

Sexual Health Summary

The role of the GP in sexual health

Sexual health is concerned with enabling an individual to experience enjoyment of sexual activity without causing themselves or anyone else physical or mental harm. It is also concerned with contraception and sexually transmitted infections. As a GP, your role is to:

- Provide contraceptive services, sexual health screening, testing and treatment of sexually transmitted infections (STIs) and support partner contact tracing
- Be able to take a concise sexual history that enables risk assessment for STI, often in the context of patients who may not consider themselves to be at risk of STI
- Offer opportunistic sexual health promotion and risk reduction advice. Provide care which is non-judgmental and holistic recognizing the physical, psychological and social impact of good sexual health
- Be aware of the key legal precedents, guidelines, and ethical issues that influence sexual healthcare provision especially regarding patients under 16 years of age in relation to consent and confidentiality; and at all ages in relation to confidentiality, abortion, sexual assault, coercion and female genital mutilation (FGM)
- Recognize that gender, gender identity, gender dysphoria and sexual orientation are all different facets of a person's health and that issues relating to these may present in childhood, adolescence or adulthood and have a wide influence on wellbeing
- Provide care and support for women with unwanted pregnancy and for women requesting or having undergone termination of pregnancy.

Key Areas for Exam preparation

Common and important conditions

Infections

- Bacterial vaginosis
- Candida
- Infestations (including pubic lice and scabies)
- Pelvic Inflammatory Disease (PID)
- Sexually Transmitted Infections including chlamydia, genital herpes simplex, genital warts, gonorrhoea, human papilloma virus (HPV), sexually transmitted blood borne viruses (HIV, Hepatitis B and (rarely) Hepatitis C), syphilis and trichomonas.

Sexual dysfunction

- Female sexual dysfunction, including anorgasmia, dyspareunia, hypo-oestrogenism, loss of libido and vaginismus
- Male sexual dysfunction, including erectile dysfunction due to organic causes (such as diabetes, drug induced (including smoking), neurological disease and vascular disease) and psychological causes. Premature ejaculation.

Other

- Female genital mutilation (FGM) including practical and legal aspects, reporting mechanisms and protecting girls at risk of FGM
- Gender identity, dysphoria and reassignment including children and young people
- Genito-urinary skin disorders including lichen sclerosus, balanitis
- Provision of, and access to, pregnancy termination services (including variation in this between the four nations of the United Kingdom)
- Sexual abuse and assault (both adult and child) including care of patients who have been abused and indicators of assault (including STI in children). Child sexual exploitation
- Unwanted pregnancy and termination of pregnancy (including legal and ethical aspects).

Suggested Resources

General information

- British Medical Association and Royal Pharmaceutical Society of Great Britain. The British National Formulary London: BMJ Books, updated annually
- Belfield T, Carter Y, Matthews P, Moss C, Weyman A (eds). The Handbook of Sexual Health in Primary Care (2nd edn) London: FPA, 2006
- <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg53/>
- <https://www.gov.uk/government/case-studies/female-genital-mutilation-my-courageous-decision-to-go-against-tradition>
- www.e-GP.org
- British Medical Association and Royal Pharmaceutical Society of Great Britain. The British National Formulary: London: BMJ Books, updated annually.
- General Medical Council. Personal Beliefs and Medical Practice 2008.
- <https://www.rcog.org.uk/search-results/?q=menorrhagia%20guidelines>

Contraception (types and effectiveness, UK eligibility criteria)

- Faculty of Sexual and Reproductive Healthcare (FSRH). UK Medical Eligibility Criteria for Contraceptive Use. FSRH, 2009 www.fsrh.org/pdfs/UKMEC2009.pdf
- This website also offers the latest PDF versions of the UK Medical Eligibility Criteria for Contraceptive Use. www.fsrh.org
- Guillebaud J, MacGregor A. Contraception: Your Questions Answered (6th edn) Churchill Livingstone, 2013
- Guillebaud J, Briggs P and Kovacs G. Contraception: A Casebook from Menarche to Menopause Cambridge Press, 2013
- <https://www.rcog.org.uk/globalassets/documents/guidelines/unscheduledbleeding23092009.pdf>
- <https://www.fsrh.org/standards-andguidance/documents/ceuguidancequickstartingcontraception/>
- <https://www.fsrh.org/standards-and-guidance/current-clinical-guidance/emergency-contraception/>
- <https://www.ellaone.com/country-list/>
- <https://www.merckconnect.com/nexplanon/clinical-efficacy/return-to-ovulation/>
- <https://www.ncbi.nlm.nih.gov/pubmed/6102234>
- <https://sexwise.fpa.org.uk/contraception>
- <https://www.fsrh.org/ukmec/>
- <https://learning.nspcc.org.uk/research-resources/briefings/gillick-competency-and-fraser-guidelines/>
- www.ippf.org
- www.mariestopes.org.uk
- <https://www.fsrh.org/standards-and-guidance/documents/ceuguidancequickstartingcontraception/>
- <https://www.rcog.org.uk/globalassets/documents/guidelines/unscheduledbleeding23092009.pdf>
- <https://www.fsrh.org/standards-and-guidance/current-clinical-guidance/emergency-contraception/>
- <https://www.ellaone.com/country-list/>
- <https://www.merckconnect.com/nexplanon/clinical-efficacy/return-to-ovulation/>
- <https://www.ncbi.nlm.nih.gov/pubmed/6102234>

