



Government of **Western Australia**  
Department of **Health**

# Sexual Health and Blood-borne Virus Program Resources

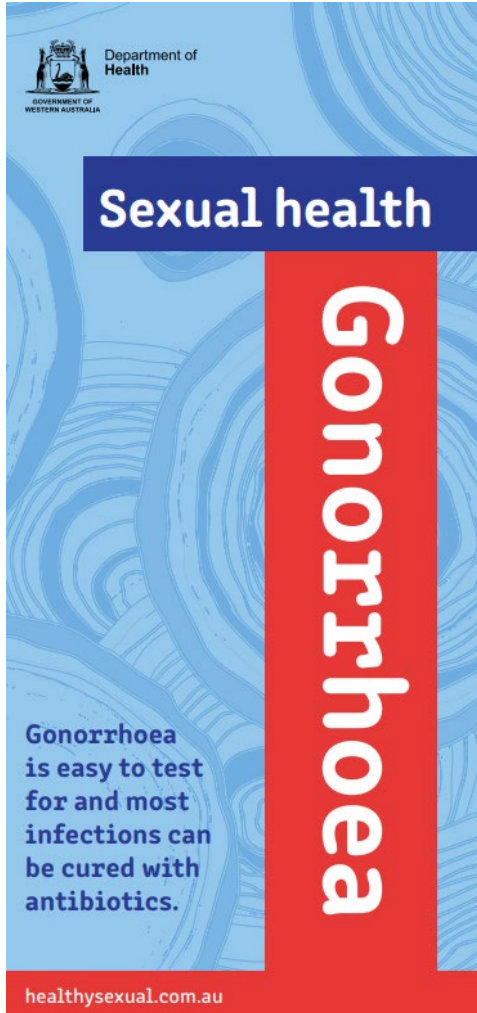
November 2023



# Considerations

- Medically accurate
- Plain language
- Engaging
- 'Do no harm'
- Sex positive

# General population resources



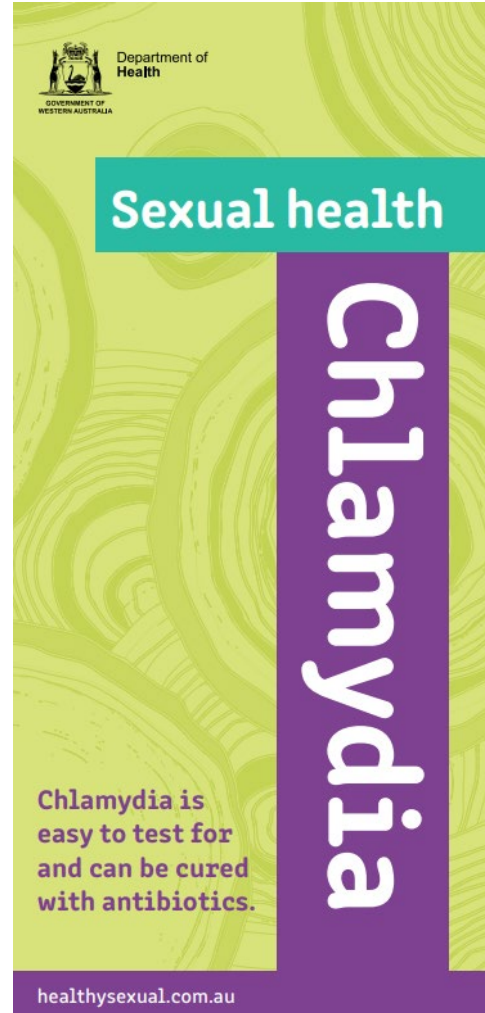
Department of Health  
GOVERNMENT OF WESTERN AUSTRALIA

Sexual health

## Gonorrhoea

Gonorrhoea is easy to test for and most infections can be cured with antibiotics.

healthysexual.com.au



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Sexual health

## Chlamydia

Chlamydia is easy to test for and can be cured with antibiotics.

