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Newsletter Issue #3

Hello, and thank you for your participation in the MoCCA study!

In this issue of the MoCCA newsletter we focus on the importance of partner management and strategies you can use to support your patients to notify their sexual partners.



There are now 14 clinics involved in MoCCA across Victoria, New South Wales and Queensland. It has been great to meet you either in person or remotely, and to hear about how you have been using the MoCCA resources.



Thank you to all who responded to our last poll. Our next two minute poll is now live!

[CLICK HERE](#) to answer a few short questions about MoCCA.

Partner management is important

[Research shows](#) that the quicker a partner is treated, the lower the probability of reinfection in the index patient.

Which partners should be managed?

As recommended by the [Australian STI Management Guidelines](#), all partners from the previous six months should be notified of a chlamydia infection, where the patient feels safe to do so.*

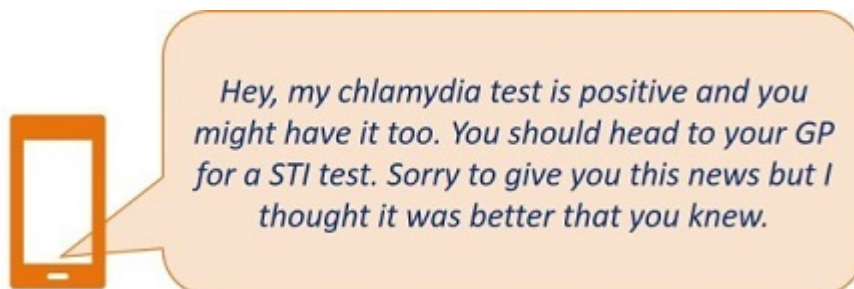
*If concerned about partner violence, contact specialist sexual health clinics or public health units for advice regarding partner notification. Further information for GPs: [RACGP White Book](#), for the general public: [1800RESPECT](#)

Further information about partner management is available on the [MoCCA partner management webpage](#).

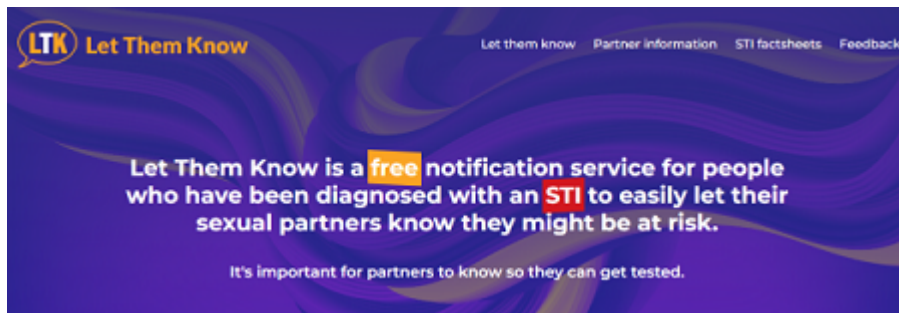
Strategies for partner management

Clinicians should discuss with their patients about how to notify their sexual partners. Some options for notifying partners are:

- Patients telling their sexual partners themselves. Providing patients an example message (below) and/or a factsheet ([like this one](#)) to give to partners can help.



- Online notification tools, with the option of sending a notification anonymously. The Let Them Know website has recently been updated, and is available [here](#).



- **Patient delivered partner therapy (PDPT)** whereby the clinician provides an extra antibiotic prescription for the index case to pass onto their partner/s, without first seeing the partner/s. PDPT guidance varies from state to state. Click [here](#) for more information about PDPT and [here](#) for an article published in the Australian Journal of General Practice about using PDPT (which also outlines any medico-legal concerns should you have them). PDPT is most suited to heterosexual patients with anogenital or oropharyngeal chlamydia whose partners are unable or unlikely to seek care themselves.

Tips for partner management

How do you motivate your patients to notify their partners of a positive chlamydia result?

Professor Jane Tomnay (technical advisor to the WHO on partner notification) has provided some practical tips for clinicians on how to discuss partner notification and encourage patients to inform past and current sexual partners about an infection.

Click on the image below to view the tips:



Motivating patients diagnosed with chlamydia to notify sexual partners is vital to ensure your patient isn't reinfected and to prevent serious sequelae. Professor Jane Tomnay has provided some practical tips for how you might encourage patients to notify partners.

