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</tbody>
</table>
Staff List

Sylvia Baikie                  c:card Manager (maternity leave from Sept 08)
Mark Baillie                  c:card Manager
Ana Brieva                    Dentist
Isabell Buenz                 Senior BBV Worker (LTMP)
Maria Campbell               BBV Worker (NEON)
Lynda Christie                Senior BBV Worker (LTMP)
Jayne Churchill              Community Specialist Nurse (Mental Health /HIV )
Sijbout Colenbrander         Receptionist (commenced Sept 08)
Alison Coull                  Specialist Nurse (Wound Care)
Sarah Cowper                  Specialist Nurse
Louise Croan                  Specialist Midwife (Prepare)
Jackie Devine                 Dental Nurse
Anthony Dixon                 BBV Worker (NEON)
Ania Grajek                   Dentist
Dr Chris Hewitt               Clinical Psychologist (left July 2008)
Penny Leeming                 Trainee Clinical Psychologist
Rose Leslie                   Admin Manager
Dr Peter Littlewood          Clinical Psychologist
Marion Lynch                  Senior Administrator / PA
Rachel Magill                 Dentist (left August 2008)
Lyndsey Mainds               Dentist
Dr Audrey Matthews           Clinical Psychologist (commenced Jan 09)
Paul Novak                    Senior BBV Worker (LTMP)
Andrew O Donnell             Trainer
Mina O’ Hara                 BBV Nurse Specialist
Dr Michael Orgel             LTMP Consultant
Liz Rafferty                 Dental Nurse
Alison Richardson            Consultant Psychologist (retired June 08)
Heather Robb                 Senior BBV Worker (secondment June 2008)
Jim Shanley                  Manager
Vaughan Statham              BBV Worker (ROAM)
Audrey Stewart               Dental Nurse
David Williams               BBV Worker (NEON)
Del Williams                 BBV Worker (ROAM)
Fiona Wilson                 Community Specialist Nurse (Mental Health /HIV )
Margaret Wilson              Senior Dental Nurse
Foreword

This has been a really busy year for both the Harm Reduction (HRT) and Community HIV (CHIV) teams. This is illustrated in the number of client contacts for the year, but team members have also gone the extra mile and coped well with staff shortages.

It has been a really interesting year for the development of Blood Borne Virus services. We succeeded in securing money for a number of proposals reflecting the National Hep C Action Plan, much of which will come to fruition over 2009/10. I have been involved in the Expert Group looking at, and developing, new needle exchange guidelines for Scotland, now known as Injecting Equipment Provision Services.

The Teams continue to view client care as the centre of their work and over the last year have tried hard to maximise client access to services through extended BBV clinics, outreach work and a more streamlined assessment procedure for the methadone programme.

Much of the work is done in partnership and I would like to take this opportunity to mention some of these agencies who have helped us provide a comprehensive service to clients all over Lothian. These include: WLDAS, MELD, STREETWORK, Family Planning, GUM, HOP, c:card points and pharmacy needle exchanges, a special mention to the individual staff of these organisations who have helped make things work.

I would like to thank all the staff in the Teams. It is great to have a motivated Team who take their work seriously and constantly provide new and exciting ideas for delivery which makes my job so interesting. Special thanks go to the much appreciated Admin support that we all receive.

Many thanks also to Alison Richardson who retired in June 2008; her contribution to the work of the Centre is greatly missed. We wish her best of luck for the future. Congratulations to Sylvia Baikie from the c:card team on the birth of her second child in November 2008.

Jim Shanley, Team Leader
The past year has seen the Blood Borne Virus Services develop on a strategic level with Mina O’ Hara taking a place on the Hep C Managed Care Network for Edinburgh and Lothians. There are currently seven clinics within the BBV testing service mainly run on an outreach basis. The services continues to offer Testing, Vaccination and Referral to specialist centres to injecting drug users, men who have sex with men, male and female sex workers and their close contacts. The Sighthill Clinic came to an end in April 2009 however has been replaced by a new and exciting venture offering a BBV service within a pharmacy setting at The Inch Pharmacy.
BBV Clinic
April 2008—March 2009

Staff: Mina O’ Hara

Current Affairs

A directorate wide mapping service was carried out to establish blood borne virus service provision. During this scoping exercise several gaps were identified within the Substance Misuse Directorate (SMD). A proposal was submitted to the Hepatitis C Managed Care Network regarding plans for service development. We are pleased to announce this bid has been successful and over the coming months the SMD will be expanding the BBV nursing team from one to four full time clinical nurse specialists. The bid will also includes the appointment of a consultant psychiatric session for BBV patients within the Directorate.