healthysexual.com.au



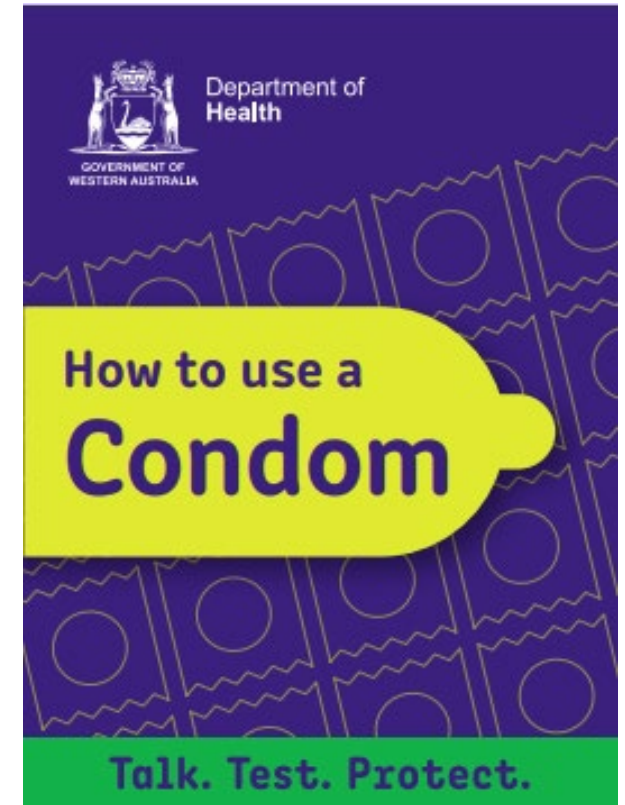
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Sexual health

## Syphilis

Syphilis is easy to test for and can be cured with antibiotics if treated early

healthysexual.com.au



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## How to use a Condom

Talk. Test. Protect.



Talk. Test. Protect. Talk. Test. Protect. Talk. Test. Protect. Talk. Test. Protect.

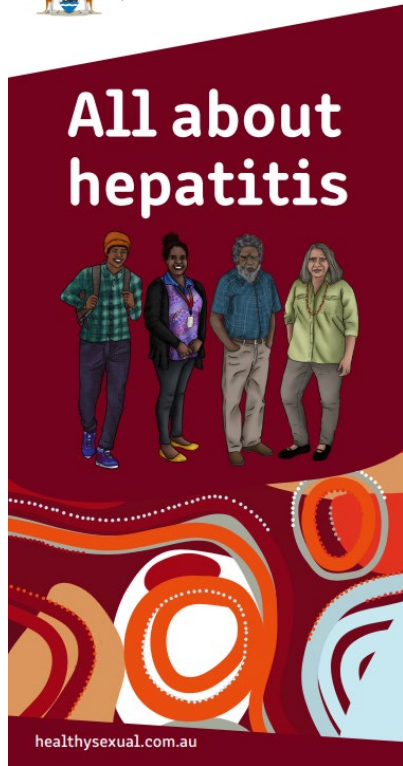


# Aboriginal community resources

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## Condom tips

1



Check expiry date and open carefully

2



Check the condom is the right way up

3



Roll down all the way

4



Apply water-based lube

5



After sex, remove carefully

**Consent**  
Always check in with your partner before and during sex

YES



# HIV Flip Chart

## HOW ARE YOU FEELING?



Shame



Confused

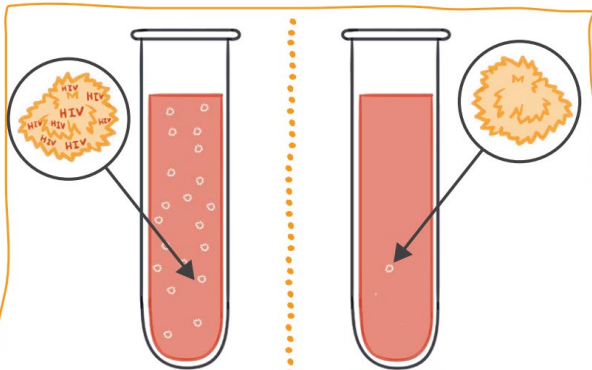


Worried



Angry

## DETECTABLE VS UNDETECTABLE



Can give HIV to other people through sex

Cannot give HIV to other people through sex

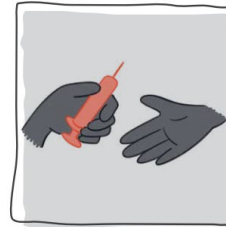
## WAYS PEOPLE GET HIV



Can be given to babies during birth or breastfeeding

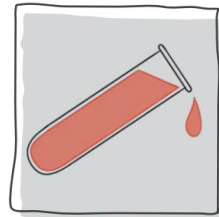


Is spread by sex without condoms (unprotected sex)

