

Cervical Skills Update Training

Jo's Cervical Cancer Trust

Background



Jo's Cervical Cancer Trust is the UK's leading cervical cancer charity.



Our vision is a future where cervical cancer is a thing of the past.

Scotland- wide Cervical Cancer Prevention Project 2022-2024:

- Increase awareness of the benefits of cervical screening and empower women to make informed decisions
- Work with target groups where screening levels are low

Barriers to cervical screening



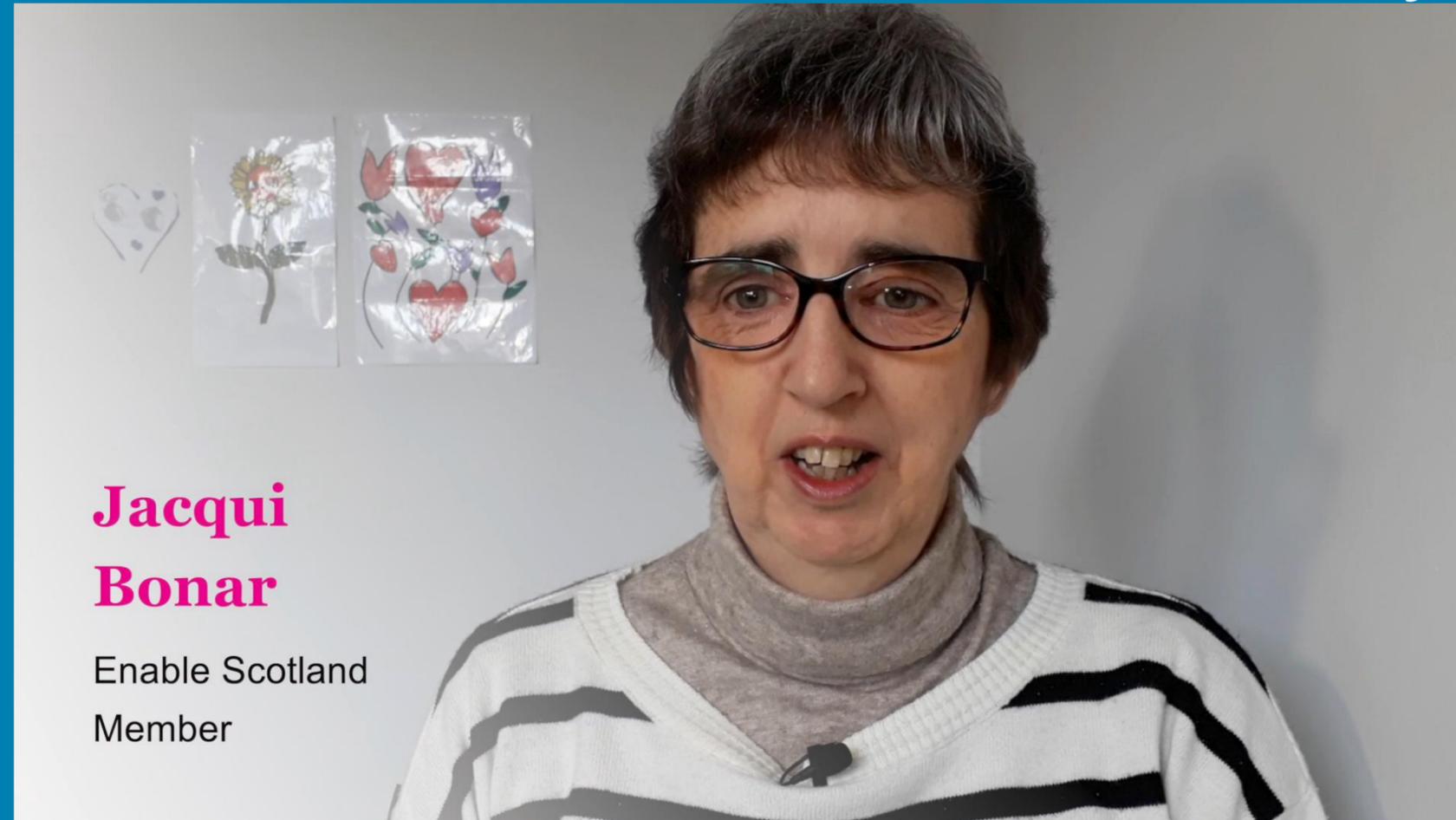
Cervical Screening and Women with Learning Disabilities