New Developments

- We are delighted to announce the appointment of Professor Clifford Leen as our Clinical Lead for BBV services.
- ROAM/Psychology pilot project is now up and running and offers assessment and support for Men who have sex with men (MSM) in relation to sexual risk taking behaviour.
- We have been able to offer clients bus tickets to help engage with BBV and treatment services.
- Tailor-made training packages have been offered to statutory and non statutory agencies.
- A sexual health BBV nurse has been recently appointed to offer a comprehensive testing/treatment/referral service to female sex workers.
- Joint working with the c:card team has led to a direct condom delivery service to saunas in Edinburgh.
- Due to increased demand for testing at two BBV clinics we have found the capacity to extend clinic times at the DTTO and Spittal Street Centre.
- In collaboration with our colleagues at the Health Protection Team we have established a forum to facilitate clinical development work for women in the sex industry.

The Future

- We have been chosen to pilot a Near Patient Testing System in two outreach clinics in conjunction with the virology laboratory at the RIE.
- We hope to install a patient phone/test reminder system by next year.
- We look forward to integrating the new BBV nursing team within the SMD in particular working with our CPN colleagues and the CHIV team.
- Due to the expansion of the BBV Team we anticipate a Lothian wide service based on the current outreach model.
BBV Clinic
April 2008—March 2009

Staff: Mina O’ Hara

The following data illustrates the activity within The Substance Misuse Directorates BBV Clinics on an outreach basis. The information was collated from seven BBV clinics. DTTO, Sighthill/Inch, Howden, Spittal Street Centre, Nedac, Sauna Clinic excluding ROAM clinic (see ROAM annual report for activity).

The information provided was gathered from May 2008 to July 2009

Total number of patients seen: - 297
Male 139
Female 158
Returning Patients 33

Total BBV screens completed
HIV 237
Anti-HCV 253
HCV PCR 42
HBV 256
Anti-HAV 97

Total Vaccinations
Engerix B 106
Avaxim 44
Twinrix 221

Transmission Risk
IDU 172
Female Sex Workers 92
FSW + IDU 5
Close contacts 15

Results
HIV +ve 1
Anti-HCV +ve 47
HCV PCR +ve 30
HBV +ve (chronic infection) 3
Anti-HBc 17
Anti-HBs 57
Anti-HAV 53

Referrals
GUM 26
RIDU 19
RIE 11
MMG 1
Dundee 1
Clinic Breakdown

Numbers tested reflect outreach clinic locality.

Risk Groups

Numbers tested reflect patient risk group.
Clinic activity comparison 2007-2008/2008-2009

Testing by Risk Group

IDU | FSW | FSW + IDU
---|---|---
2007-2008: 95 | 50 | 10
2008-2009: 172 | 92 | 5
**c:card**  
April 2008—March 2009

**Staff: Mark Baillie, Sylvia Baikie, Marion Lynch**

When c:card launched in Edinburgh in 1989 it was the first NHS free condom service in the UK. As with so many other services within the Harm Reduction Team, it led the way and continues to do so, being the main model on which other providers now base their localised services on.

Over the last 20 years the service has grown in both size and sophistication.

To give you an idea of this growth, in its launch year c:card had less than 300 client visits compared to this year when there were over 33,000 visits. This has been achieved by continuing to review, develop and deliver the service that clients want, value and continue to use. Condoms remain the most reliable method to prevent the transmission of HIV and other sexually transmitted infections. This is as important today as it was back in the 1980s – especially given the fact that the HIV statistics in Lothian are higher than ever before.

Condoms remain the main chosen method of contraception for those aged under 16 and therefore c:card plays a vital role in the wider Scottish Government aim of reducing unplanned teenage pregnancy rates. None of these goals would be achievable without the network of c:card points which we have developed over the years. Clients now have the choice of over 70 points to access free condoms, lubricant and other supplies. The c:card network provided over 360,000 condoms to the public in Edinburgh and Lothian over this last year.