Termination of pregnancy (legal aspect, methods)

- General Medical Council. Personal Beliefs and Medical Practice, 2008.
- <https://www.nhs.uk/conditions/abortion/>
- <https://patient.info/doctor/termination-of-pregnancy>
- <https://www.norwichccg.nhs.uk/news-news-events/244-termination-of-pregnancy-services>

Relationship problems and sexual dysfunction

- <https://cks.nice.org.uk/erectile-dysfunction>
- <https://cks.nice.org.uk/infertility#!management>
- <https://bnf.nice.org.uk/treatment-summary/erectile-dysfunction.html>
- <https://www.nice.org.uk/advice/esnm45/chapter/key-points-from-the-evidence>
- <https://www.nhs.uk/scot.nhs.uk/wp-content/uploads/2017/10/Guideline-for-the-Management-of-Patients-with-Erectile-Dysfunction-September2017.pdf>
- www.relate.org.uk/home/index.html

HIV testing (presentations and complications retroviral combinations and side effects) – immunosuppression, mother baby transmission)

- Adler MW. ABC of AIDS (6th edn) London: BMJ Books, 2012
- Department of Health. The National Strategy for Sexual Health and HIV London: Department of Health, 2001
- Health Protection Agency. HIV and Other Sexually Transmitted Infections in the United Kingdom in 2002 Annual Report November 2003 London: Health Protection Agency, 2003
- BASHH/BHIVA/British Infection Society. UK National Guidelines for HIV testing, 2008
- www.tht.org.uk

Sexually transmitted infections – Gonorrhoea, Chlamydia etc

- BASHH/BHIVA. Standards for the Management of Sexually Transmitted Infections, 2010
- Rogstad KE. ABC of Sexually Transmitted Infections (6th edn) London: BMJ Books, 2011
- Web resources
- <https://www.bashh.org/documents/Guidance%20for%20the%20detection%20of%20gonorrhoea%20in%20England%20Aug%202014.pdf>
- <https://www.gmc-uk.org/ethical-guidance/ethical-guidance-for-doctors/confidentiality>
- <https://www.gov.uk/government/news/antibiotic-resistance-in-gonorrhoea-remains-a-concern>
- <https://www.nhs.uk/news/medical-practice/warning-issued-over-alarming-rise-in-super-gonorrhoea-cases/>
- https://www.bashh.org/documents/2015_UK_guideline_for_the_management_of_Chlamydia_trachomatis_final_12....pdf
- <http://www.firstwordpharma.com/node/31569?tsid=17#axzz4J0nzEbKi>
- <https://www.bashh.org/documents/Sexual%20History%20Guidelines%202013%20final.pdf>
- <https://www.bashh.org/documents/Sexually%20Transmitted%20Infections%20in%20Primary%20Care%202013.pdf>
- Lazaro N. Sexually Transmitted Infections in Primary Care (2nd edn) RCGP/BASHH, 2013 www.rcgp.org.uk/clinical-and-research/clinical-resources/sexually-transmitted-infections-in-primary-care.aspx
- Madge S, Matthews P, Singh S and Theobald N. HIV in Primary Care (2nd edn) Medical Foundation for AIDS & Sexual Health (MedFASH), 2011 www.medfash.org.uk/publications
- www.elearning.rcgp.org.uk/sexualhealth
- <http://shsc.nhs.uk/service-a-z/porterbrook-clinic/leaflets/>

Safer sex principles, PEP, Hep B immunisation

- www.hpa.org.uk/Topics/InfectiousDiseases/InfectionsAZ/HIV/HIVData/
- <https://www.nhs.uk/conditions/pregnancy-and-baby/screening-blood-test-infectious-diseases-pregnant/>
- <https://www.nhs.uk/conditions/nhs-screening/>

Unplanned pregnancies

- Department for Children Schools & Families, Department of Health. Teenage Pregnancy Strategy: Beyond 2010 London: 2010
www.education.gov.uk/publications/standard/publicationdetail/page1/DCSF-00224-2010

Cervical screening, HPV

- <https://www.gov.uk/guidance/cervical-screening-programme-overview>
- <https://cks.nice.org.uk/cervical-screening>
- <https://www.nhs.uk/conditions/cervical-screening/>
- <https://www.gov.uk/government/publications/cervical-screening-primary-hpv-screening-implementation>

Antenatal screening programme HIV

- <https://www.gov.uk/guidance/nhs-population-screening-education-and-training>
- <https://improvement.nhs.uk/resources/antenatal-and-newborn-screening-programmes-and-immunisations/>
- <https://www.nhs.uk/conditions/pregnancy-and-baby/screening-tests-abnormality-pregnant/>