



SEXUAL HEALTH Update

Provided by your Sexual Health Clinics

GENITAL WARTS

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OVERVIEW

- Genital warts are caused by the human papillomavirus (HPV); most commonly subtypes 6 and 11. Often HPV infection causes no visible warts, and most people will not know they have it. Genital warts can develop anywhere in the genital area, including the vulva, vagina, cervix, penis, scrotum and anus. Very occasionally warts can develop in the mouth.
- Genital HPV is transmitted by skin-to-skin contact; micro-abrasions in the recipient's skin allow viral access to the basal layers of the epithelium.
- Evidence suggests that the majority of individuals who are unvaccinated and have been sexually active experience one or more genital HPV infections in their lifetime. The vast majority of young women have been vaccinated, and this protects not only young females but also males through herd immunity.

The school program did not begin vaccinating boys until 2013, consequently those most at risk of HPV infection are gay and homosexually active men.

SYMPTOMS

- The first sign of genital warts are growths or lumps in the genital and/or anal area which can appear up to 3 – 12 months after infection with HPV.
- Warts are usually painless but may cause itching and occasionally bleeding.

TESTING

- Genital warts are usually diagnosed based on clinical appearance and can be detected by checking for visible warts on the skin around the genitals and anus.
- No specific diagnostic test for warts is available. STI screening for other infections should be performed.

TREATMENT

Genital warts can be treated by the following options:

- Cryotherapy
- Cauterisation
- Application of topical paints or creams that are available on prescription:

Podophyllotoxin paint (0.5%) or cream (0.15%) applied by patient BD for three days, then four days off, repeated weekly for 4-6 cycles.

- * Easy and safe to use, but not to be used in pregnancy

Imiquimod (Aldara TM) 5% cream applied by patient at home. 3 times per week at bedtime until resolved (up to 16 weeks). This works as a specific immune stimulant (not tissue destruction).

- * It is relatively expensive

PREVENTION

- **Condoms:** can reduce the risk of HPV transmission but are not completely effective because they do not cover all areas where the virus can be present.
- **The HPV vaccine (Gardasil):** protects against HPV subtypes 6, 11, 16 and 18. Young gay and homosexually active men who have had few partners should be offered vaccination.

CONTACT TRACING

Current sexual partner(s) may benefit from assessment as they may have undetected genital warts, undetected other STI, or need an explanation and advice about disease process.

Tracing of previous sexual partner(s) is not recommended.

For further information patients can be referred to :
www.thebottomline.org.au

Further information, key websites, and resources for GPs and patients:

www.hpv.org.nz // www.thebottomline.org.au // www.hpvvaccine.org.au // www.sti.guidelines.org.au // www.immunise.health.gov.au

**CHECK
IT OUT!**

Sexual Health Update,
STI testing guidelines for MSM and more
are on the revamped STIGMA webpage:

www.stipu.nsw.gov.au/stigma



Abstract of the poster presentation 'Becoming More Gay Friendly in your Practice' at the World STI & HIV Congress September 2015 in Brisbane.

'GAY FRIENDLY GP' ONLINE TRAINING: STRENGTHENING CAPACITY OF PRIMARY CARE IN WORKING WITH GAY MEN AND MEN WHO HAVE SEX WITH MEN PATIENTS

Authors:

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Introduction:

Sexually transmissible infections (STIs) including HIV remain a significant public health issue for gay men and men who have sex with men (MSM). General Practitioners (GPs) play an essential role in STI testing and management with over 50% of testing in NSW occurring within general practice settings. In 2014 the Sydney Gay Friendly GP list was updated by the STIs in Gay Men Action Group and through this process, it was identified that some GPs needed further training.

Methods:

A literature review was conducted mid-2014 which identified online learning as an effective modality for providing GPs with MSM relevant training. An expert committee was established including GP and community representatives to provide input and guide the development of the online learning module (OLM). Key issues around primary care experiences of MSM were identified and a 60 minute self-paced OLM was developed. The interactive OLM aims to increase the competence and confidence of GPs and other health professionals in identifying and addressing issues related to sexual health and wellbeing relevant to MSM.

Australian-first online module to provide 'gay friendly' training option for General Practitioners
 *Gay Friendly GP Online Training: Strengthening capacity of primary care in working with gay men and men who have sex with men patients

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Method
 A literature review was conducted mid-2014 which identified online learning as an effective modality for providing GPs with MSM relevant training. An expert committee was established including GP and community representatives to provide input and guide the development of the online learning module. Key issues around primary care experiences of MSM were identified and a 60 minute self-paced online learning module was developed. The interactive online learning module aims to increase the competence and confidence of GPs and other health professionals in identifying and addressing issues related to sexual health and wellbeing relevant to MSM.

Results
 Becoming more Gay Friendly in your Practice - an Online Learning Module Consists of 3 modules, 20 minutes each module.
 Module 1: Towards a better understanding of gay men and MSM
 Module 2: Discussing sexual history and testing for STIs
 Module 3: Common health issues facing gay men and MSM

Results (cont)
Dissemination
 • Launched on 15 June 2015
 • Media releases implemented
 • Promotional booklets were distributed to GPs and Practice Nurses
Conclusion
 The Becoming more Gay Friendly in your Practice - an Online Learning Module is Australia's first online training that promotes optimal care for MSM in general practice settings. This training package will assist GPs to improve consumer engagement, understand sexual diversity and promote effective screening and treatment of STIs in gay men and MSM.