In addition to these condoms we also supply a range of agencies working with specific adult groups, bringing the total number of condoms made available through the c:card team to almost 750,000. The combined cost of all these condoms is still less than a quarter of the cost of a lifetime treatment for HIV.

Funding for our full time training and development manager post ended in July this year, and we sadly had to say farewell to Lynda Christie after 5 years of dedicated work. Sylvia Baikie went on maternity leave in August and gave birth to a baby boy, Aaron, in October. This left Mark Baillie as the only member of the c:card team for the remainder of the year. Despite this dramatic loss in personnel, we continued to develop the service by opening six new points.

The c:card team commissioned a new database to ensure that statistics are reliable, and had several temporary admin staff who deserve a big thank you for inputting all the statistics to bring the figures up to date.

This year we reviewed the condom range and introduced the “X-tra Sensitive” condom which has proved incredibly popular with c:card users. Associated Range Cards and other materials were also produced to support this change with resource packs going out to all c:card points.
c:card
April 2008—March 2009

Staff: Mark Baillie, Sylvia Baikie, Marion Lynch

We also moved to a new internal ordering system which has been highly successful. This and all other administrative systems could not work without the dedication of our excellent administrator Marion Lynch.

As detailed in last years annual report the development of c:card within pharmacies proceeded and the first pharmacy outlet opened this year in West Lothian. Unfortunately our plans had to be scaled back due to funding restrictions. We have been working hard to secure an increased budget for the coming year to help expand this development and other forms of free condom provision.

We have been fortunate to have had the Harm Reduction Team Trainer – Andrew O’Donnell co-facilitate full day c:card plus training sessions which could not have gone ahead without his input. In total we have successfully provided 19 training sessions to 210 participants.

We look forward to our 21st year of service and plan to celebrate this with a re-launch event to thank all those who have helped make c:card such a success over these years.
COMMUNITY HIV TEAM (CHIV)
April 2008—March 2009

Staff: Jayne Churchill, Dr. Audrey Matthews, Fiona Wilson

The CHIV team continued to run with two part-time mental health nurses until around October 2008 when Fiona Wilson increased her working hours to a full-time post. We welcomed Dr. Audrey Matthews, Clinical Psychologist as new staff member in January 2009. Audrey works full-time and is based in the Department of G.U. Medicine.

Over the last year we received 110 referrals – exactly the same number as in the previous year. Referrals continue to be predominantly from GUM and also from the Regional Infectious Diseases Unit (RIDU). We continue to accept referrals from statutory and non-statutory agencies as well as self-referrals.

Clients are mostly referred due to anxiety/ depression, adjustment to diagnosis and at-risk issues. Drug and alcohol issues often form part of individual presentations. In addition, clients are sometimes referred for support in decision making related to their anti-retroviral treatment and adherence issues.

Psychological input varies, depending on an individual client’s presentation and formulation. We continue to focus on cognitive behaviour therapy, motivational interviewing and solution-focused therapy with the view to facilitate self-management. These approaches remain useful for many clients.

Over the last year we have formalised access to psychological support for the ROAM out-of-hours clinic for men who have sex with men and a pilot project is currently running.

Fiona and Jayne continued to support the Lothian Hepatitis C MCN Capacity to Treat and be Treated project, while Audrey participated in the HIV Action Plan Meeting in February 2009.

We continue to improve our knowledge base through regular training. We recently extended the weekly meeting once a month to allow for peer Continuing Professional Development covering a wide range of topics relevant to the current caseloads and clinical practice.

Since coming into post in January, Audrey has been teaching on the East of Scotland Clinical Psychology Training Course, presenting on ‘Sexual Health Promotion and HIV Prevention’ and ‘Mental Health and LGB Communities’ as part of the Health Psychology module. Audrey will join the Lothian MSM HIV Prevention Campaign Group and the HIV Social Marketing Advisory Group in the autumn and is planning to lecture on the subjects of ‘Clinical Psychology and HIV’ and ‘Loss and Chronic Illness’.

