



Sexual Health

Edited by

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Sexual Health

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MSc, BSc (Hons), RN Dip HE, Cert (Med) Ed

Margaret Bannerman's (previously Cunnion) role includes lead for the MSc in Sexual Health by Negotiated Learning; Margaret was Project Manager of the Sexual Health Needs Assessment of Young People in Staffordshire and is a co-author of *Improving Sexual Health Advice* (Wakely *et al.*, 2003) Radcliffe Publishing. She has been involved in a number of national projects developing competency frameworks and training initiatives, for example, the working group that developed a National Competency Framework for Sexual Health (RCN, 2004) and was a member of the DoH Sexual Health Training Group. Margaret is a part-time nurse practitioner at Queens Hospital Burton Department of Genitourinary Medicine.

Nicola Church

Nicola Church qualified as a nurse in 1992 and has pursued a career in Sexual Health Nursing and Public Health. She has worked as a Sexual Health Nurse, Sexual Health Promotion Specialist and Sexual Health Specialist Commissioner. More recently she has focused on the wider public health agenda and is currently the Public Health Lead for Lichfield District in Staffordshire. Her areas of interest include sexual health promotion and service redesign.

Kathy French

RN, Cert Ed, PG Dip, BSc (Hons), MPhil, NT, ENB 900, 985 A08

Kathy French is a part-time sexual health adviser at the Royal College of Nursing and a member of the Independent Advisory

Group (IAG) for sexual health at the Department of Health. Her background is in contraception and abortion services, and her special interest is in the sexual health needs of young people and the advancement of nurse education.

Kathy has an MPhil in Medical Law and Ethics which is very useful when working within sexual health and she is currently completing her PhD in the invisibility of young men in discourses around teenage pregnancy and sexual health. She was a member of MedFash working party on recommended standards for sexual health, recommended training standards for sexual health, competencies for sexual health nursing and is currently a part of an advisory group on the development of an introductory certificate course for primary care. Kathy was involved in South East London in the training of pharmacists in emergency contraception as the product went from POM to P status. Kathy was an author with Colin Roberts and David Evans in the drafting of the RCN distance learning skills course for nurses in sexual health.

Wendy Hallows (Nee Hallam) – Clinical Nurse Lead, Sexual Abuse South Staffordshire and Shropshire Healthcare NHS Foundation Trust.

RN (Mental Health), BSc (Hons)

Wendy Hallows qualified as a registered mental health nurse in 1996 and has worked within various areas of mental health nursing. These have included a functional assessment ward for the elderly, acute admission ward, acute day hospital, community liaison service and crisis intervention service. Wendy joined the Sexual Abuse Service, offering therapeutic intervention to adult survivors of sexual abuse/assault and their families. The service provides a specialist role within South Staffordshire and Shropshire Healthcare NHS Foundation Trust, having been developed in 1993 in response to a previously unmet need within mental health service provision. The service works from a multi-agency perspective in order to deliver holistic care for service users within the locality. The service also provides supervision, support and consultancy to both statutory and voluntary workers. In November 2004 Wendy organised and facilitated, with a colleague, a conference entitled 'Impact of Violence and Abuse' and is currently studying an MSc in Sexual Abuse Studies by Negotiated Learning

at Staffordshire University, where she is currently an honorary lecturer, assisting with the development and presentation of various courses in relation to the specialist arena of sexual abuse; a member of the Staffordshire Safeguarding Children Board Multi-Agency Training team; and a link person to EMERGE (voluntary sector service providing telephone helpline and one-to-one support for survivors of sexual abuse) which includes a responsibility for training and supervision of the volunteers and the facilitation of the monthly Staffordshire Sexual Abuse Forum.

Tony Proom

BA (Hons), RMN, Dip HE, Cert Counselling, PGC Psychosexual Therapy, ENB Advanced Award, ENB 934, 998

Tony Proom has been a sexual health adviser in large cities and smaller provincial clinics in Northern England since 1993. He is a registered mental nurse and holds the ENB advanced award/specialist nurse practitioner in HIV and AIDS. He has held both management and clinical positions within Genitourinary Medicine and at present works as a sexual health adviser at Sheffield Teaching Hospitals NHS Trust. Tony has also been a council member of the Society of Sexual Health Advisers (SSHA), involved in promoting sexual health advising nationally. He also lectures on various courses relating to sexual health and partner notification skills.

