



BENDIGO LODDON SEXUAL HEALTH SERVICES
MAPPING REPORT
APRIL 2008

BACKGROUND

The Bendigo Loddon Sexual Health Task Group (SHTG) was established in 2002 to improve agency collaboration, promote integrated service planning and enhance responsiveness to the diverse needs of our communities in regards to sexual health services. The goal of the SHTG is ***'to raise awareness of sexual and reproductive health issues amongst the community and build the capacity of service providers to respond to sexual health needs'***. One initiative of the SHTG has been the development of a sexual health services mapping tool (see attached). The mapping tool is designed to collect information about current activities that are being undertaken by agencies and sexual health services available in the Bendigo Loddon PCP catchment area. It also seeks the knowledge and observations of local professionals to help identify emerging issues, unmet sexual health needs of the community and health promotion opportunities with a focus on prevention. It is hoped that the information collected via the mapping tool can be used to inform future work of the Group, its agency members and the professionals delivering services as well as assist with setting priorities, increasing access to services and enhancing further collaboration of service providers.

The mapping exercise was last conducted in 2004. Upon restoration of the SHTG in 2007 it was agreed that updated, current data was required and the Group decided to repeat the mapping exercise in order to get a 'snap-shot' of sexual health services available and investigate the current challenges in delivering these services to the Bendigo-Loddon communities. The mapping exercise also assisted the SHTG to develop a revised and updated Sexual Health Services Guide.

Copies of the mapping tool were distributed by email to a range of local sexual health service providers who were asked to complete and return the form. The following organisations, all of whom are involved in the SHTG, provided data for this report:

- Bendigo Community Health Services
- Bendigo Health
- Boort Districts Hospital
- Centre Against Sexual Assault Loddon Campaspe
- City of Greater Bendigo
- Country Awareness Network Victoria
- Inglewood and Districts Health Service
- La Trobe University Health Service
- McIvor Health and Community Services
- Northern District Community Health Service
- School Nursing Program
- Women's Health Loddon Mallee

(In some cases, several professionals within different departments of an agency participated in the mapping exercise.)

The exercise commenced in July 2007 with the mapping tool being distributed and initial data collected for revision of the Sexual Health Services Guide. Participating services were then followed up by email and phone in early 2008 for additional information to further inform the mapping project. Service providers were given opportunities to give their professional opinions regarding emerging issues or unmet sexual health needs as identified in their daily work. This report collates the data gleaned from the mapping tools, depicts current sexual health service provision in the Bendigo Loddon PCP catchment and lists issues and opportunities as indicated by respondents including professional support and work force development needs.

GOAL

To increase access to responsive sexual health services for people with diverse needs in the Bendigo Loddon PCP catchment.

OBJECTIVES

- **To collect detailed information about sexual health services provided by agencies to determine where gaps exist in the delivery of sexual health services.**
- **To identify opportunities to build the capacity of agencies to meet sexual health needs of our communities.**
- **To enhance opportunities for collaboration and integrated service planning between sexual health service providers.**
- **To develop a directory of sexual health services that are available to Bendigo Loddon communities.**

BENDIGO LODDON SEXUAL HEALTH SERVICES MAPPING TOOL ANALYSIS

Provision of sexual health services by Bendigo Loddon SHTG member agencies

■ Male and Female Providers

■ Female Providers Only

Types of sexual health services / programs	Bendigo Community Health Services	Bendigo Health	Boort District Hospital	Centre Against Sexual Assault	City of Greater Bendigo	Country Awareness Network	Inglewood & Districts Health Services	LaTrobe University Health Services	McIvor Health & Community Services*	Northern District Community Health Services	School Nursing Program	Women's Health Loddon Mallee
Pregnancy testing	•	•	•					•	•	• ¹		•
Options counselling	•	•	•					•		•		•
Emergency contraception	•	•		• ¹			•	•				
STI / Blood borne virus screening	•	•	•	• ¹				•				
STI treatments	•	•	•					•				
Pre/post HIV test counselling	•	•				•		•				
HIV (S100) prescribing ²		•										
HIV prevention	•	•				•	•	•		•		
Needle syringe program	•						•	•				
Support groups	•				•	•					•	•
Sexual assault services	• ³			•								
Condom distribution	•					•	• ⁴	•		•		•
Family planning	•	•						•		•		•

