

Is Nurse-Led Annual Review Service offering Sexual Health Screening to High Risk Patients?

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Background: Drug Use

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Gay men warned on risks of 'chemsex'

First British study of 'chemsex' reveals gay men taking serious risks with their health and with HIV after using drugs



Denis Campbell

The Guardian, Tuesday 8 April 2014 21.02 BST

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'There has been a change in gay cultural, social and sexual networks.' Photograph: Dosfotos/PYMCA/Rex

Gay men are suffering serious harm and are in danger of spreading HIV by having unprotected sex while under the influence of illegal drugs, the first British study into the growing popularity of "chemsex" has revealed.

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High-risk drug practices in men who have sex with men

[Victoria L Gilbert](#) , [Ian Simms](#) , [Maya Gobin](#) , [Isabel Oliver](#) , [Gwenda Hughes](#)

Tony Kirby and Michelle Thornber-Dunwell (Jan 12, p 101)¹ highlight a "perfect storm"² for HIV and hepatitis C transmission in high-risk drug practices in men who have sex with men (MSM). As part of an ongoing investigation of the continuing shigellosis epidemic in MSM in the UK,³ we did in-depth interviews that explored the lifestyle and sexual behaviour of 12 MSM diagnosed with *Shigella flexneri* serotype 3a.

Mephedrone, ketamine, crystal methamphetamine, and γ -butyrolactone had been used by most MSM (nine of 12) during sexual encounters. "Slamming"—a term probably used to reduce the social stigma of injecting recreational drugs—occurred at sex parties and was reported by two.

Background: Drug Use

- ‘Chem-sex’ is...*sex that occurs under the influence of drugs, which are taken immediately preceding and/or during the sexual session*¹
- Frequently involves poly-drug use, simultaneously or sequentially to counter some of the effects/side effects.
- Drug sessions can extend over several days.
- Certain means of linking up (online apps) are either used specifically for or are associated with increased likelihood of chem-sex.

Background: MSM & recreational drugs

<i>Drug</i>	<i>EMIS Survey (%)</i>	<i>ASTRA (%)</i>
<i>Any recreational drug</i>		51
<i>Cocaine</i>	11	40
<i>Ecstasy</i>	7	23
<i>Ketamine</i>	6	25
<i>Mephedrone</i>	5	14
<i>Crystal meth</i>	3	15
<i>GBL</i>	6	19
<i>Amyl Nitrate</i>	33	53
<i>Cannabis</i>	16	42

Background: Why ask?

- Negative impact on adherence to HAART
- Drug-drug interactions.
- High risk sexual behaviour - increased STIs and genital trauma²
- MDMA - known to decrease CD4 count, T-cell function and increase NK Cells³
- Shigella flexneri outbreak - 34 MSM interviewed - 76% recreational drugs⁴

STI screening recommendations in

UK

- All sexually active MSM should be tested for STIs at least annually.
- High Risk MSM every 3 months.
- High risk includes:
 - Any unprotected sexual contact with a new partner
 - Following the diagnosis of a new STI
 - Drug use may be a marker of high risk behaviour and a detailed sexual history is required in this group.

Background: Annual Review

- The Annual Review clinic is a nurse-led health assessment in operation since 2012.
- It involves the patient completing a questionnaire on an electronic tablet and then seeing a member of the nursing team to follow-up on any issues raised.
- It includes a question about whether the patient has used recreational drugs in the past year and if so, which ones.
- Also includes questions regarding STI diagnosis in the past year

Methods

- Data examined from Annual Review service (including self-completed questionnaire), focussing on patient disclosure of drug use and STIs.
- 511 patients seen across 3 sites between July 2012 and December 2013.
- 54 patients using club drugs identified; notes review of any subsequent STI screening offered.