Caroline Rowe – Senior Lecturer in Sexual Health

RGN, Post Grad Dip Gestalt Psychotherapy, Cert (Med) Ed

Caroline has worked in the sexual health field for the past 20 years gaining experience of working in the acute, community and voluntary sector. She has worked at all levels of sexual health nursing from a staff nurse in an urban GUM clinic, a sister and manager of a London GUM clinic to a HIV nurse specialist in the community. She has also worked as a sexual health adviser. Caroline previously worked as a sexual health manager for a Primary Care Trust with the key role of implementing the National Strategy for Sexual Health and HIV. She is currently employed as Senior Lecturer in Sexual Health at Staffordshire University and maintains her clinical practice by working as a sexual health adviser at a local GUM clinic.

Foreword

Nurses' role in sexual healthcare provision is extremely important, whether it be in GUM clinics, contraceptive clinics or as practice nurses in GP surgeries; the aim of this book is to provide the first stage of their knowledge into the whole area of sexual health, its consequences and its outcomes.

The individual chapters in this book provide a useful resource in raising awareness and understanding of the issues involved across the whole range of the sexual health field, it guides students into the more sensitive areas of the work they will be called upon to undertake as well as providing the latest information on new techniques and methods of working.

The Sexual Health Strategy (2001) defines sexual health as follows:

Sexual Health is an important part of physical and mental health. Essential elements of good sexual health are equitable relationships and sexual fulfilment with access to information and services to avoid the risk of unintended pregnancy, illness or disease.

This definition shows how important it is that sexual health is seen as a key public health priority.

This can only be achieved if there is a clear understanding that sexual health does not only relate to sexually transmitted infections, as is often believed, and the clearly written and concise chapters of the book take the reader through each of the aspects involved.

Sexual health encompasses reproductive health – conception and abortion; transmissible infectious diseases – chlamydia, gonorrhoea, syphilis and HIV/AIDS; herpes and genital warts;

and female genital mutilation. Within all these elements, this valuable reference book provides information and education, the development of treatments and who are the service providers in the many health settings in which they can be involved.

Further to that the book deals with the importance of prevention and the promotion of good sexual health (condoms, HIV vaccine). Chapters discuss how to handle such delicate and sensitive issues as sexual assault and sexual abuse and the absolute crucial need for care, treatment and investigations to be conducted in privacy and with confidentiality guaranteed and the implications of the Sexual Offences Act.

The authors of the book are all extremely experienced and well known and provide a real insight into their many years of practice in the field of sexual health. Great credit must go to Kathy French for initiating this book which will be invaluable to those just starting on their careers in nursing.

Baroness Joyce Gould
Chair, Independent Advisory Group on
Sexual Health and HIV

Dedication to Service Users

In planning and writing this book, my mind was focused on the many occasions when young people attended clinics where I worked because they were seeking contraception or abortion. So many of them had no idea about what methods of contraception were available to them and some were very frightened. I do not want to recount the number of times women told me about the difficulties they experienced when they were pregnant and needed advice and help. Some women were denied access and referral to services was often delayed for them. Many of these women lacked the power and were often the most vulnerable in society. This was in the late 1970s and thankfully so much has changed since those days. Change came about because many people fought for better access, for example, the Family Planning Association now the *fpa* and those working in the service acted as advocates and raised the profile of sexual health. Sexual health is a key public health priority; good sex and relationship education matched with good sexual health services is crucial for the population to enjoy safe and healthy sexual lives.

Acknowledgements

I worked in South East London and learned so much from colleagues, medical, nursing and non-registered staff as we tried to improve the services. Much of this was at a time when sexual health was not fashionable, cool and often stigmatised. Anne-Marie Gutteridge was my inspiration.

In the late 1980s, I was given the opportunity to lead the contraception/sexual health courses at the then Nightingale Institute, part of Kings College, University of London. This was a wonderful experience and I owe a huge debt to the many students who were so interested in the field and directed me to many new avenues of enquiry. Thanks especially to Moyra Heggie for giving me that opportunity.

Over the past 5 years I have had the opportunity to work at the Royal College of Nursing as the Sexual Health Adviser (P/T) and it has been a pleasure to work with and hear from the nurses working within the four countries, hearing about their challenges, great work and efforts in sexual health even when things conspire against them. I have also had the opportunity to serve on the Independent Advisory Group (IAG) for sexual health at the Department of Health (England) and have seen at first hand the commitment of others on the group and the sexual health team at the Department of Health, always keen to listen and look at ways to improve service delivery.

A special thanks to Blackwell publishing for asking me to write this book and in particular Alex Clabburn and Natalie Meylan for the help and direction during the process.

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