We are delighted that Mhairi McLaughlin, Mental Health Nurse, will be returning in August following an 18-month secondment.

At present, we are compiling a Patient Satisfaction Questionnaire to be rolled out to CHIV clients in the new financial year. We have also updated some of our CHIV documentation to facilitate an audit of our 2009 referrals. In addition, we are currently considering options for poster presentations highlighting our audit outcomes in the next year.

It has been a busy year all round for the team and all members are looking forward to the challenges that the coming year will bring.
The Dental Clinic at Spittal Street has had another busy year. We provide both emergency and routine dental treatment to anyone who is drug dependent and has difficulty accessing dental care for whatever reason. We carry out a comprehensive range of treatments such as extractions, fillings, dentures, scale and polishing and crown and bridgework where appropriate.

We also explain and reinforce the negative effect of a poor diet and poor oral hygiene upon dental health, as this is experienced by many individuals using drugs or on a methadone substitute programme. Prevention of further decay is as important as treating the current problems and we give out toothbrushes and toothpaste to encourage good dental habits.

Our drop-in clinic is continuing to operate successfully. The drop-in facility is popular especially with clients who struggle to keep appointments due to their chaotic lifestyles and also with new clients who come for an assessment. It is open most Mondays, Wednesdays and Fridays from 10.00am until 12.30pm. There is a limit to how many patients we can see in a session. Clients who demonstrate a willingness to complete a course of treatment can be offered appointments after they have attended the drop-in clinic a couple of times. If clients miss their appointments regularly we still carry out treatment at the drop-in clinic in order to reduce time wasted from further missed appointments. We welcome referrals from anyone working with drug using individuals, as well as self-referrals.

Over the past year we have offered a Tuesday morning session from 10.00am-12.30pm for clients who are residing at the Lothian and Edinburgh Abstinence Programme (LEAP). Having this session set aside for them means they can be brought as a group by a member of LEAP staff. There are no other clinics operating on Tuesday mornings, beneficial to many of the LEAP clients who are trying to break away from contacts in the drug scene. Dental treatment is an important part of the rehabilitation for the LEAP clients and most of them will complete their course of treatment either whilst still at LEAP or by attending individual appointments after they have completed their 12 week stay.

We have had some major changes in staffing in the past year, saying goodbye to Rachel Magill as she headed off to Australia in August 2008.
The network of injecting equipment providers in Lothian remains one of the largest and most effective in Scotland with nearly 700,000 sets of injecting equipment provided in the last year.

It is delivered via four major routes: pharmacies, local drug agencies, the central HRT Exchange at The Spittal Street Centre and the team’s Needle Exchange Outreach Network (NEON). The activity in each one over the last year is shown in the charts on the right.

Providing injecting equipment to help reduce the transmission of Hepatitis C is of central importance and increasingly recognised nationally. This year has seen the beginning of numerous changes in the way in which this aim can be achieved. HRT and other agencies across Lothian have been successful in attracting further funding provided by the Scottish Government.

National guidelines and standards for injecting equipment provision have now been released. Implementing these into practice began this year with analysis of existing provision, which revealed many strengths and the work to be done to fit the new model. Consultation with everyone involved is underway and meetings with staff from the pharmacies have successfully taken place in February.
NEEDLE EXCHANGE OUTREACH NETWORK (NEON)
April 2008 - March 2009

Staff: Maria Campbell, Anthony Dixon, David Williams

The NEON team delivers equipment and specialist harm reduction information and support to injectors, both at the Spittal Street exchange and through outreach sessions across Lothian. We also support the Lothian wide network of pharmacies and agencies providing injecting equipment.

The outreach element of our work has seen some changes this year with two of our long term joint working partners closing their outreach services. Work with the Homeless Outreach Project and ScotPep have now been taken over by teams from STREETWORK.

As planned, there has been an expansion of the NEON service in West Lothian, with a well attended and much appreciated evening session now running in Armadale.

After these changes we currently deliver outreach services in:
- Edinburgh City Centre (Foot patrol for homeless clients) with the STREETWORK outreach team
- Leith (for women in the street based sex industry) with the STREETWORK women’s team
- Howden and Armadale with staff members from the Cyrenians and WLDAS
- Bathgate with WLDAS staff
- Musselburgh with MELD staff

We have recently undertaken two major exercises looking into the quality and effectiveness of the service.