Demographics

Total number of patients who underwent Annual Review	511
% of males % of females	91% (n=465) 9% (n=45)
MSM	90%

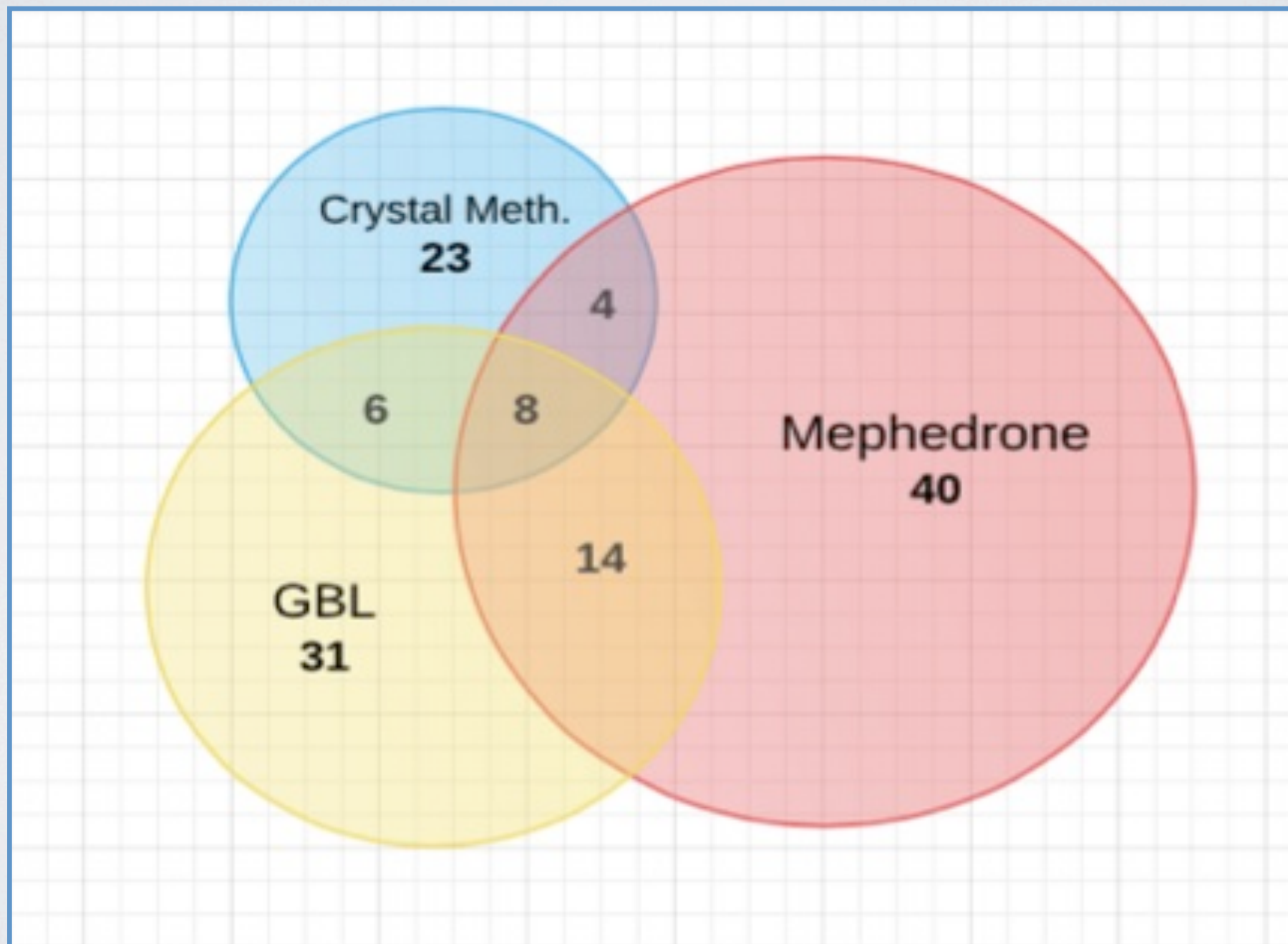
Number of club drug users identified	54
% of males % of females	100% (n= 54) 0%
MSM	100%
Age range	26 - 57 (Mean: 39)

Results

<i>Club Drug</i>	<i>Number (%)</i>
<i>Mephedrone</i>	40 (74%)
<i>GBL</i>	31 (57%)
<i>Crystal Meth</i>	23 (43%)

