

ALL EAST PRIMARY CARE LIAISON

NEWSLETTER

DR CHANDNI SOOD

Welcome I'm Chandni, the new sexual and reproductive health primary care liaison lead. I have taken over from Jane Hutchinson and Jill Zelin.

I trained at Barts and the London. I have 7 years of experience in GUM, with a particular interest in safeguarding and young people. I am a faculty registered trainer for coils and implants, as well an active member of the FSRH.



Fun Fact:

I completed the Inca trail in between ITU night shifts as a Junior Doctor.

SHELBY LIVINGSTONE-CHARLES

I'm Shelby, I am the co-ordinator of the All-East Primary Care Liaison. I have taken over from Phillip Grzejszczyk.

I have a background in social services and communication.

Within the NHS I also help with my body back which offers cervical screening, contraceptive care, STI testing and maternity care for people who've experienced sexual violence.

Fun Fact:

My Mum is a Foster Carer and I now have 18 brothers in total.

WHAT WE OFFER

We offer teaching and training around all aspects of sexual and reproductive health. Whether you want to know more about PEP/PREP or gain knowledge of contraception, please reach out to us.

We can help with training doctors, nurses, and physician associates in fitting and removing coils and implants. The poster attached to this email outlines the process.

WHAT SERVICES ARE AVAILABLE

Please find attached to this email a mind map of the All East sexual health services.

Why not print it out, laminate it and put it up in your clinic rooms?

Calling All Coil Fitters:

Free Fitter Forum sponsored by Bayer

9th November 7 pm - 9:30 pm

Signorelli in Stratford - Nibbles provided

Please email us to book or if you cannot make it let us know you are interested in future events



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The image above is from Abbey Road Surgery promoting opportunistic STI screening

Abbey Road Surgery in conjunction with the All East Sexual Health Services offered opportunistic STI screening to all surgery patients aged 18-45.

The successful opportunistic STI screening session was an example of proactive healthcare. Patients who visited for unrelated issues were offered the opportunity to have a full STI screen for HIV, Syphilis, Hepatitis B, Hepatitis C, Chlamydia and Gonorrhoea testing and receive lifestyle advice. The seamless integration of these screenings into routine visits exemplified the surgery's commitment to holistic patient care.

Big thank you to Vanessa the Health Care Assistant and the rest of the surgery staff for arranging and facilitating the screening event.



23 patients screened with 2 patients testing positive and being treated.



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WHAT'S NEXT?

We will send you quarterly newsletters with important information, key data and updates on what we have been up to.

However, this is about you and how we can help you and your practice. Please drop us a line and let us know what you want included.

We have various teaching sessions coming up in the tri-borough and look forward to meeting you.

Those of you in Waltham Forest, come and say hello - 2nd Nov we will have a stall at the PLT

THINGS TO REMEMBER

- Patients requiring PEP or emergency contraception including emergency IUD can walk-in or call our call centre to discuss an appointment on 02074804737.
- Some pharmacies are commissioned to provide free emergency contraception and Chlamydia treatment - do check with your local pharmacies.
- There has been an increase in women repeatedly requesting oral emergency contraception – please remember to discuss and offer ongoing contraception to women requesting emergency contraception.
- If you have old postal STI testing packs with HIV mouth swabs - Please stop using them and order new ones.

Why not add this template to Accurx:

You can request your free sexual health testing kit
via

<https://www.alleast.nhs.uk/testing>

If you have no symptoms you can request the
home testing kit.

If you have symptoms you can contact the All
East Services.

FSRH is offering a free course on contraception counselling.

<https://www.fsrh.org/education-and-training/fsrh-contraceptive-counselling-online-course/>



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