requirement i.e. Name and Mobile telephone number <b>shared only between the GUIDE AND GMHS Staff and Patient</b> Referral to a counsellor by agreement with patient, as is referral to other Services. Patients may self-refer
Meet & Greet	On entering a <b>Numbered Triage Form</b> is presented to patient who is directed/brought to waiting area. Note: the <b>Numbered Triage Form</b> will act as indicator of visitors as per insurance requirements.
Waiting Area	Waiting room will consist of chairs and availability of water,
Triage	Triage form <b>collected by GUIDE AND GMHS team</b> only and patient is seen by nurse for service
Medical Records	Guide and GMHS Team will record medical and service provision details along with patient's identifier on A4 paper along with Triage information. This will be kept securely at St James's Hospital for purpose of provision of results and follow-up if required.
Medical Service	This service is for all male and female students
Symptomatic	Patient may present with symptoms they will be referred by appointment or informed of walk-in at GUIDE or if MSM to GMHS Clinic Tuesday 4.30 to 6pm or to attend local STI Clinic if outside Dublin
PEP	Patients informed to attend nearest Emergency department
RESULTS for Patient	Not to inform of negative results
Results From lab	Electronically
Results & Follow-Up	GUIDE: Will Assemble Results Follow-up to patient by
If Results Negative	Not to inform



If Results Positive	Any follow-ups for re-test or treatment will be arranged by GUIDE at it's clinic or GMHS or to nearest clinic to patient if residing outside Dublin
Hepatitis Vaccine	Any follow-up for vaccines will be left to the patient to arrange with GP or nearest STI clinic.
Support/Advise	Clients will be made aware of support and advice on sexual health offered by DAA or local group
Psychological Support	Arranged by USI welfare office
Specimen Material	Supplied by St James's Lab: Swabs, Urine Sample Bottles, Blood Bottles
Specimen Storage and delivery	Specimens delivered after testing session to St James's lab
Infection Control	Sharps Bins, Yellow Bags and Bin, Cleaning Gel , Lino Floors
Nurses Material	Blood and Samples request forms, labels, Alcohol swabs,

*\*Adapted from SOP for the GMHS STI Checkpoint at Baggot St and GMHS Nurse led Outreach HIV & STI Testing at Outhouse LGBT Centre.*

### APPENDIX 3: WELCOME NOTICE\*

**GUIDE & GMHS OUTREACH FREE STI TESTING DIT Aungier St SHAG WEEK 9TH FEBRUARY  
THIS IS A NURSE LED OUTREACH FREE STI TESTING SERVICE PROVIDED BY THE GUIDE CLINIC  
ST JAMES'S HOSPITAL & GMHS-HSE**

**THIS STI SERVICE IS FOR: EVERYONE IT IS FREE, FRIENDLY & CONFIDENTIAL.**

**IMPORTANT NOTICE (our Nurse will also talk with you)**

**THE STI TESTING CLINIC IS FOR PEOPLE WITHOUT ANY SYMPTOMS**

**"This is a nurse-led STI clinic, on-site medical examination or treatment is not part of the screen"  
IF YOU HAVE ANY SYMPTOMS /CONCERNS THE NURSE WILL PROVIDE ADVICE & REFERRAL**

**If you wish to talk with someone about sexual health or other concerns you can ALSO visit the Health Centre here or telephone Dublin AIDS Alliance at 01-8733799**

- **You have received a Numbered Form please fill in:**
- **A GUIDE/GMHS staff member will collect the forms and arrange for you to be seen.**

### INFORMATION

This is not a formal clinic, you will be asked for your **name**, and especially your **mobile telephone number; date of birth**; and where born (Country if born abroad or County if born in Ireland). You will be asked to **indicate your ethnic background**. **All of this information is confidential and kept securely at GUIDE & GMHS CLINIC. This along with testing requirements will not be shared with the college health centre.** We use the mobile number to contact you if there is a **REACTION** to any of your tests or if we need to talk with you about a test.

### REFERENCE CARD

You will receive a card with your reference (chart) number, keep it or place the number in your phone under SN.

### RESULTS

- **We will not contact you with negative results.**
- We will only contact you if there is any **REACTION** to the tests, or we need to talk to you about a vaccine or an incomplete test.
- The results are usually available in **two weeks**.
- We will telephone only you if there is a **REACTION** to the tests.

**NOTE: If you have any concerns about the test you can telephone us during February only Monday to Friday 9.00am to 12.00pm.**

**A Pilot Student Outreach STI Testing Project Brought to you by GUIDE, GMHS, DAA, Crisis Pregnancy Programme and USI Information gathered by the nurse is totally confidential and not shared.**

*\*Adapted from the GMHS STI Checkpoint at Baggot St and GMHS Nurse led Outreach HIV & STI Testing at Outhouse LGBT Centre available at [www.gmhse.ie/services](http://www.gmhse.ie/services)*

**APPENDIX 5: TRIAGE/REGISTRATION FORM FOR TESTING\***

**INFORMATION YOU PROVIDE IS PRIVATE & CONFIDENTIAL & ONLY FOR  
THE GUIDE & GMHS CLINIC IT WILL NOT BE SHARED WITH THE COLLEGE HEALTH SERVICE  
YOU WILL NOT BE IDENTIFIED IN ANY REPORTS WE PRODUCE**

**Number:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Please fill in this form clearly as it will help us to provide the best service for you.**

**Please mark 'X' in box only if you answer 'Yes' to any description below**

**I am**      **MALE** \_\_\_\_\_ **FEMALE** \_\_\_\_\_ **TRANS** \_\_\_\_\_

**I am sexually active with:** Men Only: \_\_\_\_\_ Women Only: \_\_\_\_\_ Men & Women: \_\_\_\_\_

**I have No Symptoms/nothing wrong/** \_\_\_\_\_

**I have symptoms/something I am worried about** \_\_\_\_\_

**I am availing of the test:** Because of the SHAG /KISS Promotion \_\_\_\_\_

**First Name:** \_\_\_\_\_ **Surname/Family Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **DD/MM/YYYY** **Mobile Tel Number:** \_\_\_\_\_

**Age-Range (please circle):**    18-24      24-29      30-39      40-49      50+

**Where Residing/Living:** County: \_\_\_\_\_ or Dublin City Post Code: \_\_\_\_\_

**Where Born (Country):** \_\_\_\_\_

**Ethnic or Cultural Background:** (insert x) White Irish, ( ) White Traveller ( ) Other White Background ( )

Black Irish ( )      Black African ( )      Any Other Black Background ( )      Asian Irish ( )

Chinese Irish ( )      Chinese ( )      Any Other Asian Background ( )      Mixed Background ( )

Other ( )

Any Previous Test For		HIV	Syphilis		STI Test/Swabs	Hepatitis Vaccine	
YES/NO							
Outside Ireland	GMHS Baggot St		GUIDE	Mater	Outside Dublin	College	GP/Other

*\*Nurses Notes opposite this page: \*Adapted from the GMHS Nurse led Outreach HIV & STI Testing at Outhouse LGBT Centre*

# HIV & STI TESTING PILOT PROJECT - SEXUAL HEALTH ADVICE & GUIDANCE (SHAG) WEEK 2015

## EVALUATION REPORT DEVELOPMENT

May 2015