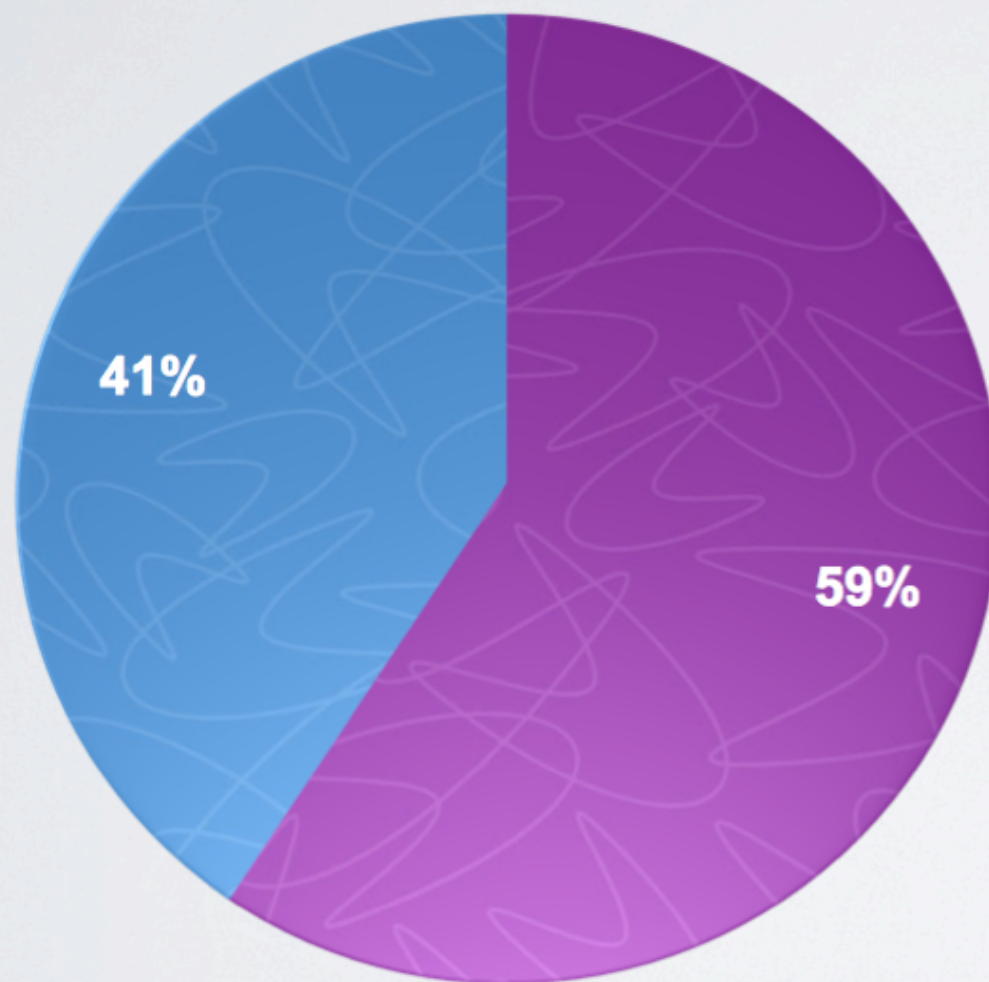
n = 54

Results

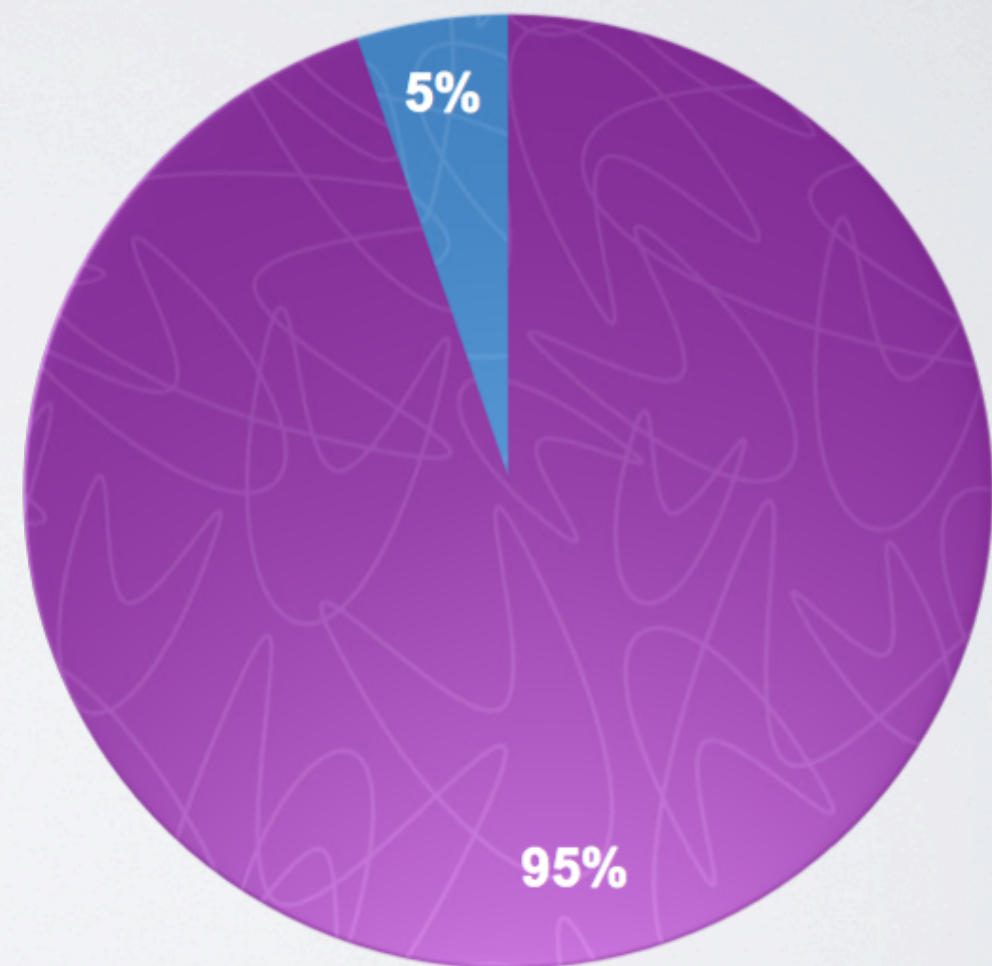


Results

