

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. Barriers include:

- Anxiety, embarrassment
- Not understanding what the test is for
- Being told it's not necessary to have screening

Importance of relationship with nurse



Ethnic Minority Groups

Language barrier

Preference to return
home for screening

HPV Vaccine

Lack of understanding
of Scottish screening
system

Stigma
or
Shame

HPV Knowledge

Women aged 25-29 in areas of deprivation

Childcare

Transport

Time off work

Perception
screening isn't
relevant

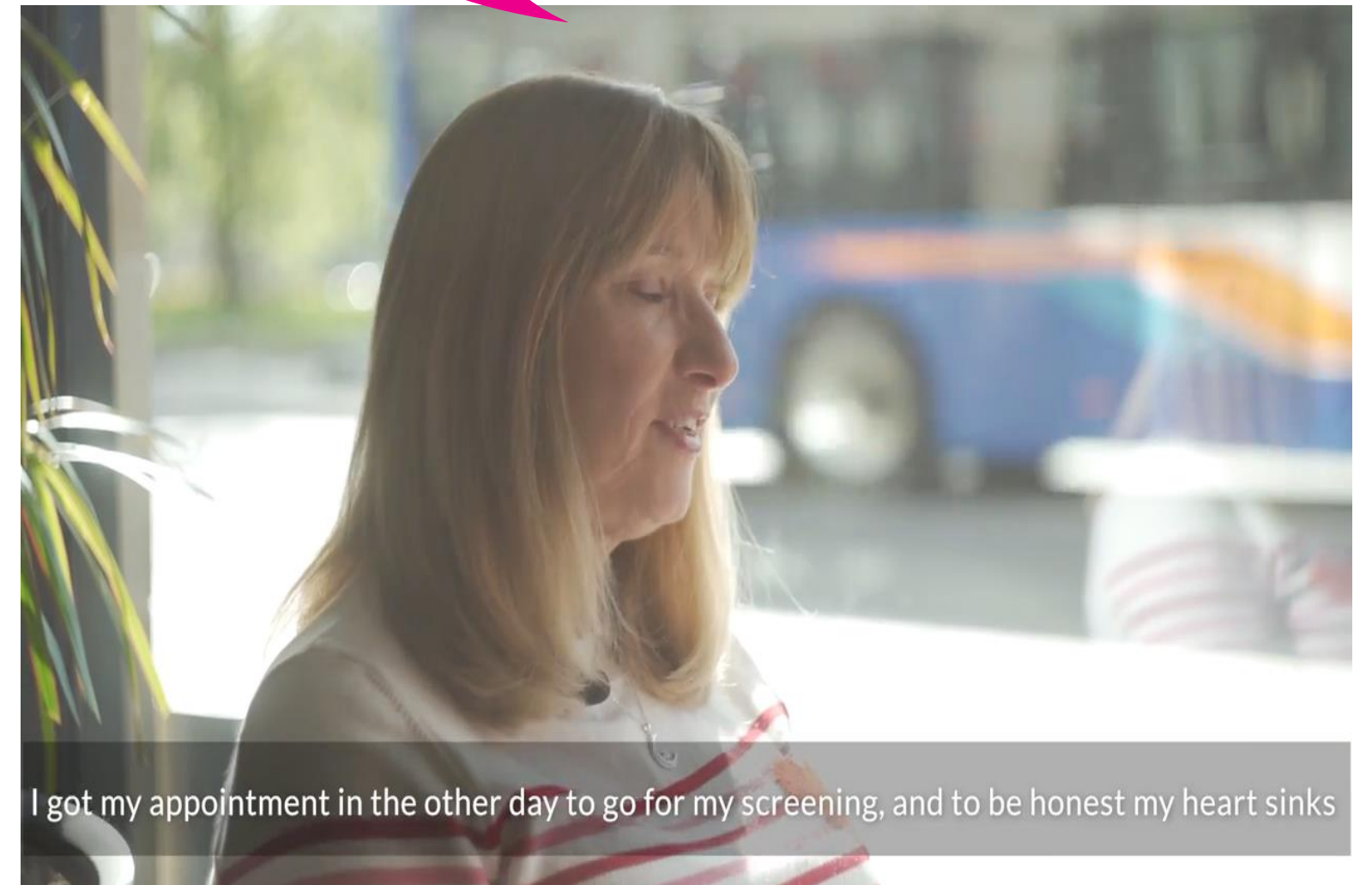
For women with a history of abuse – relationship with nurse is key

Women over 50

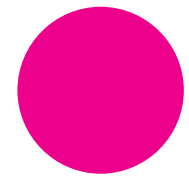
Myth busting – cervical screening is still important even if:

- Periods have stopped
- Last test was clear
- Same partner for many years

“Real fear of the dryness issue”.