A service satisfaction survey was completed for clients of the Spittal Street Needle Exchange and the outreach service. Clients in both groups were highly satisfied with the service delivered and very complimentary about the approach and skills of the staff.

The team also completed an evaluation of the effectiveness of outreach interventions in West Lothian that focus on reducing risks to injectors. The survey revealed an overwhelmingly positive result, well ahead of the targets and providing clear proof of the value of this specialist harm reduction service.

The new National Guidelines provide our team with an extensive action plan for the coming year, bringing changes in almost all areas of injecting equipment provision. New policies, more training and extra services are likely to lead to a major transformation of the service. The funding secured will enable the team to expand in order to comply with the guidelines, with new posts for a further NEON worker and a co-ordinator for the IEP service being advertised shortly.
LOW THRESHOLD METHADONE PROGRAMME (LTMP)
April 2008 - March 2009

Staff: Isabell Buenz, Lynda Christie, Penny Leeming, Peter Littlewood, Paul Novak

Over the past year the Low Threshold Methadone programme has continued to provide prescriptions and support for chaotic heroin injectors in Edinburgh and the Lothians. There have been some changes within the LTMP staff team. In June Heather Robb was seconded to the Rivers Centre for Traumatic Stress. Heather has been greatly missed by staff and clients alike. We were pleased, however, to welcome Lynda Christie as the LTMP Co-ordinator. Dr Michael Orgel has provided medical support and prescribing throughout the year and we thank him for his dedicated service.

Retention in treatment continues to be a significant objective for the team. The nature of our clients, their chaotic lifestyles and in particular their poly-substance use can make them very vulnerable to BBV transmission, injection related injury or fatal overdose. Considering these factors the retention rate of this particular client group could be expected to be quite low. As in previous years, however, the Harm Reduction Team has exceeded the National Treatment Agency’s target for services to retain 62% of their new clients in treatment for 12 weeks. Of the 27 new clients who started on the LTMP in 2008/2009, only 4 stopped attending within less than 12 weeks of treatment. As a result we offered treatment to a total of 79 clients during 2008/09, amounting to 5725 visits to the team’s drop-in centre.

There have been some new developments this year: as a team we have been placing more emphasis on the therapeutic engagement of the clients, increasing their scope for reflective practice. Over past years all key workers have had clinical supervision from the psychology team and the majority reflected that this process has improved their client interventions. Building on this feedback, the team introduced fortnightly clinical meetings. The first half of the meetings is dedicated to any current treatment issues whilst the second half provides a forum for key workers to present their clients as case studies, giving the team the opportunity to offer feedback and advice.

Throughout this year the LTMP Clinical Psychology Service has continued to use the Clinical Outcomes in Routine Evaluation (CORE) questionnaire. The information gathered on clients’ psychological outcomes is presented to key workers who can use this information in their one-to-one client work where appropriate. This is allowing key workers to employ a more holistic approach when working with their clients.

Future developments will continue to look at therapeutic interventions. Easy access to treatment underpins the Low Threshold approach and we hope to make initial assessments more accessible in the coming year by starting a drop-in assessment clinic. This will be run by one member of staff, offering consistency throughout the clients’ treatment journey.

In addition, LTMP and Clinical Psychology staff members are developing sessions for a comprehensive and varied coping skills group for clients. These sessions are set up to start soon in the coming year.
Staff: Vaughan Statham, Del Williams

‘ROAM Outreach’ was launched in 1994 and was the first established project in Scotland to respond to the needs of male sex industry workers and men who have sex with men (MSM) in Edinburgh and the Lothians.

The team’s work is carried out through outreach sessions in Public Sex Environments (PSEs), online in e-outreach sessions and via the BBV Testing service where clients can get a full sexual health check up. Clients can also self refer for One-to-One support which gives them access to a referral for psychological support if appropriate. Between 2008 and 2009 we made a total of 1,065 contacts via various outreach locations (see table).

