

## Young People, Sexual Health and STIs.

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## RSHNP: Background

A partnership between Melbourne University – Centre of Excellence in Rural Sexual Health and Goulburn Valley Health has led to the creation of a Rural Sexual Health Nurse Practitioner position in Shepparton.

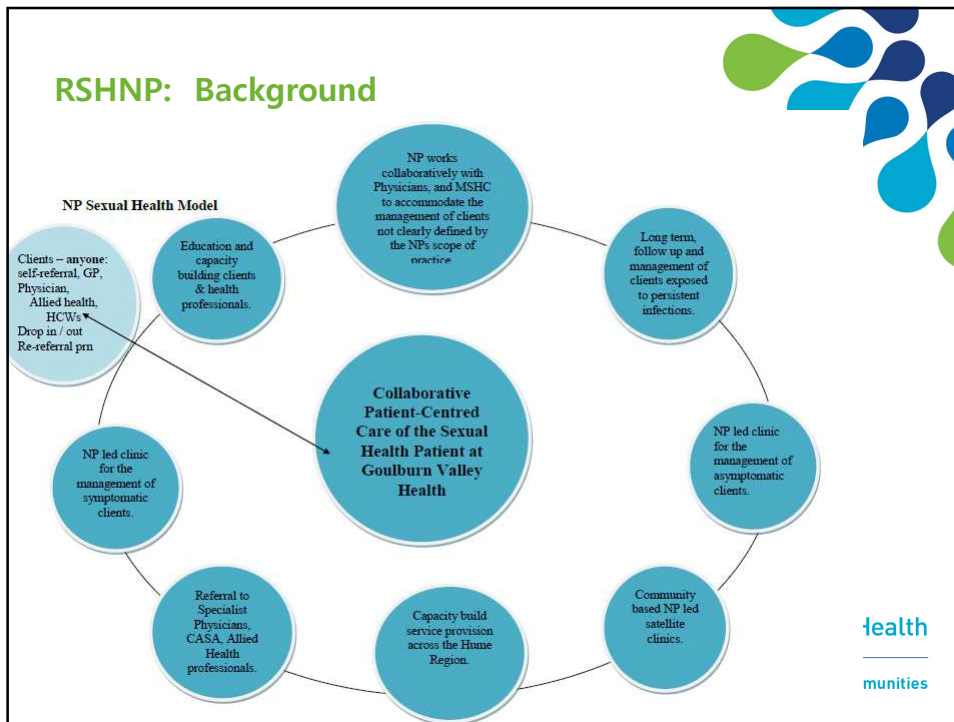
This is an exciting development and a great opportunity to work together to expand accessible expert sexual health clinical services in the Goulburn Valley and across the Hume Region.

It is the first Rural Sexual Health Nurse Practitioner position in Victoria, and provides an opportunity to develop the scope of this new role in Northeast Victoria, and potentially across all Victorian Department of Health regions.



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## RSHNP: Background



## Objectives

To revisit what it means to be an adolescent.

To gain an understanding of what are the common risk taking behaviours.

Why and how do we start the awkward conversations?

What does the literature tell us about who is having sex.



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## Adolescence

WHO identifies adolescence as the period in human growth and development that occurs after childhood and before adulthood, from ages 10 to 19 years.

Besides physical and sexual maturation, these experiences include movement toward social and economic independence, and development of identity, the acquisition of skills needed to carry out adult relationships and roles ...



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## Adolescence

For teens who are trying to understand sex and sexuality, not talking about sex could have huge implications and although adolescents have access to information on sex from a variety of sources, parents and health care providers can support and guide their young people's healthy sexual development.



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## Pressures to engage in high risk behaviour

Many adolescents face pressures to use alcohol, cigarettes, or other drugs and to initiate sexual relationships at earlier ages, putting themselves at high risk for intentional and unintentional injuries, unintended pregnancies, and infection from sexually transmitted infections (STIs), including the human immunodeficiency virus (HIV).



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## Pressures to engage in high risk behaviour

Many also experience a wide range of adjustment and mental health problems.

Behaviour patterns that are established during this process, such as drug use or non-use and sexual risk taking or protection, can have long-lasting positive and negative effects on future health and well-being.

As a result, during this process, adults have unique opportunities to influence young people.



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## What are our young people doing?

### **Sexual activity**

(from The state of Victorias' children report 2011.  
<http://www.education.vic.gov.au/Documents/about/research/sovc2011.pdf>)

Many young people have sexual experiences at a younger age than their first engagement in sexual intercourse.

However, intercourse before the age of 16 years is associated with lower use of contraception, more sexual partners, a higher risk of sexually transmitted infections (STIs) and teenage pregnancy; consequently, early sexual activity can be viewed as 'problem behaviour' for young people



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## What are our young people doing?

