

# WILTSHIRE

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Sexual Health & Blood Borne Virus Strategy  
2017-2020

# Introduction

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This Strategy sets out our vision, aims and objectives for preventing the transmission of Sexually Transmitted Infections (STIs) and Blood Borne Viruses, enabling access to the full range of contraception options and preventing sexual violence in all its forms through improved education, awareness raising and appropriate service provision.

The concept of 'sexual health' does not merely mean the prevention of sexual ill health and the reduction in sexually transmitted infections (STIs) but also includes reproductive health and termination services, specialist teenage pregnancy services as well as services which work to reduce sexual violence, child sexual exploitation, forced marriage, honour based violence and female genital mutilation.

To improve sexual health across Wiltshire we need to deliver effective, equitable and value for money services across a range of providers. These include:

- Free and accessible testing and treatment services for STI infections
- Readily available access to all forms of contraception including free provision for our most vulnerable residents
- Provision of information to promote awareness of an individuals sexual rights to reduce sexual violence and abuse in all it's forms.

In addition to sexual health this strategy also considers the issues of Blood Borne Viruses and the importance of preventing, diagnosing and treating these infections.

Blood borne viruses (BBVs) provide a challenge to services, not just for the nature of the viruses in question which are traditionally considered to be Hepatitis B (HBV), Hepatitis C (HCV) and HIV, but because of the behaviours and lifestyle associated with the main routes of transmission

To reduce BBVs in Wiltshire we need to deliver effective, equitable and value for money services across a range of providers. This includes:

- Delivering evidence-based prevention, test and treatment programmes, maximising coverage and improving access to prevention and testing opportunities.
- Engaging sexual health services and other service providers in BBV prevention including effective condom distribution,
- Ensuring access to HIV and hepatitis testing with rapid results with referral to an evidence-based patient pathway.
- Delivery of effective vaccination programmes to all identified risk groups including occupational and sports related exposure.

Health Needs Assessments have recently been undertaken for both sexual health and blood borne viruses which will provide more detailed information on both topics covered in this joint strategy.

# Definitions

## What is Sexual Health

### Sexually Transmitted Infections

Sexually Transmitted Infections (STIs) are transmitted through unprotected sexual intercourse, other genital contact or via the exchange of bodily fluids (including blood).

There are a wide range of STIs, which commonly include Chlamydia, Gonorrhoea, Herpes, HIV, Human Papilloma Virus (HPV) and Syphilis. In 2016 there were 2,334 new STI infections diagnosed in Wiltshire residents which is in line with a nationally increasing trend.

As many STIs are becoming harder to treat due to antibiotic resistance the importance of treating infections as quickly and reducing transmission is a public health priority.

### Reproductive Health

There are approximately 15 different methods of contraception which allow you to enjoy sex whilst reducing the risk of unintended pregnancy.

These methods can be differentiated depending on how they work - barrier methods (e.g. condoms,), hormonal methods (e.g. the pill), intrauterine devices (e.g. IUS or IUD) and sterilization.

Women are also able to access emergency hormonal contraception (EHC). There are two oral forms and one form of intra-uterine contraception Cu-IUD which work by stopping or delaying ovulation.

### Sexual Violence

The term 'Sexual Violence' covers a wide range of issues, including child sexual exploitation, sexual abuse, sexual assault and female genital mutilation (FGM). Every form of sexual violence requires special management to ensure that both victims and perpetrators are dealt with in the most appropriate way.

The health needs of sexual assault victims include the physical health consequences of sexual violence, the risk of pregnancy, contraction of sexually transmitted infections and, for all victims, longer-term health issues such as increased rates of chronic illnesses, poor perceived health and increased use of medical services.

The psychological consequences are linked to profound long-term health issues with one third of rape survivors going on to develop post-traumatic stress disorder, relationship problems and longer term psychological needs, mental illness and an increased risk of suicide for abused children when they reach their mid-twenties.

The World Health Organisation definition of FGM is: 'all procedure that involves partial or total removal of the external genitalia, or other injury to the female genital organs for non-medical reasons'.

FGM has serious health consequences, both at the time of the procedure and into adulthood. There are also long-term emotional and psychological effects from the lasting damage caused by FGM. In Wiltshire in 2015 there were 4 cases of FGM reported.

# Definitions

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## What are Blood Borne Viruses (BBVs)

### BBV Definition

A blood-borne virus (BBV) is a virus that is transmitted by blood or other body fluid that may contain blood.

Blood-borne viruses may be transmitted if blood, semen or vaginal fluids pass from a person who is infected with the virus into the bloodstream of another person via a break in the skin or mucous membrane.

