



# Visiting Professional Programme: Sexual Health and HIV

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## Introduction

The Guy's and St Thomas' NHS Foundation Trust Sexual Health Department is one of the largest and most comprehensive sexual health services in the UK combining six community and hospital based clinics.

The HIV service is one of the largest in the UK with 3600 patients under active follow-up. It provides a full tertiary level service including HIV in-patient care.

Our hospitals are situated in the London boroughs of Lambeth and Southwark, which have the highest HIV prevalence rates in the UK with eight times the number of residents having the infection compared to the national average. As a Trust we not only strive to advance the tests and treatments of sexual infections on a national and international level, but we also aim to provide new and innovative initiatives that will positively benefit the communities in which we serve.

We are committed to reducing the late diagnosis of HIV, preventing new infections and challenging the stigma that is sometimes erroneously associated with HIV.

The Visiting Professional Programme offers healthcare professionals from outside of the UK the unique opportunity to experience our renowned sexual health services and clinical expertise first hand. Visitors are able to choose between our Sexual Health Programme which is undertaken in our clinics, the HIV Programme which focuses on our tertiary HIV service and HIV in-patient work. Our Sexual Health and HIV Programme encompasses elements from all of our services and clinics.

In addition to learning new skills that can be transferred back to their place of work, visitors will also gain direct experience of an NHS environment and have the opportunity to develop their professional network.

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# Sexual Health Programme

## Format

The sexual health programme is delivered predominately in our flagship clinic, Burrell Street Centre, with some opportunity to rotate to other community clinics. Visiting professionals will be aligned with a supervisor who will ensure that all of the learning and development needs and expectations are met.

The programme gives participants the opportunity to be totally integrated with the day to day service of our centres, including attending clinics, being involved with our latest innovation projects, and learning about the latest diagnostics methods.

## Duration

The programme duration varies depending on whether visiting professionals are applying for an observership or practical attachment. We are able to offer observership programmes for periods of 4 weeks to 8 weeks and practical programmes for a period of 12 weeks. The programme durations can be tailored to the specific learning requirements of those visiting the Trust.

## Who should attend?

This programme is intended for non U.K medical trainees, nurses, and allied healthcare professionals. All applicants must have experience of working and training within sexual health.

Visitors have the choice of applying for a practical attachment or an observational programme. Visitors that wish to apply for the practical attachment must have GMC registration. You can apply for GMC registration directly through the main GMC website ([www.gmc-uk.org](http://www.gmc-uk.org)), alternatively The Royal College of Physicians run a medical training initiative which facilitates GMC registration and provides sponsorship for a Tier 5 visa. You can find out more about their Medical Training Initiative by visiting their website ([www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative](http://www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative)).

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## Sexual Health Programme Overview and Aims

The programme can be tailored to match the level of experience that visitors have and we will take in to consideration any specific learning outcomes that are requested on the application form. However, there is some general learning opportunities that the programme strives to make accessible to all visiting professionals.

- Understand how the sexual health service interlinks with other departments and services, including the Guy's and St Thomas' women's services, medical gynaecology, psychosexual health and medical abortions

These include:

- Involvement with sexual health innovation projects and enterprises, such as SMS tool SXT and our at home testing initiative SH:24
- Optional training opportunity within our clinics which will provide visitors with additional qualifications. The training opportunities include contraceptive training, implant training, independent prescriber training and microscopy diagnostic training
- Create an individual project based on the programme's learning experiences that will be presented to peers at the end of the programme
- Access to research trials, including the current research studies in Gentamicin in the Treatment of Gonorrhoea and blood trials
- Attend MDT meetings and participate in the weekly department training

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# HIV Programme

## Format

The HIV programme is delivered within the hospital workplace as the majority of our HIV care is undertaken in the Harrison Wing, based at St Thomas' Hospital. Visiting professionals will be aligned with a supervisor who will ensure that all of their learning and development needs and expectations are met.