* Unable to verify all details at time of report

1 Emergency only

2 Does not include local GPs

3 Medical only

4 Needle Syringe Program only

Provision of sexual health services by Bendigo Loddon SHTG member agencies (*cont.*)

■ Male and Female Providers

■ Female Providers Only

Types of sexual health services / programs	Bendigo Community Health Services	Bendigo Health	Boort District Hospital	Centre Against Sexual Assault	City of Greater Bendigo	Country Awareness Network	Inglewood & Districts Health Services	LaTrobe University Health Services	Mclvor Health & Community Services*	Northern District Community Health Services	School Nursing Program	Women's Health Loddon Mallee
Pap smears	•	•					•		•	•		•
Birth information and support	•	•	•							•		
Telephone counselling/help service				•		•				•		•
Sexual health counselling	•	•				•	•	•		•	•	
One-on-one education	•	•				•	•	•		•	•	•
Group education	•	•				•	•	•			•	•
Community education	•			•		•	•	•		•	•	•
Antenatal education	•	•										
Health promotion events	•	•				•	•	•		•	•	•
School based sex education	•					•	•			•	•	
Peer education		•				•		•			•	
Prostate cancer screening	•							•				
Hepatitis B immunisation	•	•					• ⁵					
Professional development	•		•	•		•		•				•
After hours services	•	•	•	• ¹		•						
Information and referral services	•	•	•		•	•	•	•		•	•	•

* Unable to verify all details at time of report

1 Emergency only

5 For employees and volunteers only

Number of agencies/organisations providing sexual health services by geographical areas

Types of sexual health services / programs	City of Greater Bendigo			Loddon Shire			
	Bendigo and Suburbs	Elmore	Heathcote	Boort	Inglewood	Pyramid Hill	Wedderburn
Pregnancy testing	4	1	1	2		1 ¹	
Options counselling	4	1		2		1	
Emergency contraception	4						
STI / Blood borne virus screening	4	1		1			
STI treatments	3			1			
Pre/post HIV test counselling	4						
HIV (S100) prescribing ²	1						
HIV prevention	4			1		1	
Needle syringe program	2				1		
Support groups	5					1	1
Sexual assault services ³	2						
Condom distribution	5	1		1	1 ⁴	1	
Family planning	4	1		1		1	
Pap smears	3	1	1	1		1	1

1 Emergency only

2 This does not include local GP's

3 CASA provides outreach services in areas outside Bendigo

4 Needle Syringe Program only

Number of agencies/organisations providing sexual health services by geographical areas (*cont.*)

Types of sexual health services / programs	City of Greater Bendigo			Loddon Shire			
	Bendigo and Suburbs	Elmore	Heathcote	Boort	Inglewood	Pyramid Hill	Wedderburn
Birth information and support	2			2		1	
Telephone counselling/help service	3			1		1	
Sexual health counselling	5			1	1	2	2
One-on-one education	6	1		1	1	2	2
Group education	5				1	1	2
Community education	6	1		1	1	2	2
Antenatal education	2						
Health promotion events	6	1		1	1	2	2
School based sex education	3			1	1	2	2
Peer education	4					1	1
Prostate cancer screening	2						
Hepatitis B immunisation	3				1 ⁵		1
Professional development	5			1			
After hours services	4			1	1		
Information and referral services	7	1		2	1	2	2

5 For employees and volunteers only

OTHER SERVICES SPECIFIED BY RESPONDENTS:

Bendigo Community Health Services	Gardasil Immunisation Clinics Contraception procedure clinic (IUD)
Inglewood and Districts Health Services	Puberty education
Northern District Community Health Service	Puberty training to primary schools
School Nursing Program	Puberty education