- 1 It is important to reduce feelings of stigma for your patient.** You can normalise discussions about sexual partners and explain why you need to discuss this. You might say:

“ It's **standard procedure** in this clinic to enquire about all partners. We ask all our patients in sexual health consultations these questions **because it's important.** ”
- 2 Provide the facts.** Clearly explain that chlamydia is a sexually transmitted infection, and what that means:

“ Chlamydia is an infection that is transmitted from one person to another during sexual activity. At least one of your sexual partners now or in the past will have had chlamydia. This is a scientific fact because **we know that you have acquired this infection from someone.** ”
- 3 Let patients know chlamydia is usually asymptomatic,** and what this means for partners:

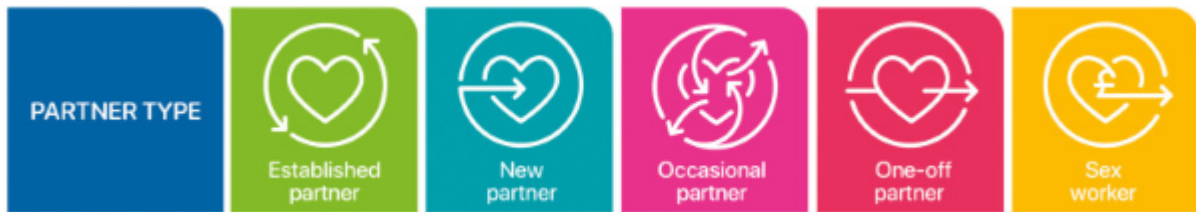
“ Some people with chlamydia don't know that they have it, as most people don't have any symptoms. If you don't tell your partner, they may not get tested. This

Who are your patients' sexual partners... and why does that matter?

Professor Claudia Estcourt (Glasgow Caledonian University), along with other sexual health experts from the UK, has developed a new classification for sexual partners.

This is designed to support discussions around sexual partners and partner notification. Feedback from healthcare professionals is that it is an easy and intuitive tool to use.

[Read the whole paper here](#), or click on the image below to view the full classification tool.



Seeking Your Feedback

Participate in an interview and receive a \$100 Coles voucher!



We wish to interview GPs and other clinic staff about how you have found MoCCA so far.

Interviews will be conducted via Zoom and last no longer than one hour.

Email us at mocca-info@unimelb.edu.au or reply to this email and a member of the MoCCA team will be in touch.

Seeking Patient Feedback

The MoCCA team wish to hear about the patient experience of having chlamydia or PID diagnosed and managed.

Please help by passing a survey flyer to all patients diagnosed with chlamydia or PID at your clinic. Let us know if you need more flyers, or access them [here](#).

Patients who complete the survey will receive a \$20 [Prezzee voucher](#).

Clinics will also receive \$20 per completed patient survey.

DID YOU JUST VISIT A GP?

Tell us about your experience in an anonymous online survey and receive a \$20 gift voucher!



Information from this study will help to improve what happens when someone is diagnosed with chlamydia and/or PID at the doctor.

For more information and to complete the survey, visit:

<https://go.unimelb.edu.au/k68e>

Questions? Email us at: mocca-info@unimelb.edu.au



This study has been approved by The University of Melbourne Ethics committee. Ethics ID: 22665

Other News

New workflow resources!

If you use Best Practice software, you can import the MoCCA factsheets directly into the patient education section for easy use during a consult. [Click here for instructions](#) for how to do this, or head straight to the [workflow resources](#) section of the MoCCA website.

New paper!

Young Australians' receptiveness to discussing sexual health with a general practitioner, published in the Australian Journal of Primary Care, by MoCCA PhD Student and Research Officer, Helen Bittleston. Read more about this important work [here](#).

Key Guidelines

- [Australian STI Management Guidelines for use in Primary Care](#)
Australian Sexual and Reproductive Health Alliance [ASRHA]
- [Australasian Contact Tracing Guidelines](#)
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine [ASHM]
- [RACGP Red Book, Sexually transmissible infections](#)
9th Edition
- [STI Atlas](#)
Melbourne Sexual Health Centre [MSHC]
- [Therapeutic Guidelines](#)
Formerly eTG Complete

**Comments, questions, issues?
Reply to this email to let us know.**

mocca-info@unimelb.edu.au

www.mocca.org.au

You are receiving this email because your clinic is participating in MoCCA. You can read more about the study [here](#), talk to your practice manager/principal GP, or reply to this email should you have any questions.

MoCCA is funded by the National Health and Medical Research Council (APP1150014) and is a collaboration between the University of Melbourne and our project investigators and partner organisations. [Click here for a list of our collaborators.](#)



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