The ROAM BBV Clinic continues to go from strength to strength and is run by: Mina O’ Hara; Sarah Cowper (GUM); Andrew O’ Donnell and the ROAM Team

<table>
<thead>
<tr>
<th>Client Contact via</th>
<th>Total</th>
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<tr>
<td>BBV Clinic</td>
<td>464</td>
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<tr>
<td>PSE Outreach</td>
<td>439</td>
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<tr>
<td>On-line</td>
<td>92</td>
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<tr>
<td>One to One clients</td>
<td>11</td>
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<tr>
<td>Male sex workers</td>
<td>59</td>
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### BBV Clinic Interventions March 2008 – April 2009

<table>
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<tr>
<th>Total new clients</th>
<th>96</th>
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<tr>
<td>Total repeat clients</td>
<td>175</td>
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<tr>
<td>Total foot fall</td>
<td>464</td>
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<table>
<thead>
<tr>
<th>Tests</th>
<th>Total Tests</th>
<th>Total Positive</th>
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<tbody>
<tr>
<td>HIV</td>
<td>169</td>
<td>2</td>
</tr>
<tr>
<td>Syphilis</td>
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</tr>
<tr>
<td>Gonorrhoea</td>
<td>151</td>
<td>4</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>169</td>
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<table>
<thead>
<tr>
<th>Vaccinations</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Twinrix</td>
<td>21</td>
</tr>
<tr>
<td>Energix</td>
<td>18</td>
</tr>
<tr>
<td>Avaxim</td>
<td>9</td>
</tr>
</tbody>
</table>
The new website www.roam-outreach.com is now completed and outlines the main services on offer in conjunction with STI and Drug information for the MSM community. In addition there are links to other local and national agencies. In March 09 alone there were 82 visits, 58 of which were new visitors to the site.

Our Syphilis testing programme is being developed and we aim to roll this out in the Sauna’s and Cruising areas for the summer of 2009. The syphilis testing will be carried out using 20 minute finger prick test kits that can provide clients with a result whilst waiting.

The team regularly receives feedback from their clients:

“Very friendly atmosphere from entering the door. A first time visit is very nerve racking & embarrassing everything is done to alleviate this by the informal & friendly atmosphere. No improvement needed. ”

“Just wanted to thank you for the high standards of services you provide”

“Very friendly and approachable!”

“Hi, I just wanted to say what a superb service you guys run!! Keep up the great work! Cheers”

We will continue to listen to our clients’ needs in order to develop the outreach programme in a way that meets current needs and deliver the highest possible level of service.
TRAINING
April 2008 - March 2009

Staff: Andrew O'Donnell

Training is at the heart of the team's service delivery. It allows for a multi-agency dialogue, to share good practice and to deliver services to a higher standard. Last year we continued a long tradition of training with partners in the voluntary and statutory sectors in East Lothian, West Lothian, Midlothian and Edinburgh City.

Last year 403 workers attended 43 sessions on Harm Reduction related subjects, including:

- Introduction to Drugs
- Delivering Needle Exchange Services
- Safer Injecting
- Blood Borne Viruses
- Prescribing Options for Intravenous Drug Users
- Overdose Prevention

Andrew O'Donnell, the Harm Reduction Team trainer, organises the sessions and usually delivers them with the help of a co-facilitator. Thanks go to Charlie Oddy (NEDAC), Deborah MacKinnon (Resuscitation trainer), Dr Malcolm Bruce (CDPS), Scott Lockhart (Homeless Outreach Project) and Mina O’Hara (HRT BBV nurse). A special thank you goes to all the staff at Simpson House for their assistance and warm welcome, a must for good training.

In addition to the main multi-agency training programme, we delivered sessions to Lothian and Borders Police, Pharmacists participating in the Needle Exchange Scheme, a group of visiting German Social Workers and NHS Education Scotland sessions to local GPs. Jointly with Clinical Psychologist, Dr Peter Littlewood we delivered a one-off session on Substance Misuse and Post Traumatic Stress Disorder to Psychologists at the Royal Edinburgh Hospital. In addition, Maria Campbell delivered a well received presentation, and question and answer session to the staff group of RIDU at the Western General Hospital.