TYPES OF PROFESSIONALS PROVIDING HEALTH SERVICES

Bendigo Community Health Services	<ul style="list-style-type: none"> • Sexual Health Nurse x 2 • Female General Practitioner x 3 • Youth Health Nurse x 2 • Male Nurse • Infectious Disease Clinical Nurse • Young Pregnant and Parenting Program Worker
Bendigo Health	<ul style="list-style-type: none"> • Hospital Doctors • Hospital Nurses • Infection Control Consultants • Clinical Nurse Consultants • Specialist Physicians • ID Clinic Nurse
Centre Against Sexual Assault	<ul style="list-style-type: none"> • Social Workers • Counsellors
City of Greater Bendigo	<ul style="list-style-type: none"> • Youth Workers
Country Awareness Network	<ul style="list-style-type: none"> • Coordinator • Health Promotion - Project Officer • Trained Volunteer Community/Peer Support Workers • Accredited Counsellors • Treatments Officer • Registered Psychiatric Nurse (voluntary)
Inglewood and Districts Health Services	<ul style="list-style-type: none"> • Community Health Nurse
La Trobe University Health Service	<ul style="list-style-type: none"> • Male General Practitioner • Sexual Health Nurse
Northern District Community Health Service	<ul style="list-style-type: none"> • Sexual Health Nurse x 2 • Men's Health Worker
Women's Health Loddon Mallee	<ul style="list-style-type: none"> • Women's Health Nurse • Women's Health Project Worker

AFTER HOUR SERVICES AVAILABLE:

- Bendigo Health: Emergency Department
- Centre Against Sexual Assault: Provides crisis counselling, facilitates access to medical and legal services relating to recent sexual assault (within 72 hours). Forensic or non-forensic examinations are available
- Country Awareness Network Victoria: Provides support, information, projects, etc. after hours by arrangement
- Inglewood and Districts Health Service: Emergency Department
- McIvor Health and Community Services: Casualty Department

AGENCIES DELIVERING SERVICES TO CLIENTS FROM OUTSIDE LOCAL AREA:

- Bendigo Community Health Services
- Bendigo Health
- Centre Against Sexual Assault
- Country Awareness Network Victoria
- La Trobe University Health Service
- McIvor Health and Community Services
- Northern District Community Health Services

SERVICES FUNDED SPECIFICALLY FOR SEXUAL HEALTH:

- Bendigo Community Health Services -STI/BBV Clinic, Well Women's Clinic and Youth Health Clinic
- Country Awareness Network Victoria
- Women's Health Loddon Mallee

FUNDING SOURCES FOR SEXUAL HEALTH SERVICES IN THE BENDIGO LODDON REGION:

- Department of Human Services
- City of Greater Bendigo
- Papscreen Victoria
- La Trobe University

SEXUAL HEALTH NEEDS AND AGENCIES' CAPACITY TO RESPOND

EMERGING SEXUAL HEALTH NEEDS OF CLIENTS / COMMUNITIES AS IDENTIFIED BY RESPONDENTS:

- Sexual Health Sessions in schools (x2)
- Women seeking advice re: contraception methods
- Need for oral contraception
- Puberty education in primary schools
- Increase in requests for support for SSAY and their families (x2)
- Increase in demand for post exposure prophylaxis
- Increasing number of requests from PLWHA's for local health services and support
- Information about herpes
- Increasing requests for STI screening (x2)
- Increased number of young people asking about where they can go regarding their sexual health needs

UNMET SEXUAL HEALTH NEEDS OF CLIENTS / COMMUNITIES AND SERVICE DEVELOPMENT OPPORTUNITIES AS IDENTIFIED BY RESPONDENTS:

- Access to free emergency contraception
- Access to pap smears (x2)
- HIV Pre/Post Test Counselling (Loddon region)
- Inconsistent provision of Pre/Post Test Counselling for HIV and Hep C by service providers and GPs
- Lack of abortion services
- After hour clinics and services (x2)
- Young men's sexual health services
- Unable to fulfill demand for sexual health sessions for schools and community groups (x2)
- Lack of specific services for ethnic and indigenous communities
- Chlamydia testing (x2)
- Lack of female practitioners, e.g. GP's and nurse practitioners (x2)
- Lack of GP's
- Lack of GP's who bulk bill
- Not enough sexual health services available for testing procedures
- Availability of condoms (x2) particularly for young people after hours and in smaller communities (x1)
- Young people unaware of rising STI rates
- Sexual health professional development opportunities locally (x2)
- Increased and consistent support services needed for Same Sex Attracted Youth (x2)
- Prostate cancer screening

SEXUAL HEALTH NEEDS AND AGENCIES' CAPACITY TO RESPOND (CONT.)