Access to the online module
 To access the online learning module, go to <http://stipu.nsw.gov.au/stigma/becoming-more-gay-friendly>

Acknowledgements
 STIGMA Group's Clinicians Communication Project Working Group: Elissa Magner, Chris Boume, Catherine O'Connor, Rosalind Foster, Stephen Davies, Pradeep Choudhry, Alma Yusra, Renee Hayden, David Clark-McQuinn, Shih-Chi Kao, Alison Mudie, Jeffrey Dabbhadatta
 STIGMA Group: South Eastern Sydney Local Health District, Sydney Local Health District, Northern Sydney Local Health District, Ministry of Health, Australian Society for HIV Medicine, Eastern Sydney Local Health District, Inner West Health, Eastern Sydney Local Health District, South Eastern Sydney Local Health District, Centre for Social Research in Health, The Kirby Institute, Australian Federation of AIDS Organisations, Positive Life NSW and ACON

Accreditation and endorsement
 • An accredited Royal Australian College of General Practitioners (RACGP) activity
 • GPs who complete the online learning module in 60 mins receive RACGP's Category 2 QI&CPD Continuing Professional Development Points
 • Endorsed by the Australian Sexual Health Alliance (ASHA)
 • STIs in Gay Men Action Group

Results:

The OLM consists of three modules; towards a better understanding of gay men and MSM, discussing sexual history and testing for STIs, and issues facing this population group. As an incentive for GPs to participate, the Royal Australian College of General Practitioners' Continuing Professional Development points are allocated to those who complete the training.

Conclusion:

The Gay Friendly GP OLM is Australia's first online training that promotes optimal care for MSM in general practice settings.

Responding to the needs of key populations in general practice can help bridge the gap between health professionals and the populations they serve. This training package will assist GPs to improve consumer engagement, understand sexual diversity and promote effective screening and treatment of STIs in gay men and MSM.

Disclosure of Interest Statement:

Nil

GAY FRIENDLY GP LIST

If you are interested in being listed on the Gay Friendly GP List located on the [ACON website](http://www.acon.org.au): Please contact Elissa Magner, ph: 9382 7444 or email: Elissa.Magner@sesiahs.health.nsw.gov.au

A new online learning module aims to inform GPs who wish to become 'gay friendly'.

The case-based modules explore stigma and discrimination, sexual health screening, common STIs, and specific issues faced by gay men and men who have sex with men (MSM).

Duration: 1 hour

CPD: RACGP 2 Category 2 QI&CPD points

Target Audience: GPs, health professionals

LINK: www.stipu.nsw.gov.au/stigma/becoming-more-gay-friendly/

ashm Towards a better understanding of gay men and men who have sex with men (MSM)

Welcome

Click each topic for a preview. You can then access each topic from the preview.

TOPIC 1 WHO ARE THE LGBTQ+ PEOPLE IN AUSTRALIA?

TOPIC 2 SEXUAL PRACTICES: WHAT'S WHAT?

TOPIC 3 STI IN GAY MEN

TOPIC 4 QUIZ

SUBSCRIBE

We extend an invitation to GPs, practice nurses and relevant clinicians to receive this free twice-yearly newsletter and updates on sexual health. To subscribe please email your name, job title and workplace to: Jeffrey.Dabbhadatta@sesiahs.health.nsw.gov.au

SEXUAL HEALTH SERVICES



Sydney Sexual Health Centre
www.sshc.org.au
 Macquarie St, Sydney
 ph: 02 9382 7440

Short Street Centre
 Short Street, Kogarah
 ph: 02 9113 2742

SouthZone Sexual Health Centre
 Community Health Centre,
 Sutherland Hospital
 ph: 02 9113 2742

The Albion Centre
www.thealbioncentre.org.au
 150 Albion Street, Surry Hills
 ph: 02 9332 9600

Clinic 180
 180 Victoria Street, Kings Cross
 ph: 02 9357 1299



RPA Sexual Health
www.slhd.nsw.gov.au/communityHealth/sexualHealth.html
 Marsden Street, Camperdown
 ph: 02 9515 1200



Clinic 16
www.clinic16.com.au
 Herbert Street, St Leonards
 ph: 02 9462 9500

SEXUAL HEALTH INFO link
1800 451 624

Play Safe www.playsafe.health.nsw.gov.au



This newsletter is an initiative of the STIs in Gay Men Action group (STIGMA). It is written for general practitioners, practice nurses and relevant clinicians in inner Sydney.

Partners include:

South Eastern Sydney Local Health District, Sydney Local Health District, Northern Sydney Local Health District, Ministry of Health, ASHM NSW, Eastern Sydney Medicare Local, Inner West Sydney Medicare Local, Sydney North Shore and Beaches Medicare Local, Centre for Social Research in Health, The Kirby Institute, Australian Federation of AIDS Organisations (AFAO), Positive Life NSW and ACON.