Our HIV team have a holistic approach to patient care and the HIV Clinical Lead has designed the programme so that visiting professionals can fully experience all aspects of the service. There will be learning opportunities in all aspects of HIV treatment and patient care including antiretroviral therapy, complex drug resistance and adverse event management, HIV / TB co-infection, HIV / hepatitis co-infection, HIV and haemophilia, HIV antenatal care, HIV metabolic issues, HIV neurocognitive care, the young adult service, HIV and renal disease and adherence support work. HIV inpatient experience will cover the diagnosis and management of complex opportunistic infections and HIV related malignancies. Visiting Professional's will have access to the full multidisciplinary team and have the opportunity to learn about the operational management of our tertiary level service.

## Duration

The programme duration is between 3 months to 6 months. The programme durations can be tailored to the specific learning requirements of those visiting the Trust.

## Who should attend?

This programme is intended for non U.K medical trainees, nurses, and allied healthcare professionals. All applicants must have experience of working and training within HIV.

Visitors have the choice of applying for a practical attachment or an observational programme. Visitors that wish to apply for the practical attachment must have GMC registration. You can apply for GMC registration directly through the main GMC website ([www.gmc-uk.org](http://www.gmc-uk.org)), alternatively The Royal College of Physicians run a medical training initiative which facilitates GMC registration and provides sponsorship for a Tier 5 visa. You can find out more about their Medical Training Initiative by visiting their website ([www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative](http://www.rcplondon.ac.uk/education-practice/advice/medical-training-initiative)).

## HIV Programme Overview and Aims

The HIV programme has been devised so that visiting professionals can experience the full authentic experience of Guy's and St Thomas' NHS Foundation Trust. There are many unique offerings and benefits of our HIV Programme, and although the learning outcomes may vary depending on programme duration, we are offering visiting professionals learning opportunities in a range of areas.

These include:

- Attend both general and sub-specialty HIV outpatients
- Experience our range of sub-specialty services including HIV / tuberculosis co-infection, HIV / hepatitis B and C co-infection, HIV antenatal, HIV metabolic, HIV neurocognitive, dietetic and young adult HIV services.
- Learn about the management of opportunistic infections and HIV related malignancies
- Learn about the use of antiretroviral therapy and how to manage adverse treatment events
- Tertiary level HIV in-patient care including access to HIV in-patient ward rounds, in-patient MDT meetings and the post admission clinic.
- Complex case meetings including the management of virological failure, drug resistance and ARV toxicities
- Histopathology MDT's
- Learn the latest developments in laboratory diagnostics
- Access our clinical trials team to gain insight clinical trials and clinical trials governance.
- Gain insight into the management of running a HIV service
- Work with the MDT to understand the role of our clinical nurse specialists, dietetic and pharmacy clinics

## Sexual Health and HIV Services

The Sexual Health Department at Guy's and St Thomas' NHS Foundation Trust is one of the largest sexual health services in the United Kingdom with all of our acute and community sexual and reproductive health services integrated. The service consists of the Burrell Street Centre, Lloyd clinic, Walworth Road clinic, Artesian Health Centre, Streatham Hill Centre, and Vauxhall Riverside Health Centre.

HIV out-patient services are based at the Harrison Wing at St Thomas' Hospital. In-patients are mostly at St Thomas' Hospital.

Our sexual health and HIV multidisciplinary teams have a reputation for offering one of the most comprehensive services in London and we are always looking for innovative ways to reduce the risk of sexual harm and infection. Our reproductive and sexual health and blood borne virus teams won the Royal College of Obstetricians and Gynaecologists David Bromham Annual Memorial Award for work which 'through inspiration, innovation or energy has furthered the practice of sexual and reproductive healthcare'.

In 2013 the Burrell Street Centre, which is our flagship sexual health clinic, became the first clinic in the UK to provide safety kits for men participating in 'chemsex', a trend which involves injecting drugs whilst engaging in sexual activity with other men. The kits contain clean, colour-coded needles, and those wishing to collect or dispose of a kit are offered counselling and psychotherapy services. The kits are designed to reduce the spread of HIV and harmful infections, and within the first 6 months of being available over 120 kits were given out.