Young people in rural Victoria are much more likely to report having had sexual intercourse than young people in metropolitan areas.

Information from a 2008 national survey of secondary school students suggests that the majority of young people (91%) are attracted to the opposite sex, with 6% attracted to both males and females, 1% report same-sex attraction, and around 2% of young people are unsure of their sexual identity.



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## What are our young people doing?

A 2010 national survey of same-sex attracted and gender-questioning (SSAGQ) young people found that, when compared with their heterosexual peers, young SSAGQ people are less likely to use a condom, twice as likely to become pregnant and more likely to contract a sexually transmitted infection (STI).

Young SSAGQ people in rural and remote areas experience particular concerns relating to isolation, discrimination and lack of appropriate services and supports.



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## What are our young people doing?

### **Sexually transmissible infections**

Contracting a STI can have adverse effects on sexual and reproductive health, including the development of cervical cancer, infertility and recurrent pain.

Rates of STIs in young people have increased (2005–10). They are higher for young people in rural Victoria than metropolitan Victoria, and this difference has become more pronounced over time.

The highest and fastest growing rates are for chlamydia.



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## What are our young people doing?

### Contraception use

Sexually active young people in rural Victoria are more likely to use contraception (68.2%) than sexually active young people in metropolitan Victoria (58.4%).

Condoms and the contraceptive pill are the most commonly used types of contraception.

A role for LARCS.



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## What are our young people doing?

### Teenage births

Being a young parent (under 20 years) is associated with an increased risk of poor social, economic and health outcomes, although not all teenage conceptions are unplanned or unwanted and not all teenage pregnancies lead to poorer outcomes.

Based on the latest available data (2008), the teenage birth rate (per 1000 women) is two times higher for young women aged 15–19 years in rural Victoria (at 16.7) than in metropolitan Victoria (at 7.6). This pattern has been consistent since 2003.



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### The Sexual Health NP Clinic:

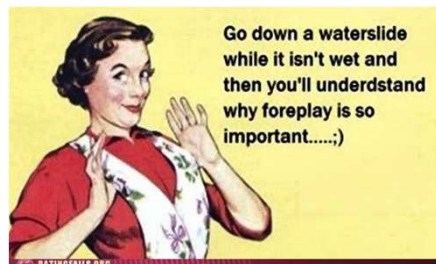
- provides information, support, clinical service and appropriate specialist referral for issues surrounding:
  - Sexually transmitted infections, including screening & treatment
  - Contraception
  - Counselling
  - Emergency contraception
  - Pregnancy testing – options counselling
  - Cervical screening
  - Genital pain and discomfort
  - Blood borne virus screening & counselling
  - Contact tracing
  - Free condoms & SSPs