*The BBVs that this strategy considers are Hepatitis B, Hepatitis C and HIV*

### Hepatitis B

Hepatitis B causes inflammation of the liver. With acute infection some people experience flu-like symptoms, abdominal pain, jaundice (yellowing of the skin and eyes) and liver failure. Under 5% of people with acute infection go on to become a chronic carrier, in which the person may be asymptomatic (without symptoms) but liver-damage continues to take place and they remain infectious. Long-term complications of being a carrier include cirrhosis (scarring of the liver) and liver cancer.

There is a vaccine to prevent infection with the virus which is offered to certain groups at higher risk of infection but there is currently no cure.

Within Wiltshire it was estimated in 2015 that 1,956 people were living with the virus.

### Hepatitis C

Hepatitis C also causes inflammation of liver, however acute infection is often asymptomatic, jaundice and serious disease is rare. About 80% of those with acute infection will go on to become chronically infected and of those who are chronically infected 75% will have some degree of active liver disease. Long-term complications of chronic infection include cirrhosis (scarring of the liver) and liver cancer.

There are effective treatments available to cure individuals infected with this virus.

2015 prevalence estimates indicated that 1,952 people were living with the virus in Wiltshire.

### HIV

HIV weakens the immune system against infections and some types of cancer. Infected people gradually become immunodeficient, which results in increased susceptibility to a wide range of infections and diseases that people with healthy immune systems can fight off.

The most advanced stage of HIV infection is Acquired Immune Deficiency Syndrome (AIDS).

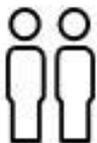
Effective treatments are available to reduce the effects of the virus, but there remains no cure. These treatments can also reduce the possibility of onward transmission of the virus.

There were 239 people diagnosed as living with HIV in Wiltshire in 2016

# National Context

417,584 diagnoses of STI infections in the UK (2016)

11.8% of STIs were in men who have sex with men



16,046 people tested positive for Hepatitis B between 2010/14



1,220,224 people attended a specialist service for contraception in 2016

Oral contraception remains the main method used in the UK



214,000 people in the UK are estimated to be living with Hepatitis C



In 2015, 101,200 people were living with HIV in the UK

Vaccination can help prevent Hepatitis B infection



GP prescribing rate of Long Acting Reversible Contraception was 44.1 per 1,000 women in 2015



12,060 people commenced Hepatitis C treatment during 2016/17



Information is the greatest weapon to prevent sexual ill health



9,179 cases of FGM were reported in 2016/17



Approx 85,000 women are raped in England and Wales each year



Under 18 conception rate in 2015 was 20.8 per 1,000 women



190,406 abortions took place in 2016

Hepatitis B is 50-100 times more infectious than HIV

Sexual Offences rate in 2015 was 1.7 per 1,000 individuals



Approx 12,000 men are raped in England and Wales each year

# Local Context

2,334 people in Wiltshire were diagnosed with a new STI (2016)



1,131 cases in men



1,203 cases in women



1,952 people are estimated to be living with Hepatitis C



22 local pharmacies commissioned to provide emergency contraception

239 people are living with HIV and receiving treatment and care

13.5% of STIs were in men who have sex with men



57% of new STI diagnoses were in young people aged 15-24



Information is the greatest weapon to prevent sexual ill health



4 cases of FGM were reported in 2016

Sexual Offences rate in 2015 was 1.4 per 1,000 individuals



6,199 people attended a specialist service for contraception in 2016

1,956 people are estimated to be living with Hepatitis B



Oral contraception remains the main method used in Wiltshire

**STOPCSE**

63 cases of Child Sexual Exploitation were investigated in 2015



Under 18 conception rate in 2015 was 14.0 per 1,000 women



40% of people living with HIV are over 50 years of age



GP prescribing rate of Long Acting Reversible Contraception was 57.7 per 1,000 women in 2015



1,060 abortions took place in 2016

## Strategic Framework

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**Our vision is that: Wiltshire is a place where all individuals and communities are informed, enabled, motivated and empowered to be able to protect themselves and others from acquiring a STI (or BBV), are able to access the types of contraception they want and are able to have safe sexual experiences, free of coercion, discrimination and violence through ensuring sexual rights are protected, respected and fulfilled.**

This will be supported by three key aims of prevention, diagnosis and treatment provision.