In 2016 we also began offering free 1ml syringes to be used with the illegal drugs gamma-butyrolactone acid and gamma-hydroxybutyrate, more commonly known as GBL and GHB, in a proactive new approach to preventing life-threatening overdoses. The syringes scheme is to ensure that GBL and GHB users can properly measure every dose they take after it was recognised that between October 2013 and September 2014 St Thomas' A&E saw nearly 300 GHB/GBL overdose-related presentations.

In addition to our community initiatives, Guy's and St Thomas' have dedicated a lot of resources towards the treatment and diagnosis of HIV and sexual infections. The local prevalence of HIV is the highest in the UK with 15 every 1,000 residents having the infection. This compares to an estimated national prevalence rate of around 2 out of every 1,000.

Our HIV outpatient clinic, Harrison Wing, allows the Clinical Trials Unit and the Academic Research Unit to conduct a variety of drug trials and observational studies in the wing. The aim of these studies is to enhance our understanding of the HIV and discover better treatments.

In 2014 we joined the national campaign 'Going Viral' which offered A&E patients the opportunity to have a blood test for HIV, Hepatitis B and Hepatitis C when undergoing other blood tests.

In 2015 we began to offer patients attending the emergency department an HIV test with routine bloods. The positive prevalence rate in this population has been 9 / 1000 and about half of these were new diagnosis (approximately 130 / annum)

## Our Clinics

Guy's and St Thomas' NHS Foundation Trust runs six sexual health clinics, which are based throughout South London, and a HIV outpatient clinic based within St Thomas' Hospital. The majority of our clinics offer a walk-in service and they can provide referrals to other services and agencies. The clinics operate a range of sexual health services, but as standard the majority of them provide:

- Check-ups for sexually transmitted infections
- Treatment for infections
- HIV testing, including one minute tests
- Sexual health counselling and psychotherapy
- Contraception
- Pregnancy advice
- Free condoms and lubricants

### Burrell Street Clinic

The Burrell Street Sexual Health Centre is Guy's and St Thomas' flagship clinic and it is the largest and most comprehensive NHS sexual health service in London. The centre is a state of the art reproductive and sexual health service and it is also the first NHS clinic to be open seven days a week.

The centre offers tests and treatments for all sexually transmitted infections and has a reputation for having the highest quality tests in the UK and one of the fastest result services in London. The centre also provides Gardsail HPV vaccinations as a private service to men who have sex with men, and runs several specialist walk in clinics a week including the young male clinic for men under 24 years of age. In addition to their standard services the young male clinic provides one-minute HIV testing, post exposure prophylaxis, sexual health advice and psychotherapy.

Another specialist service they offer is a contraception clinic which offers a full range of short and long acting reversible contraceptive methods.

Contraception options include:

- combined oral contraceptive pills
- progesterone only pills
- vaginal rings
- contraceptive injections
- contraceptive patch
- intrauterine devices
- intrauterine systems
- implant
- condoms
- emergency contraception

Burrell Street has a sexual health counselling service which provides risk reduction interventions, sexual health advice, and an opportunity to discuss relationships, sexual identity and concerns regarding drug and alcohol use. The faculty at the centre can also make referrals to local psychosexual services.

## Community Clinics

The other community clinics, which are the Lloyd clinic, Walworth Road Clinic, Artesian Health Centre, Streatham Hill Centre and Vauxhall Riverside Centre, all offer general sexual health testing and treatment services. The Lloyd Clinic also provides an additional specialist clinic for the lesbian, gay, bisexual and transgender communities and the Vauxhall Riverside Centre offers a men only clinic.

## Harrison Wing

The Harrison Wing is situated within St Thomas' Hospital and it provides specialist outpatient care and treatment for people living with HIV. The Harrison Wing team, which includes consultants, clinical nurse specialists, dieticians, pharmacists and physiotherapists, focus on the management of HIV infection and its associated problems, HIV treatments and check-ups, and they collaborate to provide all patient needs under one roof.

