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Public Health Services, Clinical & Preventive Services Division,  
 Physical Address: 1 Hughson Street North, 4<sup>th</sup> Floor  
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[www.hamilton.ca/sti](http://www.hamilton.ca/sti)

Hamilton

## Public Health Services Sexual Health Clinic Orientation

### WELCOME TO THE SEXUAL HEALTH CLINIC

Once you have committed to a date(s) in the clinic, you are expected to attend all scheduled clinics. If you are unable to meet this commitment, you are expected to inform Jennifer Cozzitorto, Clinic Coordinator, of your absence by calling: 905-546-2424 ext. 7479 or e-mailing at [Jennifer.Cozzitorto@hamilton.ca](mailto:Jennifer.Cozzitorto@hamilton.ca).

#### Clinic Sites:

<b>Dundas</b>	2 King Street West, 2 <sup>nd</sup> flr. Dundas, Ontario L9H 6Z1 905-628-3000	Tuesday 11:30 a.m. - 4:00 p.m. (Physicians/NP's <b>ONLY</b> start at 2:00 p.m.)
<b>Mountain</b>	1447 Upper Ottawa Street, Unit #8 (Public Health Services Office) Hamilton, Ontario 905-546-3274	Monday 3 p.m. – 6 p.m. Wednesday 12:30 p.m. - 4:00 p.m.
<b>East End</b>	247 Centennial Pkwy N, Unit #8 (corner of Barton & Centennial) Hamilton (905) 546-3750	Monday 12:30 p.m. to 4:00 p.m. Thursday 3:00 p.m. to 6:00 p.m.
<b>Waterdown</b>	315 Dundas Street East, 2 <sup>nd</sup> Floor (Early Years Centre, between Main & Mill St.) Waterdown (905) 546-2424 x7479	Wednesday 3 p.m. – 6 p.m.
<b>STD Clinic</b>	Hamilton General Hospital, Outpatient Dept. 237 Barton Street E. (Barton & Victoria) Hamilton (905) 546-3541	Wednesday 4:30 p.m. – 7:00 p.m.
<b>Health Initiatives For Youth</b>	151 York Blvd., Unit F Hamilton (905) 528-3009	Tuesday to Friday 2:00 p.m. to 5:00 p.m.

Note: Phones at clinics are answered only during clinic hours

#### Contact Information:

**Clinic Medical Director:** Dr. Kevin Woodward  
 905-546-2424 ext 1950; [Kevin.Woodward@hamilton.ca](mailto:Kevin.Woodward@hamilton.ca)

**Clinic Manager:** Fiona Newton  
 905-546-2424 ext 3284; [Fiona.Newton@hamilton.ca](mailto:Fiona.Newton@hamilton.ca)

**Clinic Secretary:** Amanda Ciardullo / Georgina Minnes  
 905-546-3541; [Amanda.Ciardullo@hamilton.ca](mailto:Amanda.Ciardullo@hamilton.ca) or [Georgina.Minnes@hamilton.ca](mailto:Georgina.Minnes@hamilton.ca)

**Clinic Coordinator:** Jennifer Cozzitorto  
 905 546-2424 ext. 7479; [Jennifer.Cozzitorto@hamilton.ca](mailto:Jennifer.Cozzitorto@hamilton.ca)

### **What to expect during your elective with Public Health Services Sexual Health Clinic:**

- Initial orientation for Block Electives may be done by the clinic director. Initial orientation for Horizontal Electives may be done by one of the other physicians regularly scheduled at the clinics
- Accompany the Public Health Nurse for at least one client visit
- Chart audits will be done by the clinic director
- Evaluation to be completed at the end of the clinic rotation which should include peer evaluation when possible
- Newly recruited physicians will be on probation for the first 3 months during which time a minimum of 4 chart audits will be completed by the clinic director and annually thereafter

Prior to your placement, please review these STI Treatment and Lab Test Guidelines:

<http://www.phac-aspc.gc.ca/std-mts/sti-its/guide-lignesdir-eng.php>

### **Services offered at the clinic include:**

- Full or partial STI testing and exam dependant on client needs
- STI treatment (most are free of cost)
- Hepatitis A and B immunization (eligibility as per Publicly Funded Immunization Schedules for Ontario)
- ECP (Emergency Contraception Pills)
- Hormonal Contraception (oral contraceptive pill, Evra Patch, NuvaRing) - emergency supply for eligible clients
- Pregnancy testing
- PAP testing
- Colposcopy referrals
- STI counselling
- Anonymous HIV testing
- Needle Exchange
- Rapid HIV Testing (also known as Point of Care)

### **Confidentiality**

Due to the confidential nature of this clinic any client information obtained/observed by staff and learners in the clinic must be held in the strictest confidence.

- There should be limited discussion at the front desk or anywhere at the clinic concerning clients
- No information can be provided over the telephone
- All results must be given to the individual person
- For clients that do not return for positive results, PHN will attempt client contact. However, confidentiality is strictly upheld – PHN does not identify calling from health dept. until client confirmed by D.O.B., PHN phones are call blocked.
- No information can be duplicated and given to a third party without the client's permission and he/she signs a release of information form (this includes client's own family physician)
- No photographs for research purposes can be obtained without a signed consent from the client

### **What a client can expect:**

- The client checks in at the reception area
- Completes an intake form with name, address, telephone number and other statistical information. They do not need an appointment or health card number for most visits however PAP tests and treatments may require a booked appointment
- Clients provide their real name or not. Their real name helps with locating them at a later date if it is required (i.e. in the case of a positive lab result and they do not return to clinic)
- Clients requesting anonymous HIV testing (available only at Dundas, East End and STD clinic sites) indicate this on the form; no identifying information is requested, and they are assigned a number in sequence of their arrival with other clients
- The client is directed into the waiting area
- First time clients and clients who have not been to the clinic in 6 months are always seen by the PHN first
- Clients returning for test results are seen by a PHN

## **Roles of Staff:**

### **Receptionist:**

- Prepares charts and numbers charts in sequence of client's arrival to clinic. Ensures clients who have a booked appointment are seen on time.
- Inputs all visit information for the clients into the Clinic Database.
- Receives payments for hormonal contraception sales

### **Public Health Nurse RN BScN (PHN):**

- Explains clinic routine
- Explains confidentiality and obtains written consent if client wants results forwarded to family doctor or Information & Sexual Health Clinics etc.
- Explains signs & symptoms of STIs
- Collects sexual history
- Reviews and documents presenting complaint
- Explains contact tracing information/partner notification requirements for Reportable Diseases
- Hepatitis A and B education/vaccine offered to clients
- Discuss safer sex practices
- Other client concerns/referrals (i.e. Sexual Assault Centre, Addictions Counselling)
- Obtain consent if nominal HIV testing to be done
- See all new clients as well as those who have not been to the clinic in the last 6 months.
- Review results of laboratory tests with clients, discuss significance of test with clients
- Clients having positive results are given appropriate health teaching, treatment is arranged (if not already given at previous visit)
- Establish accurate contact information (i.e. name, address, phone #)
- Discuss partner notification process and identify who will notify which contacts (client confidentiality is maintained throughout this process)
- Clinic point person does follow-up with clients who do not comply with treatment (i.e. those who do not return for results or required treatment)
- Clinic point person contacts client for follow-up re: an abnormal pap smear or non-reportable STI test result (i.e. HSV) and recommends return to Sexual Health Clinic for complete result interpretation by clinic physician and follow-up referral information (e.g. Colposcopy).

Once the interview with the PHN is over, if the client needs to see a clinic physician or nurse practitioner, they will return to the waiting room to wait for the next available slot.