% of patients with regular sexual partner



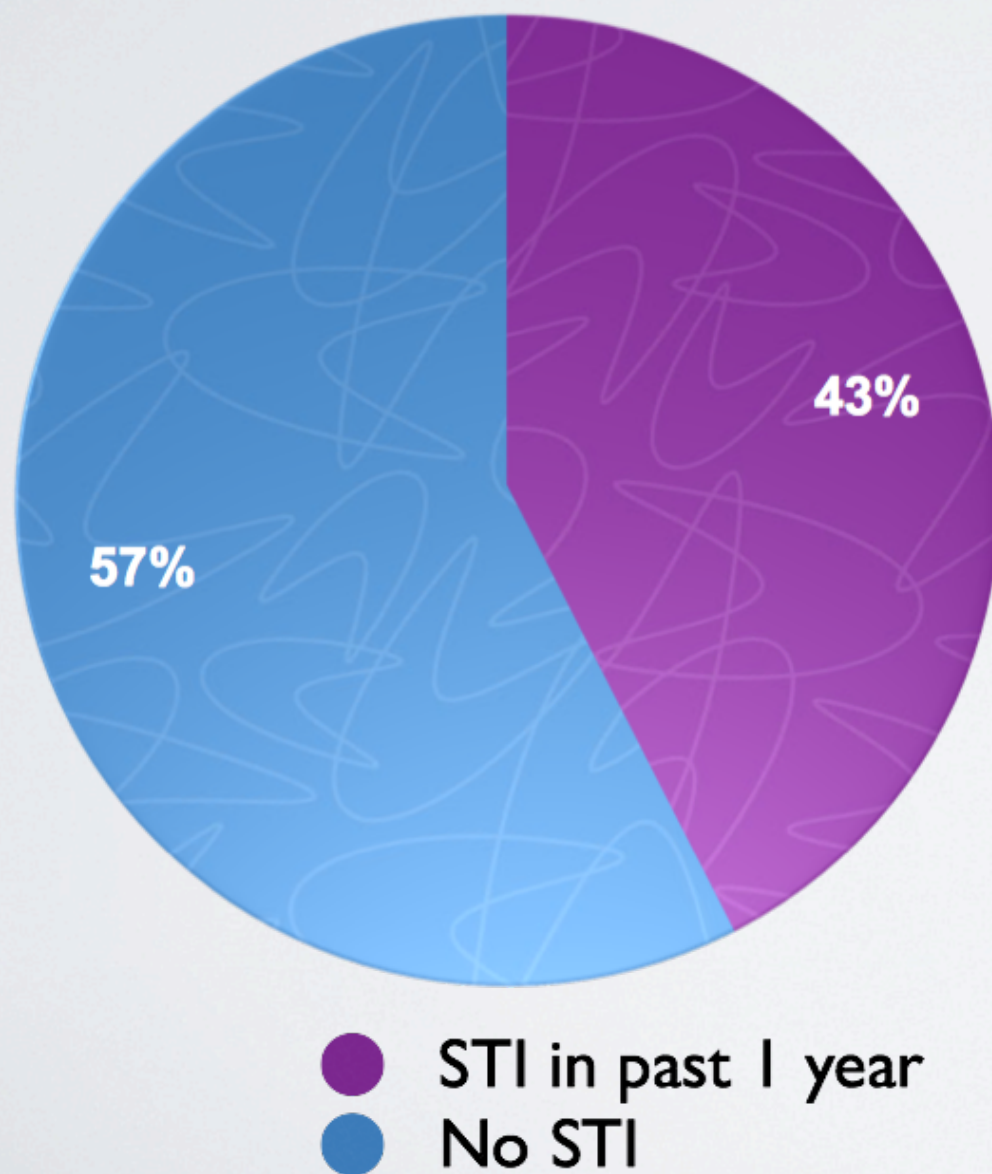
- Regular partner
- No regular partner



