

## Chlamydia and Gonorrhoea

### Aim

- To raise awareness of chlamydia and gonorrhoea
- To broaden knowledge around signs and symptoms
- To increase confidence around accessing local services for support, testing and treatment

### Resources Needed:

- Board or flip chart for facilitator to write on
- Body outline
- Sexual Health Sheffield Chlamydia and Gonorrhoea Fact Sheet
- Sexual Health Sheffield Testing Information Sheet

**Length of Session:** 1 hour

### Setting The Scene

Chlamydia is a bacterial infection. It is the most common sexual transmitted infection (STI) in the UK and is most common in under 25's. Chlamydia is sometimes described as a "silent" infection due to the fact that a high percentage of people with chlamydia do not have any obvious signs or symptoms. If left untreated, chlamydia can cause infertility. Other risks can be pelvic inflammatory disease (PID), damage to the fallopian tubes, and infection in the testicles.

Gonorrhoea is the second most common bacterial sexually transmitted infection (STI) in the UK and can lead to infertility. It is important to regularly screen for both chlamydia and gonorrhoea.

### Ice Breaker (Whole Group Activity)

Engage the group in a discussion around what they think chlamydia and gonorrhoea are.

Ask the group to shout out how they think chlamydia and gonorrhoea are transmitted. Write these up on the board.

Correct answers would include:

- Unprotected vaginal sex
- Unprotected anal sex
- Unprotected oral sex
- Your genitals coming into contact with your partners genitals
- Sharing sex toys without washing them or covering them with a condom with each use

5 mins

### Main Activity (Small Group Activity)

#### Signs and Symptoms

10 mins for activity

<p>Split the group into smaller groups and give each group a body outline. Ask them to write any signs and symptoms that they know of onto the body outline (for example – pain when weeing)</p> <p>Bring the group back together and go through the body outlines, encouraging discussion around what they have written. Ensure to discuss any incorrect answers.</p> <p>Correct answers could include:</p> <ul style="list-style-type: none"> <li>• Pain / burning when peeing (Chlamydia and Gon)</li> <li>• Unusual discharge from vagina, penis or rectum (Chlamydia)</li> <li>• Heavier periods or bleeding in between periods (Chlamydia)</li> <li>• Bleeding during or after sex (Chlamydia)</li> <li>• Abdominal pain during vaginal sex (Chlamydia)</li> <li>• Painful swelling in testicles (Chlamydia)</li> <li>• Unusual green or yellow discharge from the vagina (Gon)</li> <li>• Unusual green, yellow or white discharge from the tip of the penis (Gon)</li> <li>• Pain or tenderness in the lower abdomen (Gon)</li> <li>• Painful swelling of the foreskin (Gon)</li> </ul> <p>Chlamydia and Gonorrhoea can also infect the rectum or throat if you have unprotected anal or oral sex. If infected semen or vaginal fluid comes into contact with your eyes, this can cause conjunctivitis.</p> <p>Remember to remind the group that sometimes there are no signs or symptoms.</p>	<p>10 mins for feedback</p>
<p><b>Testing and treating (Whole Group Discussion)</b></p> <p>Encourage a discussion around testing and treating – incorporating the following information.</p> <p>The test is quick and simple and can be done yourself.</p> <p>Show the Sexual Health Sheffield Testing Instruction Sheet</p> <p>You may be given treatment if you have symptoms which suggest that you could potentially have chlamydia, even if the results of your test have not come back yet. You will also be offered treatment if your partner is found to have chlamydia.</p> <p>Chlamydia is treated with a course of antibiotics. The two most commonly prescribed treatments are:  Azithromycin – single dose  Doxycycline – a longer course, usually two capsules a day, for 1 week.</p> <p>Gonorrhoea treatment involves having an antibiotic injection and a single dose of antibiotic tablets. You will be advised to return for a repeat test to ensure you are clear of gonorrhoea.</p> <p><b>Prevention</b>  We recommend doing a condom teach as part of helping the group to understand about prevention. (See condom session on our website)</p>	<p>10 mins</p> <p>15 mins</p>

<p><b>Signposting To Local Services</b></p> <p>Ask participants – where would you go if you were worried about an infection or want to to have a check up?</p> <p>Either have written on flipchart or on presentation slides if using:</p> <p>Free and confidential STI screening services in Sheffield:</p> <p><b>Sexual Health Sheffield</b> offer free testing and treatment for all sexually transmitted infections</p> <ul style="list-style-type: none"> <li>• Appointments available in clinic Monday to Friday</li> <li>• Walk-in Youth Clinic for anyone aged 18 or under at Royal Hallamshire Hospital every Monday and Wednesday from 2-6pm, and Saturdays from 9am-12.30pm</li> <li>• Walk In STI screening for anyone aged 18 or over at Moor Market every Wednesday and Thursday from 12.15-3.30pm</li> <li>• Postal STI screening kits available to order for anyone aged 16 or over and living in Sheffield</li> <li>• <a href="http://www.sexualhealthsheffield.nhs.uk">www.sexualhealthsheffield.nhs.uk</a></li> </ul> <p><b>GP Practice</b> Many GP practices can offer sexual health screening</p> <p><b>Pharmacies/online services</b> Some online pharmacies offer chlamydia and gonorrhoea screening kits – but these would be at a charge</p>	<p>10 mins</p>