Only **3 out of 10** women with learning disabilities go for cervical screening

Importance of the relationship with nurse



Films for women with a learning disability



"The info was good and
was simple to understand."

"It has made me feel I need to go and
get it" or "at least speak to the GP".

...More than half of participants reported that viewing the films had made them feel differently

Polish Women

Language barrier

“Even if your English is good, English medical words can be challenging”.

Preference to return home for screening as part of annual health check

Lack of understanding of Scottish screening system

“I prefer to get health checked in Poland. Don't know much about system in Scotland”.

Chinese Women

HPV Knowledge

Screening
Pathways

HPV Vaccine

Ethnic Minority Groups – continued

- Garnethill Multicultural Centre Awareness Session
- Mythbusting
- Accessing cervical screening
- HPV vaccine

Women aged 25-29

Delivering sessions to organisations that support women in challenging circumstances

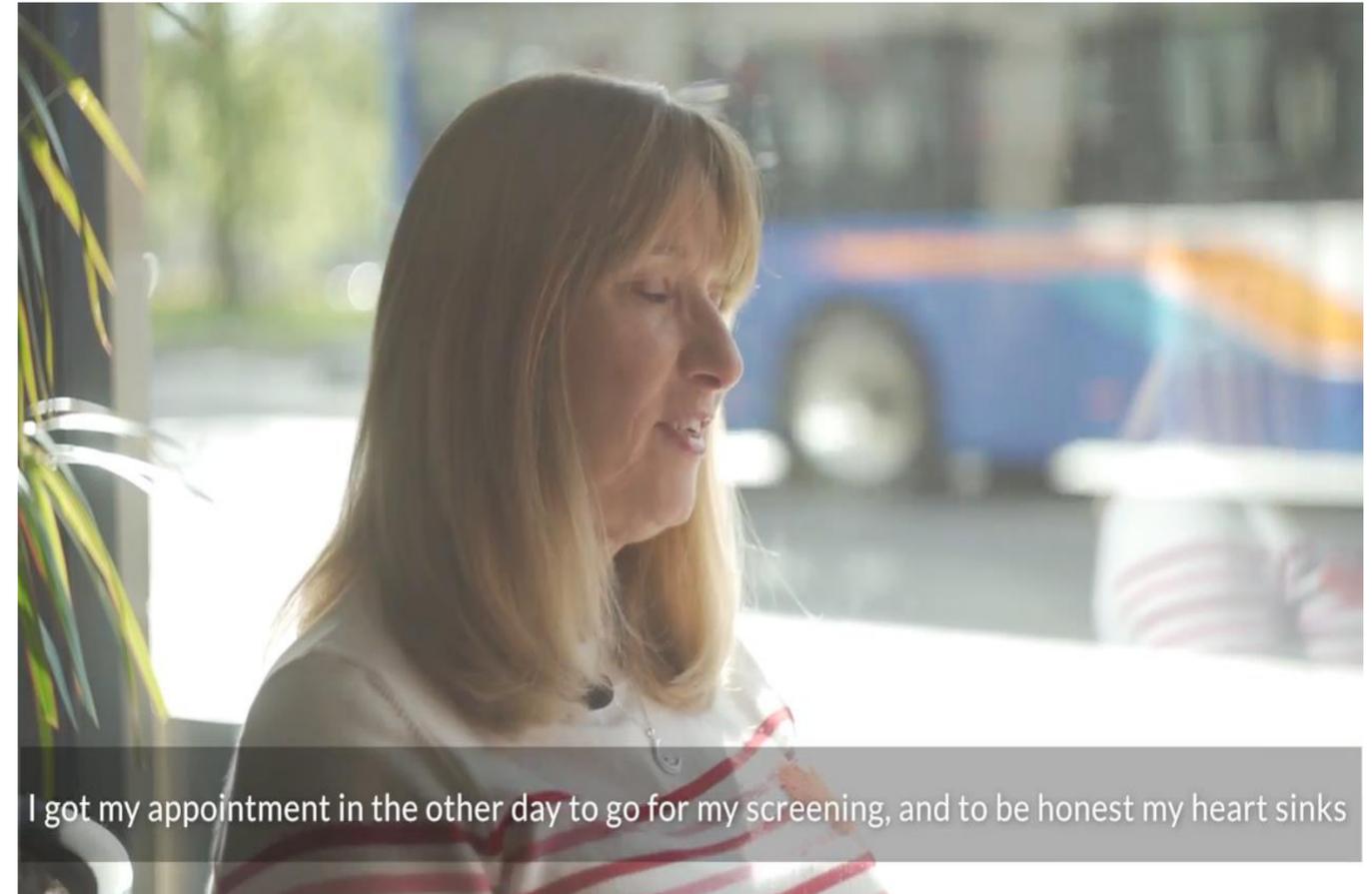
For women with a history of abuse – relationship with nurse is key