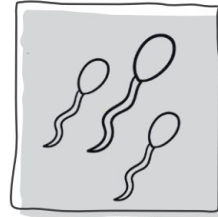


Is spread by sharing syringes and needles

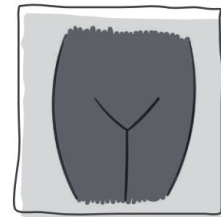
## BODY FLUIDS WHICH CONTAIN HIV ARE



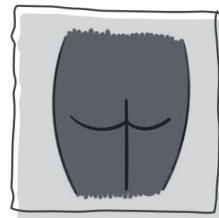
Blood



Semen (Cum)



Vaginal Fluid



Anal (Bum) Fluid



Breast Milk

## DO



See your health worker



Wear condoms



Take medicine as told by your health worker

## DON'T



Share injection drug equipment



Share personal hygiene equipment

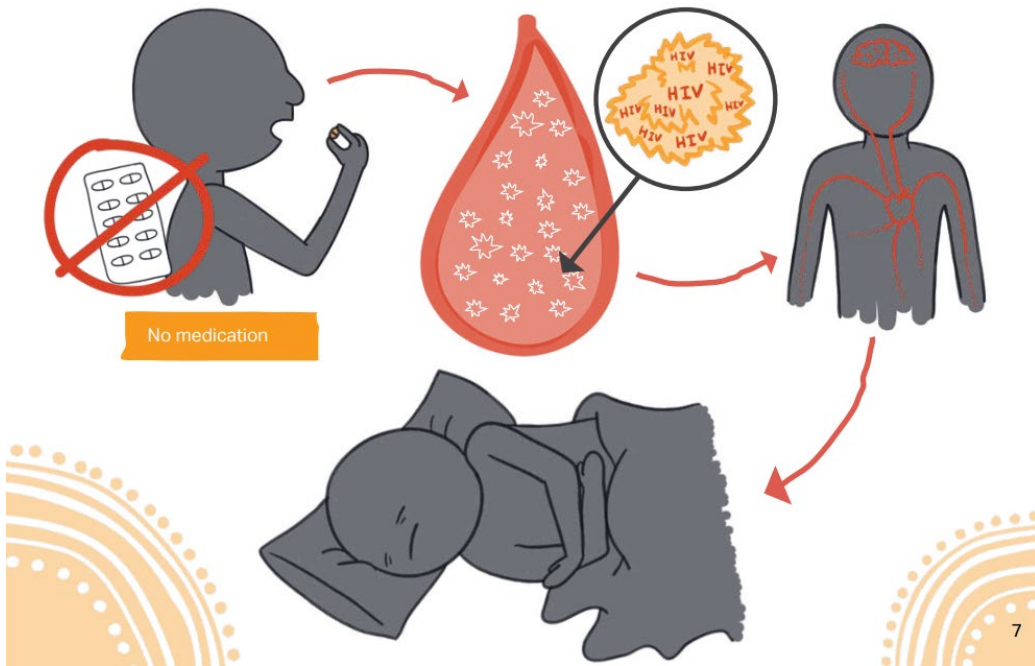


Get home tattoos or piercings



# HIV Flip Chart

## WHAT DOES HIV DO TO THE BODY?



## HIV IN THE BODY

It can be useful to describe HIV in more detail so the patient understands the virus better and how and why medication helps and sets you up to discuss nuanced health messaging such as undetectable = transmissible.

Key points checklist:

- **HIV is a tiny virus that gets into the blood.**
- **When people do not take medication, HIV makes more of itself in the body.** This means there is more and more of the virus in the body.
- Over time **HIV makes the immune system weak** – this is the part of the body that fights off sicknesses.
- Eventually the immune system gets so weak that germs and infections the body fights off every day can get into the body and those infections make people very sick and they may even die.



### Explaining the immune system:

The body has an immune system which protects people from sicknesses. It is made up of special cells in the blood which fight sicknesses and keep people well.

HIV uses these immune cells to make more of itself.

# Sexual health orientation manual



## Sexual health orientation manual for endemic regions

June 2023



Note: this booklet contains medical images of genitals and infections

### Education topics

A sexual health consult is an opportunity to engage the client in a discussion about behaviour change to reduce further risk. It is worth taking time out in a safe environment to talk about preventing STIs and BBVs:

#### Information

Condoms and dams prevent the transmission of STIs and BBVs. Testing and treating STIs and BBVs helps prevent further transmission and keeps you healthy. Not sharing injecting equipment to prevents some BBVs.