Harrison Wing provides a range of specialist clinics and support services which are available by appointment only after receiving a referral. These include:

- women's/family clinic
- antenatal clinic
- ophthalmology clinic
- metabolic clinic
- gastroenterology clinic
- tuberculosis clinic for patients with co-infection
- emergency clinic
- new-fill clinic for facial lipoatrophy
- HIV pharmacy clinics
- young adult clinic
- HIV/kidney clinic
- hepatitis co-infection clinic
- treatment advice clinic

In addition to the clinics we also provide a home delivery service for HIV patients, which delivers prescribed medicine to a patient's home or preferred address free of charges. This service will be available for patients that have been stable on HIV medicines for the last three months, their HIV viral load has been suppressed for the last three months and they regularly attend appointments at the Harrison Wing.

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## Faculty

### Sexual Health

Dr Anatole Menon-Johansson	Consultant Physician and Clinical Lead for Sexual Health
Dr Amelia Hughes	Consultant Physician
Dr Catherine Rodgers	Consultant Physician
Dr Cindy Sethi	Consultant Physician
Dr Jennifer Dobbie	Associate Specialist
Dr John White	Consultant Physician
Dr Pippa Farrugia	Specialty Dr
Dr Rashidat Kikelomo Rabi	Speciality Dr
Dr Rudiger Pittrof	Consultant Physician
Dr Ruslan Artykov	Specialty Dr

### HIV

Dr Nick Larbalestier	Consultant Physician and Clinical Lead for HIV
Dr Annemiek de Ruiten	Consultant Physician
Dr Ranjababu Kulasegaram	Consultant Physician
Dr Julie Fox	Consultant Physician
Dr Barry Peters	Consultant Physician
Dr Daniella Chilton	Consultant Physician
Dr Julianne Lwanga	Specialty Dr

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## Fees

A course fee per week will be applied. This excludes accommodation and travelling expenses. Participants will be provided with a certificate at the end of their attachment.

### Registration and enquiries

To register for the Visiting Professional Programme – Sexual Health and HIV please complete the application form at [www.guysandstthomasevents.co.uk](http://www.guysandstthomasevents.co.uk) and return to:

Events

Guy's and St Thomas' NHS Foundation Trust

[vpp@gstt.nhs.uk](mailto:vpp@gstt.nhs.uk)

Telephone: + 44 (0)20 7188 7188 extension 55865

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## Guy's and St Thomas' NHS Foundation Trust

Guy's and St Thomas' NHS Foundation Trust is one of the largest Foundation Trusts' in the UK. It consists of St Thomas' Hospital, Evelina London Children's Hospital and Guy's Hospital.

The Trust provides a full range of hospital services, as well as specialist services including cancer, cardiothoracic, women and children's services, kidney care and orthopaedics. Guy's is a major centre for cancer and renal services with the UK's largest kidney donor programme, and is also a leading centre for genetics, stem cell and allergy research and cleft lip and palate. St Thomas' is a leading centre for the treatment of cardiovascular disease, stroke, HIV and dermatology.

The Trust has one of the largest critical care units in the UK and one of the busiest A&E departments in London.

It has an annual turnover of £1.2 billion and employs 13,500 staff.

Last year, the Trust handled over 2 million patient contacts, including:

- 1.07m outpatients
- 85,000 inpatients
- 88,000 day case patients
- 192,000 accident and emergency attendances
- 859,000 in community services
- 6,847 babies delivered

The Trust has 665 beds at St Thomas', 288 at Guy's, 144 at the Evelina London Children's Hospital and 64 in the community.

NHS statistics show that our patient survival rates are nearly 25 per cent better than the national average. This is one of the lowest standardised mortality rates in the NHS and provides an important indication of the quality of care provided by our clinical staff.

In 2013, the Dr Foster Hospital Guide awarded us Trust of the Year for safe care.

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