Wiltshire aims to:

- Support individuals to reduce their risk of STI and BBVs and enabled to access all forms of contraception through the provision of information and services. This will also increase the awareness of individuals' sexual rights and reduce sexual violence in all its forms
- Individuals will be able to access testing services when needed in a range of venues, using a range of different testing systems, including the review and implementation of new and emerging testing pathways
- Individuals will be able to access appropriate treatment services as early as possible in locations which are most appropriate to them

Wiltshire's priorities are:

- To ensure that information resources are available in a wide range of venues to increase awareness of BBVs and sexual health in all its forms and reduce the risk of contracting an infection
- To provide opportunities to test and diagnose individuals who have been at risk of contracting a BBV or STI with testing offered at every appropriate and suitable venue
- To reduce unintended pregnancies in all women of fertile age, particularly those under 18
- To reduce all forms of sexual violence through education and awareness raising
- To increase the knowledge and confidence of professionals to assist in the identification of sexual violence and support they can offer victims
- To provide high quality access to sexual health services in a range of venues and locations across Wiltshire
- To ensure that treatment of BBV or STI infection is offered in a timely manner with barriers to access minimised

# Wiltshire Sexual Health Strategy - Overview

**Our Vision** Our vision is that: Wiltshire is a place where all individuals and communities are informed, enabled, motivated and empowered to be able to protect themselves and others from acquiring a STI (or BBV), are able to access the types of contraception they want and are able to have safe sexual experiences, free of coercion, discrimination and violence through ensuring sexual rights are protected, respected and fulfilled.

Strategic Aim		Outcomes
<b>PREVENTION</b>	To protect individuals from BBV or STI infections and enabled to access all forms of contraception through the provision of information and services. This will also increase the awareness of individuals' sexual rights and reduce sexual violence in all its forms	Information resources will be widely available in a range of venues to increase knowledge of blood borne viruses and sexual health including STI's, contraception and sexual violence
		The full range of contraception options will be available in all primary care and sexual health services
		Individuals most at risk of HBV infection will be actively offered and encouraged to be vaccinated
		Healthcare professionals will discuss the risks of blood borne viruses and sexual ill health with all appropriate patients and actively support them with risk reduction strategies
		Prevention interventions will target people across the life course
		Accurate data will be available from all providers of BBV services to facilitate partnership working and future service planning
		Young people will receive effective RSE education through school settings
<b>DIAGNOSIS</b>	To ensure individuals will be able to access testing services when needed in a range of venues, using a range of different testing systems, including the review and implementation of new and emerging testing systems	A range of 'open access' services will be available across the county to enable easier access
		Drug and alcohol service providers will offer BBV testing to all clients
		Prison services will increase the offer and uptake of BBV screening upon arrival.
		Primary care settings will offer a wider range of sexual health and BBV testing services as part of routine diagnostic tests
		Workforce training will take place to enhance the confidence of staff to undertake STI testing and provide additional contraception services
		Home testing/sampling systems will be available to facilitate additional diagnostic opportunities
		Stigma associated with being diagnosed with a BBV will be reduced
Services will meet the needs of all sections of our communities		
<b>TREATMENT</b>	To ensure individuals will be able to access appropriate treatment services as early as possible in locations which are most appropriate to them	All patients diagnosed with a BBV or STI will be treated in a timely manner in a suitable setting.
		Advice and guidance will be readily available to all clinicians by sexual health specialists to ensure the latest treatment regime is being offered
		Effective referral pathways will be in place to facilitate specialist treatment or care if needed
		Treatment options will be discussed with all patients upon diagnosis of their BBV
		Holistic methods of self-care will be discussed with everyone living with a BBV
		Risk reduction strategies will be discussed with all patients receiving treatments to reduce possible onward transmission

# Population Health Needs / National Strategy and Guidance

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Health Needs Assessments were undertaken in 2017 for both sexual health and blood borne viruses which will provide more detailed information on both topics covered in this joint strategy.

National strategies and guidance is in place to support the design, development and review of sexual health and of blood borne virus services and these have been used to provide the strategic framework to inform Wiltshire's approach to this strategy. These include:

## **Sexual health guidance**

- A Framework for Sexual Health Improvement in England – Department of Health
- National Teenage Pregnancy Strategy – Social Exclusion Unit
- NHS Choices, Contraceptive Guide – NHS
- Long Acting Reversible Contraception – National Institute of Health and Care Excellence
- The Female Genital Mutilation Act 2003 – UK Government
- Child Sexual Exploitation, definition and a guide for practitioners – Department for Education
- A guide to whole system commissioning for sexual health, reproductive health and HIV – Public Health England
- Sexually transmitted infections and under 18 conceptions: Prevention – National Institute for Health and Care Excellence

## **Blood Borne Virus guidance**

- A Framework for Sexual Health Improvement in England – Department of Health
- Hepatitis B (chronic) diagnosis and management (CG15) – National Institute for Health and Care Excellence
- Hepatitis B and C: Ways to promote and offer testing to people at increased risk of infection (PH43) - National Institute for Health and Care Excellence
- Improving testing rates for blood borne viruses in prisons and other secure settings – Public Health England.