

Livewell Southwest

Condom Supply

Community Contraception and Sexual Health Service

Version 2.8

Review: February 2020

Notice to staff using a paper copy of this guidance

The policies and procedures page of LSW Intranet holds the most recent version of this document and staff must ensure that they are using the most recent guidance.

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Reader Information

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Author Contact Details	By post: Local Care Centre Mount Gould Hospital, 200 Mount Gould Road, Plymouth, Devon. PL4 7PY. Tel: 0845 155 8085, Fax: 01752 272522 (LCC Reception).

Document review history

Version no.	Date of change	Originator of change	Description of change
For previous review history please contact the PRG secretary.			
2.4	20.04.2012	Service Manager	Minor changes to include C-Card scheme & amend to current template Agreed by LSW Policy Ratification Group that this will be used by School Nurses employed by LSW.
2.5	6/7/12	Nurse Lead	Minor changes to include School Nurses
2.6	16/4/14	Nurse Lead	No changes or amendments
2.7	31/08/16	PRG Secretary	Updated to Livewell and extended
2.8	14/12/16	Nurse Lead	No changes or amendments

Abbreviations

FPA	Family Planning Association
CASH	Contraception and Sexual Health
CCASH	Community Contraception and Sexual Health Service
CSO	Chlamydia Screening Office
STI	Sexually Transmitted Infections

Contents		Page
1	Introduction	5
2	Purpose	5
3	Definitions	5
4	Duties & Responsibilities	6
5	Condom Supply	6
6	Monitoring Compliance and Effectiveness	9

Condom Supply

1 Introduction

1.1 Ease of access to free contraceptive supplies is seen as paramount in order to reduce the risk of unwanted pregnancy. The use of condoms is the only contraceptive method which also reduces the risk of acquiring sexually transmitted infections (STIs). Condoms are supplied free to all our clients in accordance with Livewell Equality and Diversity Policy and the Equality Act 2010.

A range of outlets exist in Plymouth to supply free condoms, including:

- C.C.A.S.H. (Community Contraception and Sexual Health Service).
- Chlamydia Screening Office.
- School Nurses.

1.2 The Plymouth 'C' card scheme is run through the Eddystone Trust Young people under the age of 25 yrs may register for the 'C' card and obtain free condoms from many venues. Members of the public over the age of 25 yrs may obtain condoms free from C.C.A.S.H.

1.3 Health professionals may obtain supplies of condoms through the Eddystone Trust only after they have undergone training in the C Card Scheme.

2 Purpose

2.1 This policy will enable C.C.A.S.H. staff and School Nurses to supply condoms according to best practice.

2.1.1 It aims to ensure all necessary information is given to clients to enable them to make an informed choice about the use of condoms.

2.1.2 It will provide guidance on undertaking a condom teach.

2.1.3 It will offer guidance on the number of condoms to supply.

2.2 This policy outlines the responsibilities of C.C.A.S.H Staff and School Nurses when undertaking such procedures.

3 Duties

The **Chief Executive** is ultimately responsible for the content of all policies, implementation and review.

3.1 The CCASH service has a responsibility to implement and monitor the use of this policy. Responsibilities include:

- Maintain an accurate and up to date list of all CASH-trained staff.
- Maintain an accurate and up-to-date list of all staff trained to register 'C' card.
- Coordinate training and regular updating as necessary.

- Ensure that clinicians are informed of any changes regarding this policy.
- Coordinate clients' attendance at services.

3.2 Individuals' responsibility

- Each professional must ensure they adhere to their own professional code of conduct.
- Each professional is accountable for their own practice and must ensure that they maintain their competency through continuous professional development (CPD) and be able to demonstrate their competency as required by their individual service manager.
- Each professional must inform the Office Manager and their Line Manager of any training and updating carried out.
- Each professional must work to this policy.
- Ensure that patient information literature relating to condoms are available within CCASH clinics and in School Nurse venues.
- Ensure that clinics for which they have a responsibility have adequate supplies of a range of condoms, prior to commencement of clinic.

4 Definitions

- Within this document, the term 'Condom' is used as a generic term to include all supplies of condoms, Femidoms and dental dams.
- The majority of condoms are latex and are often supplied as textured or flavoured. Non-latex condoms are available for clients or their partners with latex allergy.
- Femidoms are designed for vaginal use.
- Advice regarding use and availability of Dental dams.
- 'C' Card is the scheme being used by Livewell Southwest via the Eddystone Trust to register young people to receive condoms.
- 'Double Dutch' is the practice of using another reliable method of contraception in addition to condoms.