The E-Training Programme has proven efficient and cost effective. To receive this electronic version, please get your organisation added to the HRT e-mail address book. The team’s equality and diversity policy regarding access to training has continued to assist in promoting good training practice. A new training session, ‘Working with Steroid Users’, was piloted in September 2008. Information and feedback gleaned from the session contributed significantly to a needs assessment of Steroid Users in Lothian.

Using participant evaluation regularly allows us to incorporate participants’ feedback and needs whilst responding to a changing culture of drug use in our locality. This ensures a constantly evolving and relevant programme of training.

Next year we are planning to introduce a new training session on ‘Problem Substance Misuse During Pregnancy’ and are looking forward to seeing some new (and old) faces in the coming year.
**WOMEN’S CLinic**

April 2008 - March 2009

Staff: Sylvia Baikie, Fiona Keighren, Dr Hazel Quarrell, Dr Alison Scott

Over the last year, the Women’s clinic has continued to flourish and the number of attendances has increased dramatically. We have seen a 50% rise in attendance at the clinic with approximately half of these being first visits and the other half return visits.

We have seen three times as many sex workers as substance users and a smaller number of women who are both working and using substances (a total of 11 women).

The aim of the clinic is to provide accessible sexual health care for women whose lives are chaotic, who find it difficult to attend appointments and also those who are reluctant to approach health services as they wish to maintain high levels of confidentiality about their sexual behaviour. This support may take the form of referral to other organisations such as agencies helping to find routes out of prostitution. It is hoped that empowering women to have control over their fertility and listening to them helps to improve their self-esteem and gives them confidence to take on challenges associated with coping with their lifestyles.

During 2008-2009, the clinic has been staffed by Sylvia Baikie (sexual health nurse and drugs counsellor) and Fiona Keighren who has covered nursing duties during Sylvia’s maternity leave. Medical cover has been provided by Dr Alison Scott (consultant gynaecologist) and for a few months, by subspecialty training registrars Drs Louise Melvin and Anja Guttinger. General practice registrars training in sexual and reproductive health and a nursing student have also attended the clinic as part of their education.

Sylvia Baikie and Louise Croan, the community midwife from the Prepare team have been trained to insert Implanon, a subdermal contraceptive implant which lasts for 3 years. They are now able to provide this option to their clients on request.

The Women’s clinic and BBV nurse Mina O’Hara continue to have a strong working relationship with clients utilising the two clinics and services. Mina’s success in establishing a condom supply directly to the saunas has made a huge difference to the ease with which we can discuss and encourage safe sex practices with clients.

Outreach educational visits to saunas continue and are well received by the sauna owners and women who work there. This has successfully encouraged women to attend NHS services – either the Women’s clinic, Family Planning at Dean Terrace or GUM.

Over the last year, the number of women with substance use issues who have opted for long-acting contraception (LARC) has increased eight-fold. The number of sex workers using long-acting contraception has doubled. It is a huge success that we have improved usage so significantly. This type of contraception does not rely on the user to remember to take it and is therefore highly effective in preventing pregnancy. In addition, reductions in menstrual blood loss are also beneficial.

Of all the women attending the Women’s clinic in the last year, 25% were overdue cervical screening and a further 10% had never had a cervical smear. All of these women had a smear taken during their attendance at the clinic.

Plans for the future of the Women’s Clinic include the following:
- A clinic for women with substance use problems based at Inch Pharmacy opened in May 2009. This is based on the model of the Women’s clinic in Spittal Street.
- A Patient Satisfaction Survey is underway
- A website about the service is under development
- A new professionally designed leaflet is planned
- An ongoing programme of visits to saunas in Edinburgh is planned
The Wound Care Clinic at Spittal Street has now been running for over four years. The clinic provides a service for drug users who have any kind of skin problem – there is no need for referral as this is a drop-in service. All clients concerned about their injecting sites, or with a skin problem are welcome to attend this service.

The clinic runs Thursdays from 10am – 1pm as a weekly drop-in service and is led by Alison Coull, a Lecturer/Practitioner and independent nurse prescriber working closely with other members of the Spittal Street team.

The clinic remains well utilised and numbers have improved since last year with increasing referrals from other services. Over the year, a total of 40 clinics were held, there were 74 client contacts with 55 individual clients using the service. While all clients have sought advice, some also require treatment or referral.
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