“we were given a talk about the Importance of cervical screening and all that's involved with it
.... I left the zoom meeting with a feeling of hope about this for the first time in my adult life and I'm so grateful”.

“It was nice to be able to share our experiences and questions about a topic that is not discussed often enough”.

Women over 50

- Even after periods stop, screening is still important
- There are ways to make it easier – lubricant, prescription



“Women sometimes think when their periods are finished there is no need for screening anymore”.

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“Real fear of the dryness issue”.

GGC Quality Improvement Support



GP Practice Engagement – offer of support to engage defaulters

- Cervical Screening Toolkit
- Supporting development of inequalities targeted cervical cancer screening activity
- Delivery of awareness sessions to key target groups



Non-clinical GP staff training

- overview of what cervical cancer is and how it can be prevented
- Free 1/1.5 hour sessions in person or online
- Suitable for reception staff, practice managers

Things to try...

- Ask for a longer/double appointment when booking
- Tell the nurse how you feel/previous bad experience
- Listen to music during the test
- Request a female nurse/GP if you prefer
- Ask to lie in a different position
- Bring someone you trust with you
- Wear comfortable clothing
- Ask to see the equipment they use first
- Going through or post menopause, you can be prescribed vaginal oestrogen cream or pessary

How do people feel about HPV?

Shamed

Is it an STI?

I feel so dirty

My partner thinks
I've cheated

Confused

How did I get it?

Can I pass it on to my
partner?

Anxious

Does this mean I have cancer?

Did I do something wrong?

Will it go away?

More information

- General Resources for GP surgeries
<https://www.jostrust.org.uk/professionals/cervical-screening/drop-in-clinic>
<https://www.jostrust.org.uk/shop/information>
- Resources for women with a learning disability
<https://www.jostrust.org.uk/information/cervical-screening/cervical-screening-learning-disability>
<https://bit.ly/3o6EREV>
- Lorna, a **practice nurse**, giving tips for attending cervical screening:
<https://www.youtube.com/watch?v=EK0yBDn2bxo>
Caroline talks about her experience of cervical screening post **menopause**:
<https://www.youtube.com/watch?v=yyOSOG7JXdo>
Lauren talks about her experience of cervical **cell changes**:
<https://www.youtube.com/watch?v=7RV09vHfFU8>
Lucy talks about having an '**abnormal cells**' result:
<https://www.youtube.com/watch?v=xeVQHugf-Is>
Dr Flanagan talks about what to expect during a **colposcopy** visit:
<https://www.youtube.com/watch?v=DTHpjYQJXTA>



Thank you!