5 Condom Supply

5.1 Stock

5.1.1 Male condoms

All condoms supplied in Community Contraception and Sexual Health Service are lubricated with sensitol lubrication. The use of condoms lubricated with spermicide (nonoxynol-9) is to be discouraged, owing to the increased risk of HIV transmission in people using these.

C.C.A.S.H. will stock:-

- Hypoallergenic Latex Condoms lubricated with Sensitol
 - Textured
 - Flavoured
 - Shaped
- Non-Latex Condoms

Clients may request latex-free condoms because they or their partners have a latex allergy. The Service will stock a supply of latex-free condoms.

Staff should not issue latex-free condoms unless the client complains of a latex allergy to self or partner.

5.2 Quantity issued

- 5.2.1 Clinic staff and school nurses should use their judgement in this matter. Very young clients (13-16) or those not yet in a relationship should receive a maximum of 3 condoms initially after assessed as competent using Fraser Guidelines. This may be increased on subsequent visits. Discussion must also include more reliable contraception. However, if a young person returns frequently for repeat supplies of condoms, this should indicate a necessity to explore any Safeguarding concerns. Clients younger than 13 seeking condoms fall outside this policy and will not be given condoms. Livewell safeguarding policy will apply in this situation.
- 5.2.2 For older clients and those in long-term stable relationships it is normal to issue up to 10 condoms per month.

5.3 Female condoms

- 5.3.1 Femidoms are latex-free and are a disposable odourless sheath specifically designed to protect the lining inside the vagina.

5.4 Quantity issued

- 5.4.1 Up to 3 Femidoms initially. At the first visit the nurse should discuss use of Femidoms with reference to the manufacturers' leaflet on how to use the method. For subsequent visits, additional supply of Femidoms should be at clients' request.

5.5 Promoting effective use of condoms

- 5.5.1 Condoms with a British Standard kitemark or CE mark can be an effective method of protection against pregnancy and STI's if used in accordance with the manufacturer's instructions.

5.6 First visit

- 5.6.1 Staff who are trained to register clients for 'C' card, should do so for every new visit by an under-25 yr old.
- 5.6.2 All new users should be given a demonstration on correct usage, to include:

5.6.3 Before use

- i. Check that condom is within the “use by” date.
- ii. Check that the packet has not been tampered with.
- iii. Advise on risk of genital contact without a condom.
- iv. Demonstrate correct removal of condom from packet, reducing the risk of tearing.
- v. Demonstrate expelling of air by squeezing the teat end before rolling on.
- vi. Show clients the correct way of rolling condom on.
- vii. Demonstrate the incorrect way and showing that although the condom can be used this way, the risk of slippage during intercourse and withdrawal are increased.
- viii. Advise about using only water-based lubricants.

5.6.4 After ejaculation

- i. Describe holding base of condom onto penis before withdrawing.
- ii. Advise complete withdrawal from partner before removing condom.
- iii. Tie condom in knot before wrapping in tissue.
- iv. Disposal of condom.

5.6.5 Other issues

- i. Emergency contraception.
- ii Risk of Chlamydia and other STIs.
- iii Double Dutch – i.e. using another reliable method of contraception **in addition to** condoms.
- iv Advise about correct storage.
- v. Give client the FPA leaflets “Your Guide to Condoms” and “Your Guide to Emergency Contraception”.
- vi. This is an ideal opportunity to discuss testicular self-examination with young men, who will rarely access other health services.
- vii. Encourage self-testing for chlamydia.

5.7 Follow Up

- 5.7.1 Encourage clients to attend annually to discuss condom use, emergency contraception, contraception and sexually transmitted infections. Encourage attendance for chlamydia testing after exposure to risk. Clients may obtain future supplies of condoms from clinic clerks once they have been seen initially by the Nurse.

Clients who register for ‘C-card’ should be informed of other venues for accessing condoms.

6 Monitoring Compliance and Effectiveness

- Fully auditable records are kept in the client notes.
- Where practicable, the Service will respond to any client request for a specific range of condoms.

All policies are required to be electronically signed by the Lead Director. Proof of the electronic signature is stored in the policies database.

The Lead Director approves this document and any attached appendices. For operational policies this will be the Locality Manager.

The Executive signature is subject to the understanding that the policy owner has followed the organisation process for policy Ratification.

Signed: Director of Operations

Date: 30th January 2017