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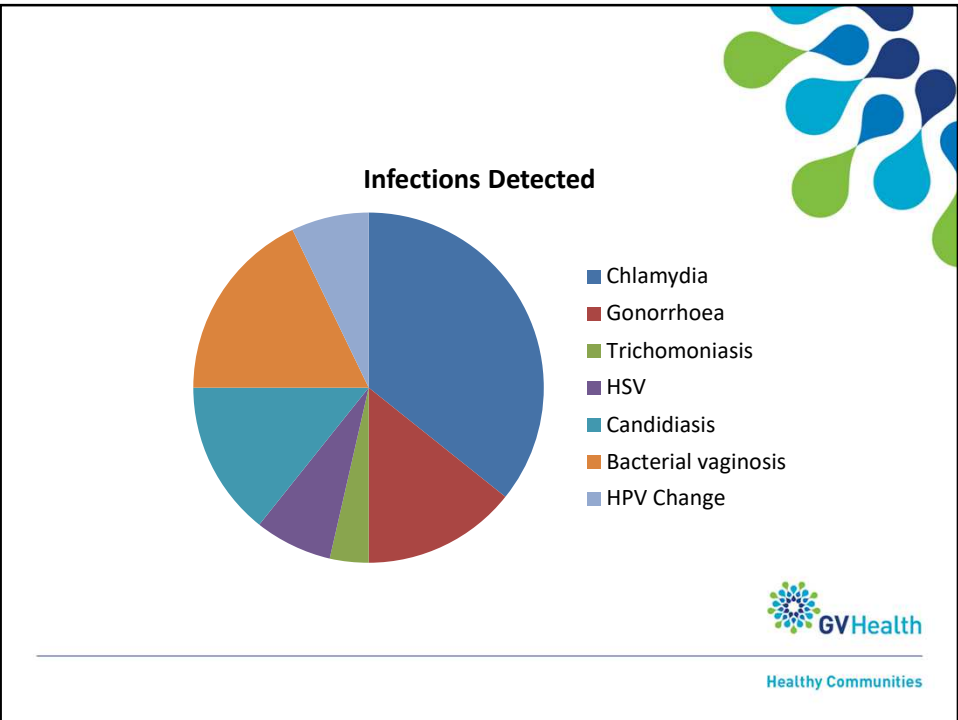
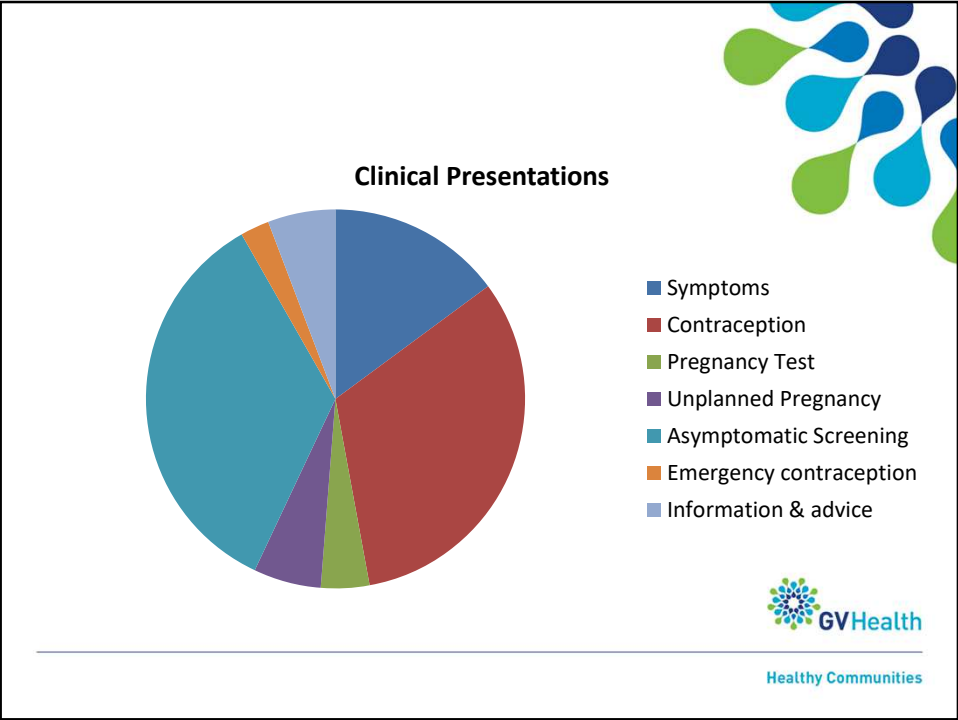
### Headspace 30 month review: Presentations have been variable ranging from:

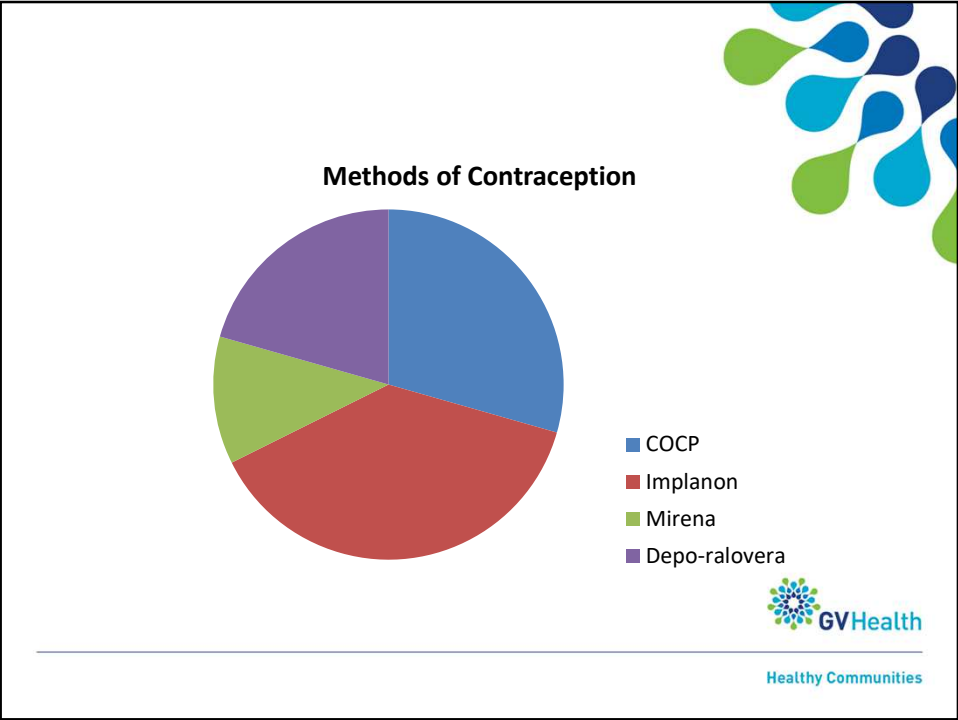
- unplanned pregnancy
- blood borne virus risks
- asymptomatic screening
- post sexual assault review
- what is normal?
- what does consent look like?
- respectful relationships
- sex and the law
- good vein care
- menstruation
- foreplay and female arousal
- genital skin care