PROFESSIONAL SUPPORT AND DEVELOPMENT OPPORTUNITIES

WHEN ASKED, "WHAT DO YOU REQUIRE TO BE ABLE TO ADDRESS SEXUAL HEALTH NEEDS OF CLIENTS / COMMUNITIES", RESPONDENTS INDICATED:

- Need for sexual health coordination when staff are on leave
- Updated policy and clinical practice guidelines (x2)
- Standardised protocols and clinical practice guidelines need to be developed for state or national use
- Recurrent funding for many services (x2)
- Educational / professional development opportunities in the region (majority are in Melbourne) (x2)
- Further credentialing of staff (x2)
- Increased funding and resourcing to enable more paid qualified staff
- Increasing staffing resources
- Better collaboration and coordination between agencies, more flexibility in services (workers shared between agencies) (x2)
- Better utilisation of current services
- Stronger relationship with Primary Care / Bendigo Health (Hospital)
- Sexual Health being integrated as a Health Promotion Priority for more agencies
- Different cost options for emergency contraception
- Simple Chlamydia testing
- More General Practitioners
- Shire collaboration to install condom vending machines particularly in smaller communities (x2)
- Increased education about sexual health (increased public awareness makes it easier to talk to clients about their sexual health)
- Nurses having the contact details of Chlamydia test providers
- Raised awareness amongst health professionals of the importance of Pre/Post Test Counselling and make it known that clients can be referred on to other service providers offering the counselling if necessary
- Consistent and assessable support services for Same Sex Attracted Youth and their families

IDENTIFIED RISKS

WHEN ASKED, "WHAT ARE THE RISKS ASSOCIATED WITH PROVISION OF SEXUAL HEALTH SERVICES" THE FOLLOWING RESPONSES WERE PROVIDED:

- Lack of staff training (x3)
- Dynamics of small communities (clients fear lack of privacy) (x3)
- Age of consent (minors) (x3)
- Administrative processes to implement programs and/or training
- Clear policy

SUMMARY

When undertaking this mapping exercise the main, often frustrating, limitation was tracking down the appropriate representatives for the individual agencies. Despite repeated attempts, a few of the service providers were unable to confirm details for this report. The mapping tool was designed to allow latitude for respondents to provide information that may be agency specific. Participants gave differing degrees of details about their agencies and work. Due to this there was a need for repeated follow-ups to ensure consistent information for reporting. To make the exercise easier and less time consuming in future, electronic copies of all the mapping tools have been kept. This will allow service providers to merely update their mapping tool when it's re-circulated, eliminating the need for them to fill out the tool from scratch. Potentially this will also make the response time of service providers quicker and the whole process more effective and efficient in the future.

While this report is a useful summary of sexual health service provision in the Bendigo Loddon PCP catchment, it is important to note that General Practitioners were not included in the mapping exercise. GP's are an important resource for sexual health services. However, accessing GP's in the region is becoming increasingly difficult and finding GP's that bulk bill is almost impossible. It is also understood that some consumers access alternative sources for their sexual health needs rather than their regular GP due to personal concerns whether legitimate or not. (e.g. a young person being embarrassed to discuss sexual activity with the family's GP.) These alternative sources are the focus of this report.

In some respects, the Bendigo Loddon catchment is comparatively well resourced in terms of sexual health service provision when compared to other regional areas of Victoria. One such notable example is HIV services (support, prevention, treatments, etc.). Bendigo has more than two S100 prescribers, the recently opened Infectious Disease Clinic at Bendigo Health along with support offered from Bendigo Community Health Services, Country Awareness Network Victoria and Women's Health Loddon Mallee. Despite this, there remains a vast opportunity for improvement and enhancement of the overall coordinated sexual health services in our area when examining the lack of parity of services compared to our Metropolitan counterparts, especially the outlying regions of the Bendigo Loddon PCP catchment.