### **Physician/Nurse Practitioner:**

- Reviews the sexual history and other information
- Completes the examination and swabbing.
- Orders tests, meds and/or Hep A/B vaccine

### **Nominal HIV Testing (offered at all clinic sites):**

- PHN' s see all clients requesting this test
- Pre-test counseling and health teaching is done and PHN then draws the blood.
- The name and identity of the client is requested and recorded. The HIV test is carried out using the client's name.
- Results take 10 days to 2 weeks. Clients must return in person to receive results. No phone results are provided.
- If client will be attending SH clinic for other testing, PHN draws additional blood.

### **Anonymous HIV Testing (offered at Dundas, East End and STD clinic sites only):**

- PHN' s see all clients requesting this test
- Pre-test counseling and health teaching is done and PHN then draws the blood.
- A number code is used in place of a name for testing purposes. No names are ever associated with the blood specimen.
- Results take 10 days to 2 weeks. Clients must return in person to receive results. No phone results are provided.
- If client will be attending SH clinic for other testing, PHN draws additional blood.

### **Rapid HIV Point of Care (POC) Testing:**

- PHN's see all clients requesting this test
- Pre-test counseling and health teaching is done
- The test is done by a finger prick blood sample and testing is done on site by a Public Health Nurse. Results are ready in a few minutes.
- If the result is negative, no further testing will be done.
- If the result is indeterminate or positive, another test will be done by taking a tube of blood from a vein and sending it to the Lab for more testing. This means that clients may have to wait for 1-2 weeks to receive the final confirmed result.
- If client will be attending SH clinic for other testing, PHN draws additional blood.

### **Additional Information on HIV testing:**

- **Window Period:** In Ontario, the Public Health Lab uses 12 weeks; 99.9% seroconvert within 12 weeks (most within 8 weeks)
- In cases of possible exposure through occupational (i.e. needlestick injury) exposure, do baseline testing immediately, then at 12 weeks, 6 months, and at 1 year (if PEP is taken)
- For sexual assault or clients self-identified as high risk (i.e. partner HIV positive), can offer baseline testing, then at 12 weeks.
- If client wishes to submit WCB claim in the case of occupational injury, or press charges in the case of sexual assault, then anonymous testing would not be the best route for them.

### **Standard STI Screen (<http://www.phac-aspc.gc.ca/std-mts/sti-its/guide-lignesdir-eng.php>):**

- Chlamydia (urine or swab for females, urine test for males)
- Gonorrhoea (urine or swab for females, urine test for males)
- Syphilis (blood test)
- Hepatitis B screen (blood test – surface antigen titre if uncertain if s/he has been vaccinated)
- Hepatitis C test if risk factors
- Nominal HIV testing if client provides consent
- General physical examination (can assess for HPV & herpes)
- Pap smear done if:
  - High risk
  - Evidence of STI
  - Gynecological symptoms suggestive of possible cervical changes;
  - More than one year since the previous pap and no family doctor.

**Guidelines:** Pap every two years if past three years have been normal or at the discretion of the practitioner.

### **Test results:**

Most STI results take 2 weeks to come back. Some tests may take up to 4 weeks, PAP results can take up to 6 weeks. Ask clinic staff when clients should return for results. Clients must return in person to receive results. No phone results are provided.

### **Reportable STIs:**

1. Chlamydia
2. Gonorrhoea
3. HIV/AIDS
4. Neonatal Herpes
5. Syphilis
6. Hepatitis B

**Abnormal Pap results** – for clients that have abnormal pap results, colposcopy referrals should be made to the Henderson Hospital or St. Joseph's Hospital site for Colposcopy.

### **Other Information:**

There is no charge for the doctor's services or medication for commonly treated STIs in this clinic. The clinic runs on funds received through special billing arrangements with OHIP and Public Health Services.