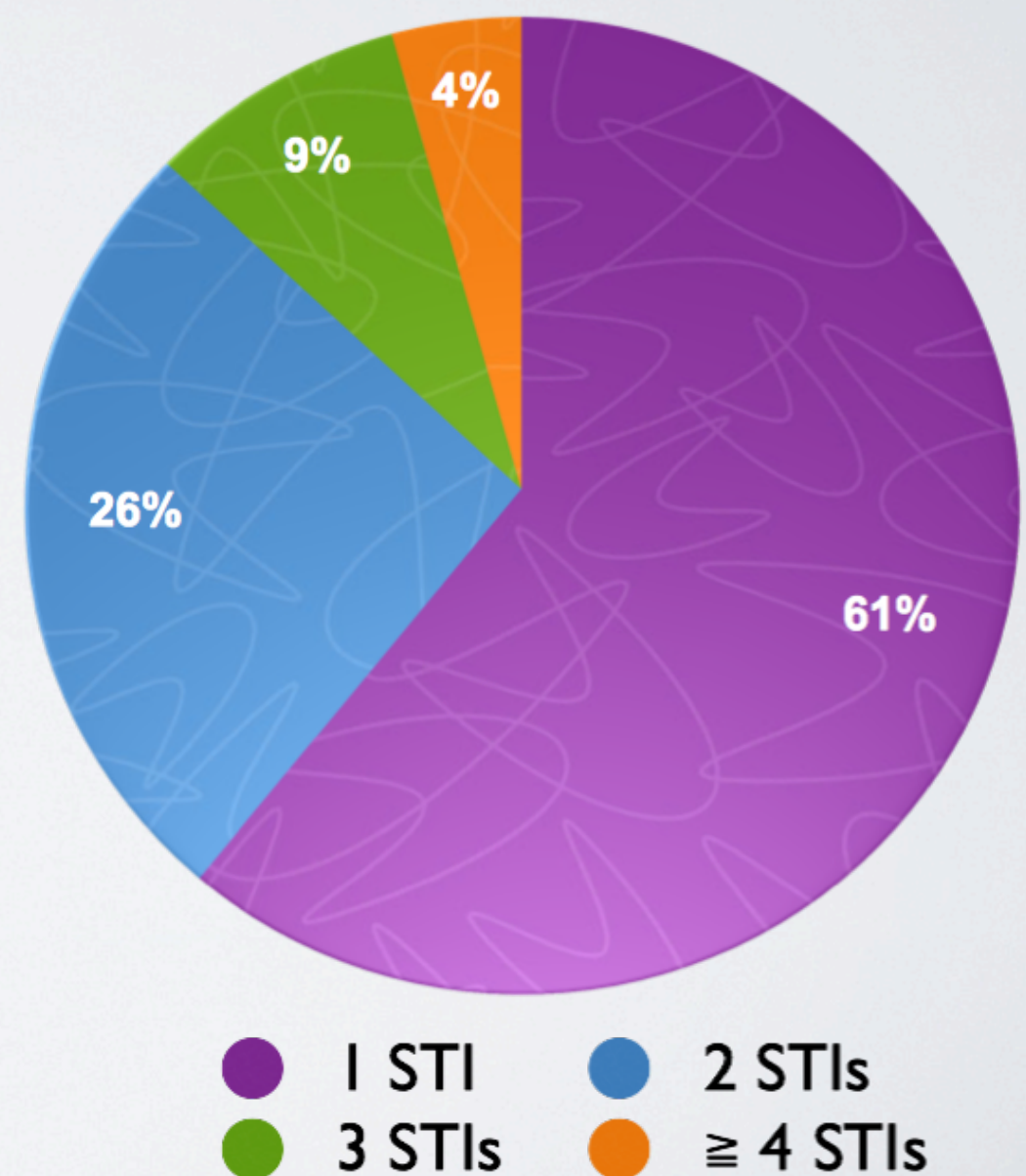
- Sex with casual partner(s) in past 6 months
- No sex with casual partner(s) in past 6 months

