

SEX IN THE CITY....

Or more accurately - in the northern suburbs of Hobart

PULSE YOUTH HEALTH SERVICE



PULSE

- Information
- Support
- Links to other services
- Assistance with the cost of health items e.g. prescriptions, procedures and toiletries
- Shower and laundry
- Free condoms

PULSE-SOME OF OUR STAFF



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PULSE

- By appointment:
- Sexual health GP from Family Planning Tasmania
- Psychologist from the University Psychology Clinic
- Youth Alcohol and Drug worker from Alcohol and Drug Services
- Music room and recording studio
- Support Group for young parents
- Visiting psychologist from headspace

PULSE MUSIC ROOM



FAMILY PLANNING TAS

- FPT - the largest cohort of clinic clients comes from the 19-24 year old age bracket – 28%
- 42% of clients are under the age of 25.
- Attendance at FPT's core and outreach clinics remains consistently strong and demonstrates the organisation's credentials as the leader in reproductive and sexual health in Tasmania.
- Contraception
- Cervical screening
- STI screening/testing

TEENAGE PREGNANCY

- The reduction of unplanned pregnancy remains a priority for FPT, particularly among young women
- In 2015 – Teenage pregnancy 16.1 births per 1,000 compared with national rate- 11.9 births per 1,000.
- While the Tasmanian teenage fertility rate remains above the national rate, it is decreasing at a much faster rate
- Key strategy – provide access to LARCs
- Monitoring reasons for removal

SEXUALLY TRANSMISSIBLE INFECTIONS

- Committed to reducing the rates of STI in Tasmania
- 3rd most common reason to present to FPT (2nd at Pulse)
- Consultation rates remain steady
- Rare that a patient wouldn't be offered an STI test
- Funding opportunities to develop resources for the normalisation of STI testing in GP

TASMANIAN YOUTH HEALTH FUND

- The aim of the Youth Health Fund is to buy essential health services and/or health items for people aged **12 to 24** who otherwise could not afford them. The fund assists disadvantaged young people across Tasmania. These young people come from varying backgrounds with a wide range of health issues
- A young person (**12-24**) must speak with an Access Worker with regard to their specific health related issue/s. In a confidential setting, the Access Worker will assess the health needs of the client and refer the young person to the appropriate Health Provider. Assuming the young person is eligible under the guidelines of the Program, the Fund will cover the cost of the service and/or item. No cash payments are made; all transactions are paper based..

YOUTH SEXUAL HEALTH CLINIC

- Doctor is funded by FPT focus is on sexual and reproductive health
- Youth – attend for a variety of reasons
- There are 3 doctors
- All clinics are conducted in afternoons given demographic
- Booked appointments

OUR DOCTORS



OUR PATIENTS

- 106 clients
- Over 50% clients are under 18
- 25% identify as ATSI
- Only 4 clients not born in Australia
- Only 3 with a disability
- 75% from Low SES

OUR SERVICES

- Contraception (50) and STI checks (25) most common MAIN reason for attendance
- COCP and Implanon most common choice
- Gynaecological issues (menstrual problems/pain syndromes)
- Pregnancy (planned and unplanned)
- Breast
- Other

OUR SPACE



HOW WE DO IT

- HEADS assessment
- Home, Health
- Education, employment, engagement, eating
- Activities
- Drugs
- Depression
- Sexuality/sexual health/sexual relationships
- Suicidality/self harm
- Screen time, sexting , social media

HOW WE DO IT

- Education
- Healthy relationships
- Consent (alcohol/safety)
- Safe sex
- Contraception
- Pregnancy planning
- Body image

FAVOURITE RESOURCES

- https://www.youtube.com/playlist?list=PL4xj8bqerOc48nxyT-wR32UTZ_yqzpvct
- <http://www.labialibrary.org.au/>

CASE

- Miss LB
- First met at age 18
- PC: Dyspareunia (superficial)
- HPC: Had one previous sexual partner
- Wanting help

LB

PMHx- nil significant

Family Hx- nil significant

Allergies- Nil

Medications- COCP (had been for cycle regulation primarily)

Social- Lived at home with parents (not overly close), PT job as a retail assistant, good group of friends, played netball socially

Non smoker, social drinker no other recreational drugs

Had one prior sexual partner, slightly older male, no abuse/negative sexual experiences

LB

- OE
- No obvious abnormality
- Pain to light touch (cotton tip test)
- Unable to do PV examination

MANAGEMENT

- Discussed likely diagnosis vulvodynia +/- vaginismus
- Access YHF- refer to physio
- Referred specialist in Melb (PAT/HYF)- didn't go well
- Referred to local gynaecologist practice
- Over the subsequent 4 years saw her at various points for scripts → final visit she was so happy
- Off to US for a holiday with same BF- able to have sex
- On return decided time to look at some psychotherapy

CONCLUSION

- I hope that the work I can do with young people in my role as a GP at Pulse can
- “.....help show them the way, not save them ! But help them understand that there are choices that can be made today that will make the difference for their rest of their lives “
- *Jose A Aviles*