**STI Treatment Guidelines:**

The 2006 Canadian STI treatment guidelines are available on-line on the Health Canada Website: <http://www.phac-aspc.gc.ca/std-mts/sti-its/guide-lignesdir-eng.php>

Chapters address clinical syndromes (ie urethritis) and specific infections (ie Chlamydia).

**Free condoms in the Clinic:**

The provision of free condoms is a priority public health initiative aimed at STI/HIV reduction. Some clients are too nervous to pick up condoms from the waiting room baskets. Therefore, condom baskets with paper bags will also be available in the clinic rooms during counselling session.

**OCP/Hormonal Contraceptives:**

The following is a list of the brands of OCP stocked at the Sexual Health Clinics: Alesse 28, Tricyclen 28, Tricyclen-Lo 28, Linessa 28, Marvelon 28. The EVRA patch and the NuvaRing are also available. The clients can purchase these brands at the clinics for a nominal fee.

**ECP (emergency contraceptive pill)** – is offered to clients who fit within the 5-day window period of unprotected sexual intercourse. Plan B is available in the clinics for FREE.

**Pregnancy testing** – urine tests available; blood testing offered, with a requisition given to client to attend an outside laboratory, when physician feels it is required.

**STI screening services are also available at Public Health Sexual Health Clinics.**

Medications i.e. Amoxicillin, Azithromycin, Cefixime, Ciprofloxacin, Doxycycline and Erythromycin are available. Metronidazole is available for clients who have no drug plan. HPV treatment with cryotherapy is now available at all clinics except for the Waterdown Clinic site.

**STI/HIV Resources found at:**

<a href="http://www.stdhandbook.org/">http://www.stdhandbook.org/</a>	The Practitioner's Handbook for the Management of Sexually Transmitted Disease
<a href="http://www.stdhivtraining.net/nnptc/start.cfm">http://www.stdhivtraining.net/nnptc/start.cfm</a>	Online STI Case Series brought to you by the National Network of STD/HIV Prevention Training Centers (NNPTC) and the Centers for Disease Control and Prevention (CDC).
<a href="http://www.aidslaw.ca/EN/index.htm">http://www.aidslaw.ca/EN/index.htm</a>	Canadian laws involving HIV/AIDS, including Cuerrier decision
<a href="http://www.aidsmeds.com">http://www.aidsmeds.com</a>	Site for clients-information re: meds, treatments, lab results
<a href="http://www.cdc.gov/std/default.htm">http://www.cdc.gov/std/default.htm</a>	CDC homepage (US)
<a href="http://www.hamilton.ca/sti">http://www.hamilton.ca/sti</a>	Department Public health STI/HIV services in Hamilton
<a href="http://www.gayhealth.com">http://www.gayhealth.com</a>	Health and wellness site dedicated to gay, lesbian, and transgender persons.
<a href="http://www.phac-aspc.gc.ca/std-mts/index-eng.php">http://www.phac-aspc.gc.ca/std-mts/index-eng.php</a>	Public Health Agency of Canada STI site
<a href="http://www.hc-sc.gc.ca/hc-ps/dc-ma/sti-its-eng.php">http://www.hc-sc.gc.ca/hc-ps/dc-ma/sti-its-eng.php</a>	Health Canada STI site
<a href="http://www.cma.ca/clinicalresources/practiceguidelines">http://www.cma.ca/clinicalresources/practiceguidelines</a>	CMA guidelines for HIV test counselling
<a href="http://www.sexualityandu.ca">http://www.sexualityandu.ca</a>	Canadian Society of Obstetrics & Gynecology: STI/HIV information consumer and professional sections
<a href="http://www.unaids.org.in/">http://www.unaids.org.in/</a>	United Nations program on AIDS. Global HIV/AIDS data
<a href="http://www.catie.ca/eng/home.shtml">http://www.catie.ca/eng/home.shtml</a>	Community AIDS Treatment Information Exchange. CATIE is a community based non-profit organization committed to improving the health and quality of life for all people living with HIV/AIDS.