Results

Patients diagnosed with an STI in past 1 year

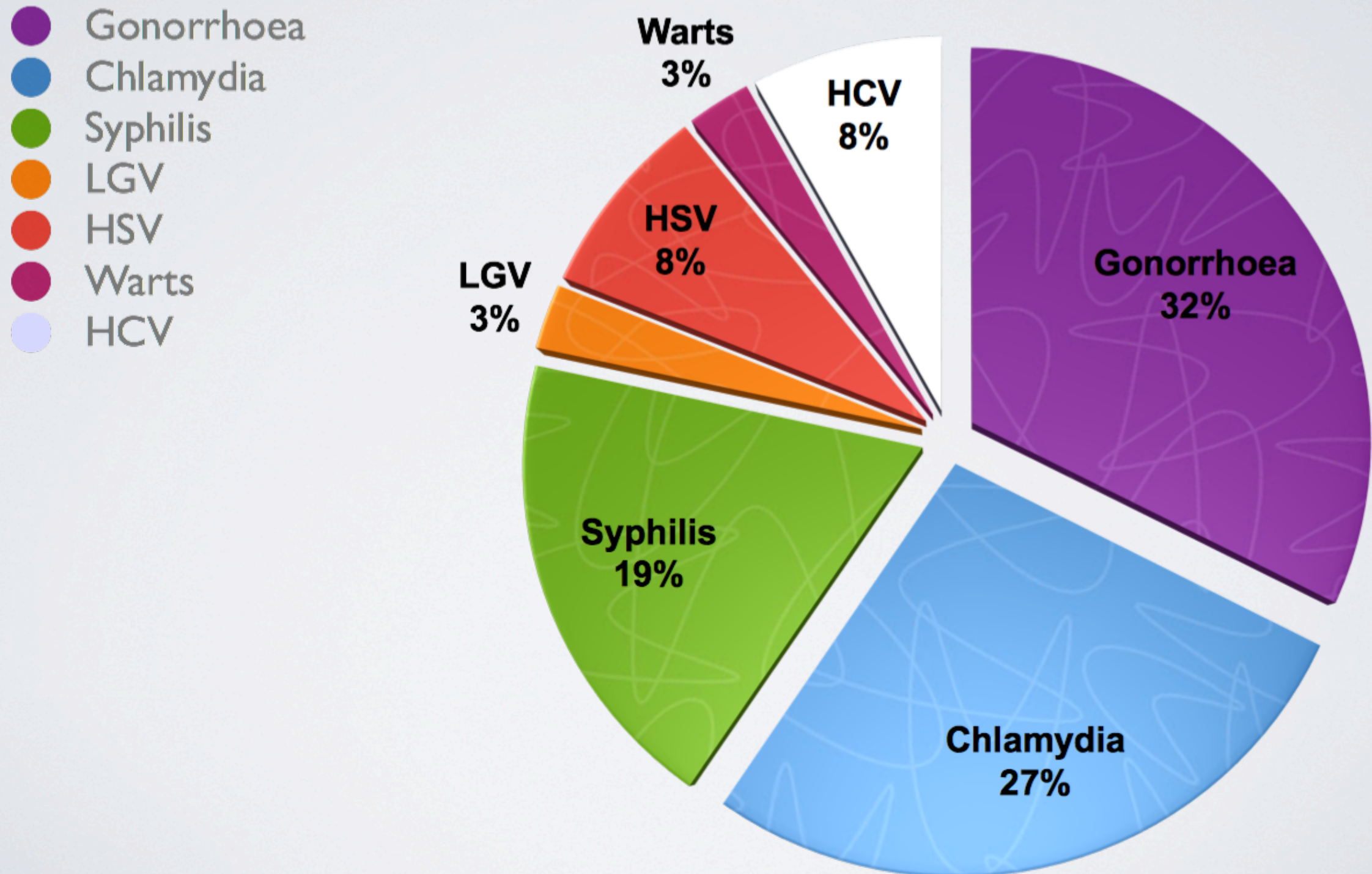


Number of STIs diagnosed in past 1 year per patient

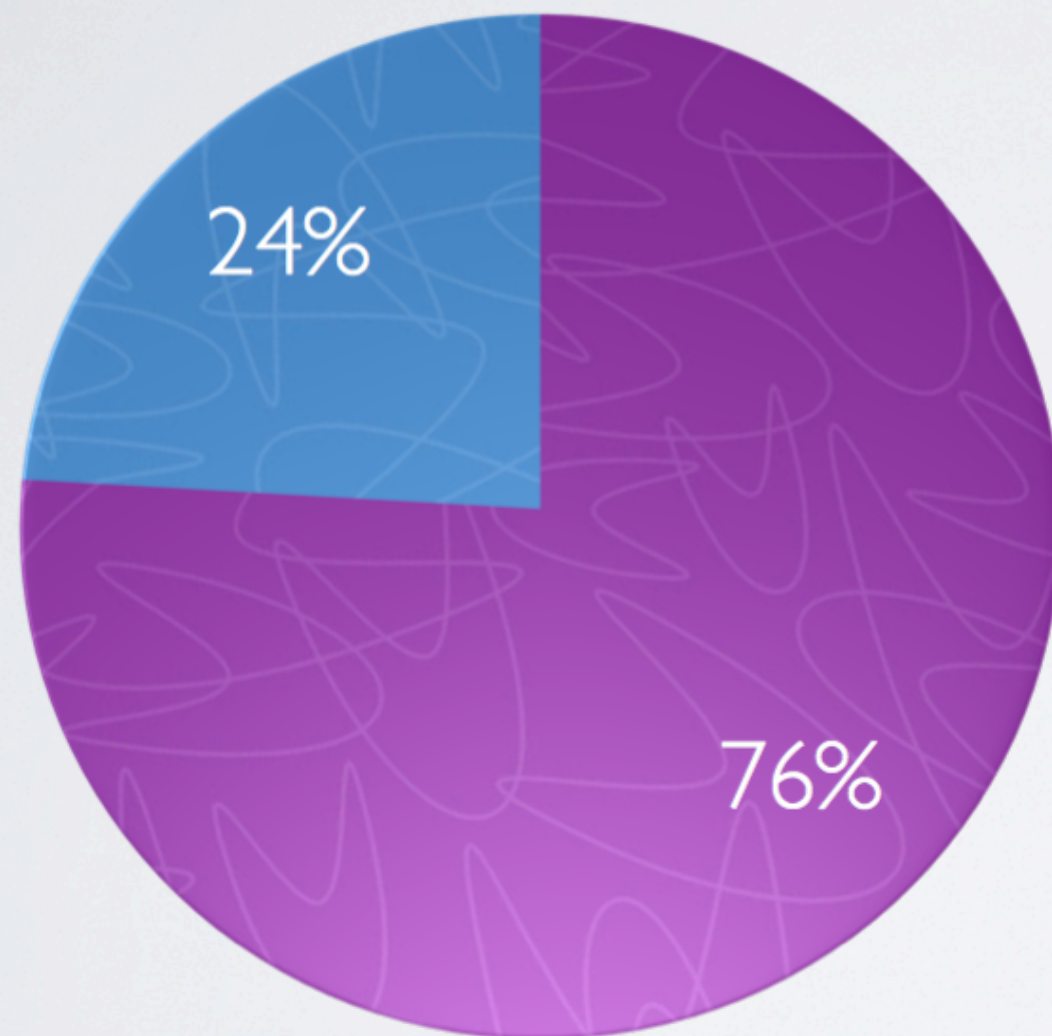


Results

STI Diagnoses (in past 1 year) by type



STI screen offered at Annual Review



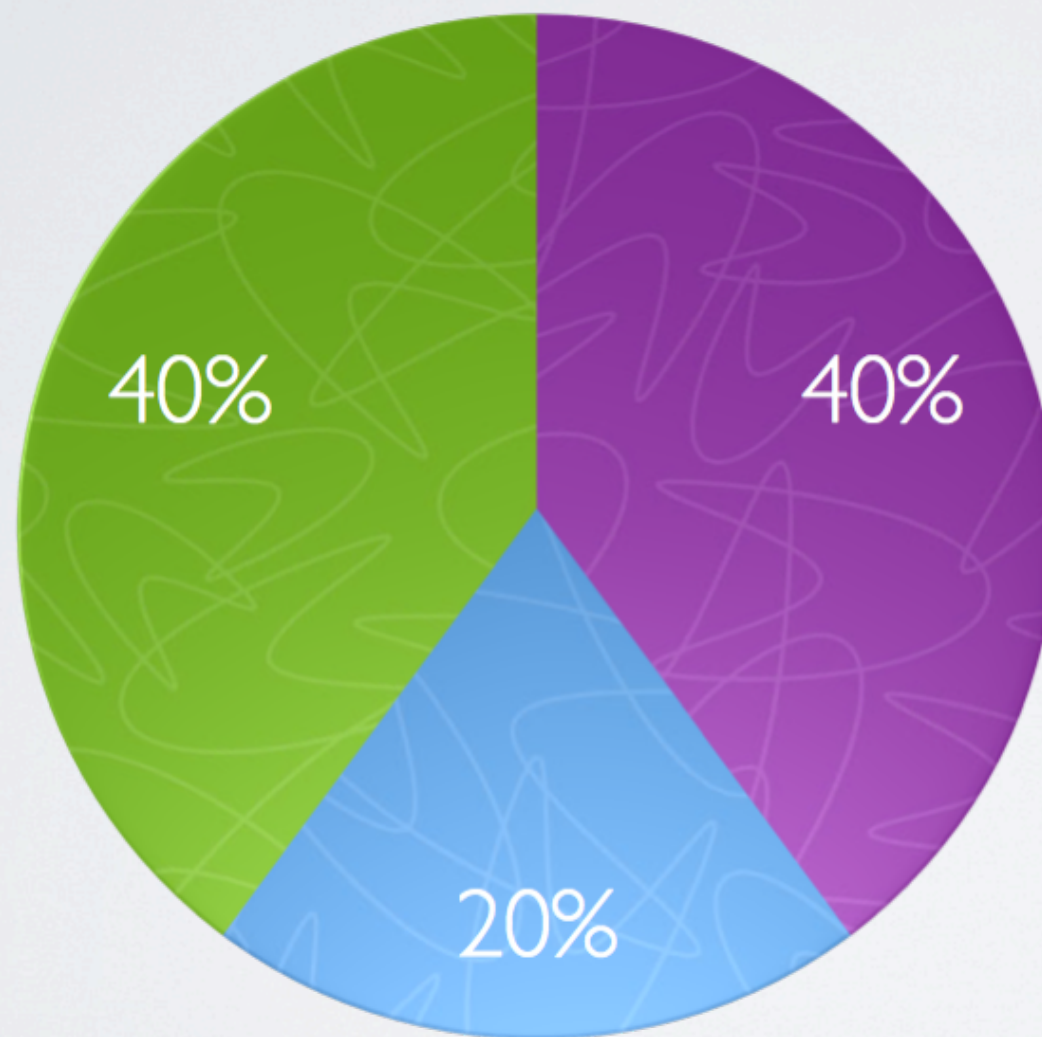
80% accepted (n= 43)

All asymptomatic

● Offered STI screen
● Not offered STI screen

n = 54

New STI identified through Annual Review



● Gonorrhoea ● Chlamydia
● HCV ●

n = 5

Conclusions

- Club drug use is common in HIV-infected MSMs and becoming more challenging for health care professionals
- It requires prompt identification to facilitate onward referral, support and risk reduction advice as necessary.
- Nurse-led Annual Review is identifying high risk patients needing further intervention or referral, but there is room for improvement to ensure all patients are offered appropriate screening.

Acknowledgements

- Chelsea & Westminster Patients who attended for Annual Review
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