#### Resources

Where to find condoms (clinicians are encouraged to provide free condoms). Highlighting the importance of carrying condoms. Highlighting appropriate services to get an STI and BBV test. Where to find injecting equipment such as fit packs etc.

#### Motivation

People need to be motivated to use condoms or get tested. Try to find a motivation, whether it is protecting a partner, protecting oneself, wanting to have a family or to keep baby safe.



#### Behaviour

How to use condoms correctly, how to get an STI test or explaining what's involved in one.

### Environment

Normalising condom use and STI testing. Normalising the conversation about not sharing injecting drug equipment, accessing clean and sterile equipment.



#### Consent

This means freely choosing to say 'yes' to a sexual activity. It's needed for any kind of sexual activity, from touching or kissing to intercourse. It's always clearly communicated – there should be no mystery or doubt.

#### Respect

Respecting a partner's decision to use condoms. The importance of respecting self and community, using condoms and getting tested to stay healthy.

When appropriate other forms of protection:

- contraception
- PrEP
- PEP.

## Section 2

People should be offered an STI test even when asymptomatic. This is called opportunistic screening. You should offer a screening test:

- for all clients of reproductive age and sexually active
- for all sexually active Aboriginal clients
- during adult health checks
- during antenatal visits or when pregnancy is confirmed
- when there is a request for contraception or when a person is wishing to cease using a long-acting reversible contraction (LARC)
- when doing cervical screenings
- when people report returning from travel, especially overseas
- for clients who are currently in or have recently left a custodial setting
- when a client presents for some other condition that is non-acute, particularly men who rarely present to health services.

When offering an opportunistic test to a client presenting for some other condition that is non-acute, you may wish to bring the subject up by saying, **'We are offering an STI test to all people who are sexually active and of reproductive age because of the rates of infection in this area are very high. Would you like to have a test while you are here? Its a simply urine and blood test.'** It may not always be appropriate on these occasions to ask for a full sexual history.

If it is appropriate to ask, the answers to the following questions may also prompt offering an STI and BBV test:

1. Are you currently in a relationship?
2. Tell me about your sex partners in the last 3 months?
3. Tell me about your sex partners in the last 12 months?
4. Were these casual or regular partners?
5. Were any of your sex partners of the same gender? Were any of your sex partners of a different gender?
6. Have you ever been forced or coerced into having sex against your will?
7. Have you had sex with a man who has sex with male partners?
8. Are you homeless or couch surfing?
9. From today, when was the last time you had vaginal sex, oral sex or anal sex without a condom?
10. In the past year, have you ever had sex in exchange for money, gifts, food, accommodation, alcohol or drugs?
11. Have you previously been diagnosed with an STI?
12. Have you recently travelled overseas and had sex with someone you met there?
13. Have you ever been in jail?
14. Have you ever injected drugs?
15. In the previous 6 months have you used methamphetamine?
16. Is there anything else concerning you?

### Treatments for syphilis

Only a person authorised to prescribe may write a prescription or instruct another practitioner to administer a medicine.

For treatment of syphilis, there is a SASA available for AHPs, registered nurses and midwives. If required see [www.health.wa.gov.au/Articles/S\\_T/Structured-Administration-and-Supply-Arrangements](http://www.health.wa.gov.au/Articles/S_T/Structured-Administration-and-Supply-Arrangements).

#### Primary, secondary and early latent

- benzathine penicillin 2,400,000 units intramuscularly as a single dose
- ensure syphilis serology is repeated at the time of treatment.

#### Late latent

- benzathine penicillin 2,400,000 units intramuscularly, once weekly for 3 weeks.

Resources to assist you

- Silver book
- your peers
- staff at your PHU
- Regional Sexual Health Coordinator or STI Coordinator
- online learning for syphilis ([ashm.org.au/training/](http://ashm.org.au/training/)).

Check with your PHU for current best practice advice



LA Bicillin medication



# Workforce development resources

## Talk Test Treat Trace

Western Australian Sexually Transmitted Infections (STI) & Blood-borne Viruses (BBV) Manual for Aboriginal Communities

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## Quick guide to STI and BBV management 2023

## Quick guide for opportunistic STI testing for people with no symptoms – Feb 2023

Getting started with an STI discussion

## Quick guide for testing and treatment of syphilis infection in WA February 2023