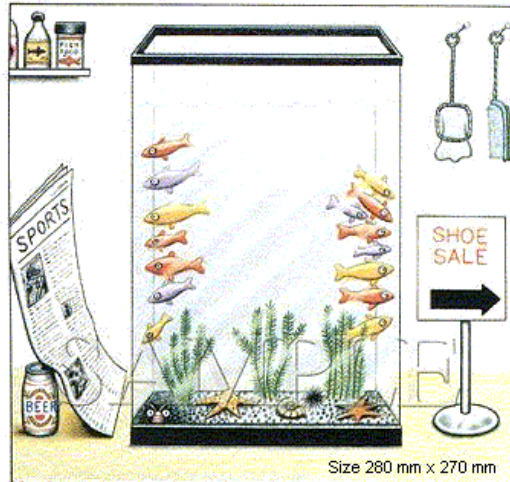
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## Sexual orientation Stereotypes.



HOW TO DETERMINE THE SEX OF A FISH®



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## Considerations

Environment

Absence of judgement

Privacy and confidentiality

No assumptions

Mature minor / Gillick Principle

The capacity of children below the age of 18 years to consent to medical procedures independently of their parents is recognised by the Medicare system.

If a patient is over 14 years, the doctor may bulk-bill Medicare for the consultation, with or without advising the child's parents.

A separate Medicare card may be issued to a patient over 15 years.

HEADSS assessment



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## Safe Sex

### Elements of positive sexual attitude



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## Resources and Learning

<http://www.cersh.com.au/professional-training/online-learning/>

The screenshot shows the website for the Centre for Excellence in Rural Sexual Health (CERSH). The header includes the CERSH logo and the text "Centre for Excellence in Rural Sexual Health (CERSH)". A navigation menu contains links for Home, About, Projects & Resources, Professional Training, Sexual Health Networks, Events, Research, What's New, and Contact. The main content area features a large heading "Training and development for the rural workforce" with a whiteboard icon. Below this, there is a section titled "Online Learning Modules - Rural Sexual Health Care" which includes a welcome message and a list of available modules. A sidebar on the right lists "Professional Training" options: "Online Learning Modules - Rural Sexual Health Care", "Clinical Professional Development", and "CERSH Conferences".

# Resources and Learning



<http://www.cersh.com.au/professional-training/online-learning/>

**1. Introduction to models of sexual health care in rural settings**

**2. Cornerstones of sexual health care**  
- Sexual history taking  
- Increasing access to clients for sexual health in primary health care

**3. STI treatment and management**  
Basic clinical aspects (produced in partnership with STIPU of NSW health)

**4. Youth and Trust**  
Exploring ideas of engaging younger clients and the legalities that may need to be addressed

**5. Privacy and Confidentiality**  
Exploring ideas of how to maintain privacy and confidentiality in a small rural community

**6. Pharmaceutical Access**  
Engaging a local pharmacy to provide good sexual health care as an extension of sexual health care in a primary health care setting

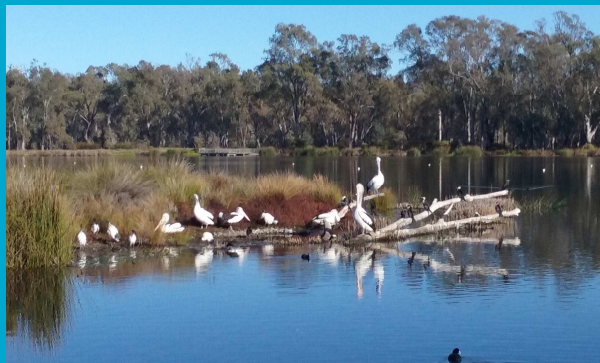
**7. Contact tracing in a small community**  
How to notify partners of patients diagnosed with infections in a small community. Addressing this from the professional and legal perspectives.

**8. Avoiding Sexuality Assumptions**  
Providing health care for all people

**9. National Cervical Screening Program**  
Introducing the new NCSP with a focus on how to engage under-screened rural clients.

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QUESTIONS?  
&  
Thank you.



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