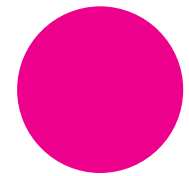


GGC Quality Improvement Support



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 that can help...

- Can you offer a longer appointment for those who may need it?
 - Opportunity for patient to build rapport with nurse
 - see the equipment and bed
 - see that it's private
 - talk through what will happen during the test
- Out of hours appointment
- Offer to arrange interpreting service
- Text message to defaulters

Things to try...

- Offer test in a different position if mobility issue
- Show equipment used first
- Listen to music during the test
- Suggest bringing someone you trust
- Wear comfortable clothing
- Advise if going through or post menopause, 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

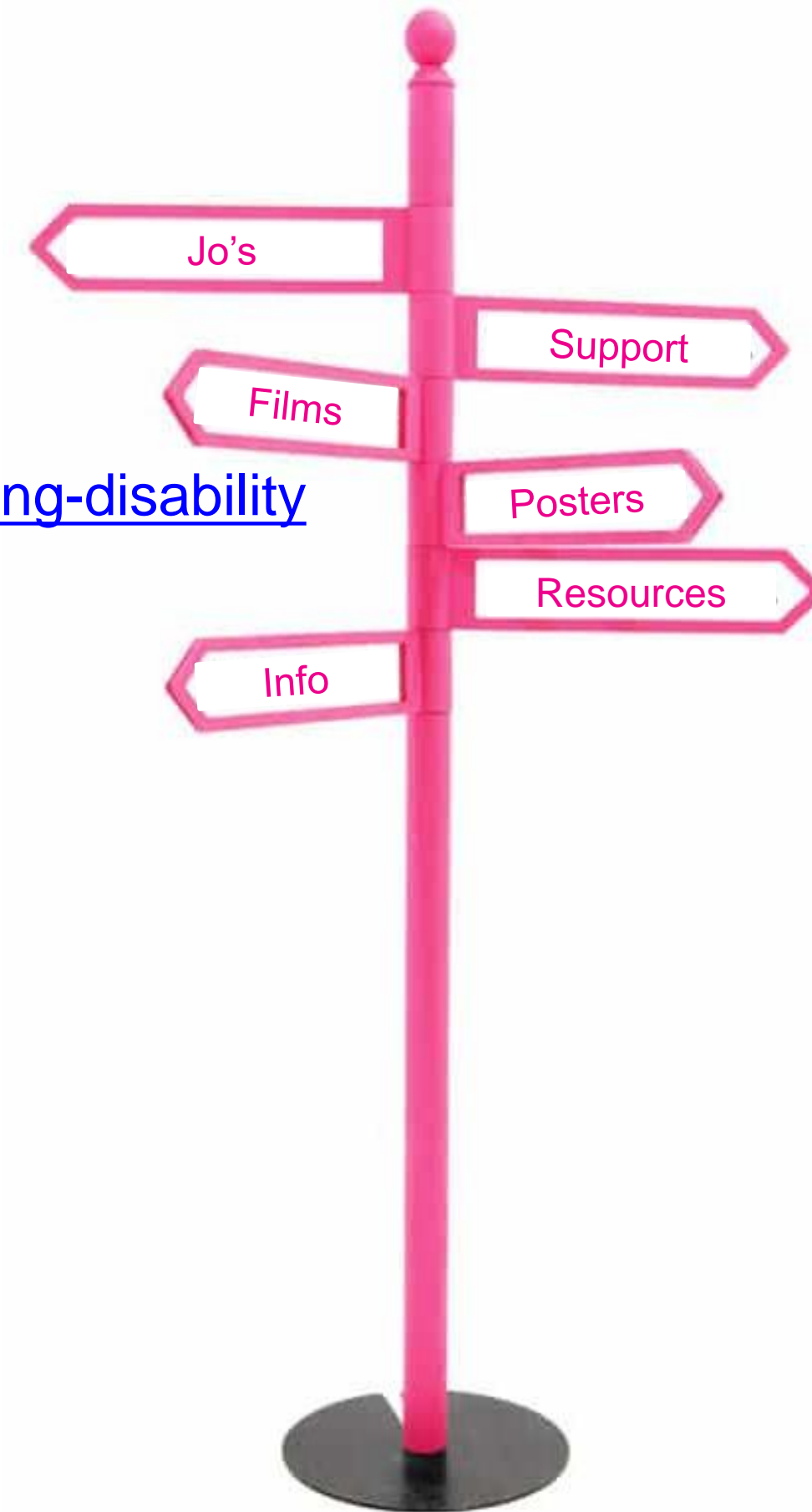
Does this mean I have cancer?

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!