It is recommended that this mapping exercise be repeated every few years, perhaps at the beginning of each three-year planning/reporting cycle of the PCP. As stated earlier electronic copies of completed mapping tools for each agency have been retained which should make the process easier in the future. It is envisaged that the information obtained can become a resource for the Sexual Health Task Group and each individual agency as it provides an evidence base to support the work undertaken to address unmet sexual health needs and identify professional support requirements. It will also support and enable sexual health service providers to target and prioritise their work to the areas identified as most in need.

This report was prepared under the direction of the Bendigo Loddon Primary Care Partnership's Sexual Health Task Group by its lead agency, CAN Victoria.

Adam Wright, Chair
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ATTACHMENT 1: MAPPING TOOL



Sexual Health Services Mapping Tool: Bendigo/Loddon

1. Information about your organisation

(If your organisation operates more than one site please complete a form for each; e.g. Eaglehawk site, Kangaroo Flat site, Bendigo Central, etc.)

Name of organisation and/or sexual health services:

Postal Address:

Street address:

Post code:

Contact name:

Hours of operation:

Telephone (for sexual health services):

Facsimile:

Web site:

E-mail address (for sexual health services information):

2. Sexual health needs and agency's capacity to respond

2.1 Have your staff/agency noticed any emerging or unmet sexual health needs of clients over the past year and/or are you aware of a community need unmet? (E.g. increases in requests for emergency contraception, increasing demand for sexual health education in schools)

Yes No

2.2 If yes, please describe the emerging or unmet sexual health needs using as much detail as possible:

2.3 What does your agency or staff require to be able to address the sexual health needs of your clients (e.g. time for peer review, relieving staff when workers take leave, protocols or clinical practice guidelines for the provision of sexual health services, funding allocation for sexual health service provision, need for improved sexual health service coordination)?

3. Sexual health service provision by your agency

With the following definition of sexual health in mind, please identify sexual health services that are provided by your agency and complete the table to include information about these services:

"Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence (WHO, 2002)"

Type of sexual health service or program	Tick if the service is provided	Name/title & brief description of the service/program	Is this service specifically funded? Yes/No By who?	Who provides this service? Please note qualifications E.g. RNs, GPs, counsellors, peer workers etc.	Hours/days of operation for this service, target group/audience & indicate whether the service is free (bulk billed or not charged).	Waiting times for access to the service
Pregnancy testing (example)	✓	Sexual health clinic – Provides pregnancy testing at no charge to clients.	Yes Department of Human Services	Sexual health nurse (RN) and GP	Weekdays from 9-5 pm. Women of all age groups Bulk billed service.	2 days – 1 week
Pregnancy testing and options counselling						
Sexually Transmissible Infection/Blood Borne Virus screening						
HIV prevention (health promotion and education)						
Needle Syringe programs						
Support groups (e.g HIV/AIDS, Blood-borne viruses, Hep C)						
Sexual assault services						
Condom distribution						
Support groups (e.g same sex attracted)						
Family planning services						
Pap smears						

Birth information and support (e.g. antenatal care, parenting programs)						
Telephone counselling						
Information and referral services (e.g. menopause, HIV, school based education)						
Maternal and child health services						
Pregnancy/options counselling						
Sexual health counselling services (sexual satisfaction, pleasure and dysfunction)						
Other(s) (please describe)						

4. Risk assessment

What are the risks (if any) associated with the provision of sexual health services by your agency? (E.g. age of consent, parental involvement)

5. Collaboration with other agencies and/or organisations

Do your sexual health services collaborate with other agencies and organisations?

Yes No

If yes, please list the agencies and/or organisations that your sexual health services collaborate with and how they are involved (e.g. planning, referrals, shared care etc)

6. Profile of sexual health service users

Anecdotally, do clients from outside your local area access your service? (E.g. Bendigo service providing services to clients from Kyneton).

Yes No

If yes, do you have data (such as postcodes of presenting clients) that will be accessible at a later date to identify where clients reside?

Yes No

7. Other comments or suggestions

Is there anything else that you would like to add about your sexual health services?

Thank you for taking the time to complete this survey.

If you have any questions about the survey, please call Adam Wright 03 5443 8355 or email adamwright@can.org.au.

Please post, email or fax your completed survey by 27th of July 2007 to:

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Or fax to: (03) 5443 2299

Or email: adamwright@can.org.au