

C - Card Guidelines

Aim of the Scheme

To assist in reducing the number of unplanned teenage pregnancies and the number of STI's, in line with the Teenage Pregnancy Strategy Targets (1999) and The National Strategy for Sexual Health and HIV (2002)

Objectives

- To increase the availability and accessibility of condoms, especially for vulnerable and hard to reach groups.
- To encourage young people to access General Practice for sexual health issues
- To increase in the number of workers who have sexual health knowledge with a better understanding of how these issues affect young people. The workers should feel more confident in using their skills with this knowledge, to advise and inform the clients they come into contact with.

The C card scheme will be operated in many diverse sites throughout Peterborough, but it is of vital importance that all work in a similar way, and offer the **same** advice, to avoid young people getting different, and often confusing, messages

The scheme will be offered to young people **13 - 24 years**

Staff registering young people for condoms will

- Have had specific training in condom use and the c card scheme and, if non-clinical, attended the one-day course on sexual health.
- Help young people to resist the pressure to have early sex.
- Discuss confidentiality. Inform any young person under 16 years, that confidentiality will be maintained unless there is concern for their welfare.
- Strictly adhere to Fraser guidelines when giving supplies to under 16's
- Consider child protection, and the new Local Safeguarding Board "Guidance for professionals working with sexually active people under the age of 18 in Peterborough".

- **Discuss with your agency lead for child protection, any young person under 13 years, and anyone you have concerns about**
- **Complete a LSCB Risk Assessment Form and follow child protection procedures where necessary**
- Attend annual child protection training sessions, (mandatory for PPCT staff), to enable the wider implications for some of these young people, to be considered.
- Always discuss sexual health related topics e.g. STI's, numerous partners, alcohol and drug use and give details of where further help and information can be sought.
- Accompany advice with written leaflets obtained from the Resource Library.
- Use a condom demonstration as a tool for imparting information. This is a requirement for all young people under 19yrs, and is at the workers discretion if the young person is 19-24yrs
- Give information on emergency procedures including where and when to obtain emergency contraception, STI testing in Peterborough (City Clinic and DOSH)
- Provide 12 condoms to young people 16 years and over, and chose the number given to under 16's based on information received during the consultation (ie; their age, whether they are in a sexual relationship or not, or how frequently they should be seen again.) It is important to document how many condoms are given, and to write this on the C Card handed to the young person. **C Cards do not have to be issued if you are in any doubt about how many condoms to give to the Young Person. Please refer the YP into CaSH services. HYPAC (Health and Young Person Advice Centre) drop ins are in localities, and are only for young people. Staff can see a vulnerable YP weekly, if appropriate.**
- Ask which type of condoms would be preferred and mark this on the card and registration form
- Explain the service to the young person, explaining that condoms can only be given if they produce their c-card and that they will need to revisit a registration site after every 6-condom collections.
- Complete both sides of the registration form
- Complete the c card and give to the client
- Complete the monitoring form

Staff distributing condoms:

- Should have received specific training on condom use and the c card scheme
- Will remember the service is confidential.
- Will give the young person the 12 condoms as marked on their card (unless another quantity under 12, is written)
- If the card is not presented (maybe reported to be lost) the young person must be informed that they have to attend a registration site again
- Sign and date the c-card
- Fill out the required monitoring forms and return them to the named person as detailed

All Staff

- Should attend **annual** updates to:
Continue development within sexual health;
Contribute to the evaluation process;
Reflect practice within a multi-agency environment.
- Will ensure that if a trained member of staff leaves, then untrained staff will not be expected to fulfil that role without having had the specific training
- All condoms used will be those ordered through the scheme and ordered through CaSH at City Clinic. These will be condoms carrying the British Standard Kite Mark/or the European EN600 (The CE mark 0086 is a safety not a quality mark).
- Condom bags should be checked at regular intervals, for expiry dates.
- All condoms will be stored in a dry area NOT in direct sunlight.
- Any problems with condoms or the scheme, should be brought to the attention of the Young Persons Sexual Health Service Co-ordinator Tel:01733 466664

Evaluation

Self-assessment form by service providers

Service user assessment

Mystery shoppers

INSTRUCTIONS FOR THE REGISTRATION OF A C-CARD

- 1. Young person <24yrs presents for condoms, or opportunistically during OC, PCC, Chlamydia screening, or pregnancy test consultation**
- 2. Explain the c-card scheme to them**
- 3. Complete both sides of the registration forms (or screen)**
- 4. You must adhere to Fraser Guidelines if YP under 16 and complete LSCB (Local Safeguarding Board) risk assessment form.**
- 5. You must go over:**
 - Feelings, and emotions, respecting their partner's feelings and Resisting the pressure to have sex (Delay)**
 - How to use a condom, including a demonstration, lube**
 - Emergency contraception, STI's, Chlamydia screening**
 - Confidentiality, the law and child protection issues**
 - Alcohol and drugs**
- 6. Give 12 condoms unless you feel this is inappropriate, and document how many condoms are giving on the notes, and on the clients c card**
- 7. Explain that for the next 5 visits(6 collections of condoms in total) they can go to any c card pick up point ,but then they must attend a registration site to re register**
- 8. Give the YP a list of pick up and registration sites**
- 9. Give the YP the condoms of choice and indicate this on the card**
 - GREEN= extra strong (G)**
 - WHITE= plain (W)**
 - LILAC= flavoured (L)**
- 10. Issue c-card: with clients' id, number of condoms given and type of condom required.**
- 11. Complete monitoring form**

**INSTRUCTIONS FOR ISSUING CONDOMS AS PART OF THE
C -CARD SCHEME**

- 1. YP presents with c card. This will show that they have already been registered and given appropriate advice**
- 2. If the YP does not have a card then they must re register at a designated site**
- 3. The card will have the colour bag of condoms that is required**
- 4. A bag of 12 condoms will be given unless another number is written on the card**
- 5. Complete the monitoring form with**
 - a. Identification number of client**
 - b. Date of visit**
 - c. Colour bag of condoms given**
 - d. Your name**
- 6. Complete the card with**
 - a. Date of visit**
 - b. Signature**
 - c. Number of condoms given, if less than 12**
- 7. Return the card to the YP**