

Insights from 56 Dean Street:
Europe's Busiest STI Clinic

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Disclosures

I have received speaker & advisory board fees from ViiV, GSK, Gilead

Objectives

- Context
 - UK sexual health funding
 - Aim
- Themes
 - Adapt
 - Efficient
 - Audit
 - PrEP, as an example



UK sexual health funding



CHAPTER 21.

An Act to amend the treatment of Venereal Disease and otherwise; and to provide for the treatment of Venereal Disease and to control the supply of Remedies therefor; and for other matters connected therewith.

[21st May 1917.]

Enacted by the King's most Excellent Majesty, by and with the advice and consent of the Lords Spiritual and Temporal, and Commons, in this present Parliament assembled, and by the authority of the same, as follows:

1.—(1) In any area in which this section is in operation, a person who, not being a duly qualified medical practitioner, gives or purports to give any medical advice, or prescribes or recommends any medicine, or gives any advice in connection with the treatment of venereal disease, shall be liable to a penalty not exceeding five pounds.

(2) This section shall extend to any area to which it is applied by order of the Local Government Board, or in Scotland and Ireland, the Local Government Board for Scotland and Ireland respectively.

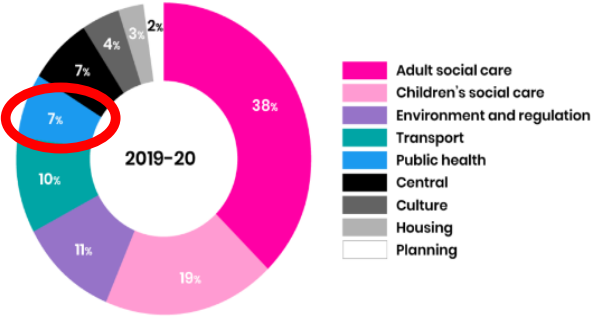
Provided that no order shall be made in respect of any area until a scheme for the treatment of persons in that area suffering from venereal disease has been approved by the Local Government Board, or in Scotland and Ireland, the Local Government Board for Scotland and Ireland respectively, and is already in operation.

2.—(1) A person shall not for any advertisement or any notice given for general notice, or for any other purpose, give any advice in connection with the treatment of venereal disease.

(2) On and after the first day of November nineteen hundred and seventeen a person shall not solicit or recommend to the public, by any notice or advertisement, or by any written or

- Nationwide network of clinics
- Free at point of use
- Confidential
- Separate from other health services
- Local authority funding

Funding



Team*

- Doctors
 - Consultants/specialty doctors: 7/3
 - Junior doctors: 9
- Nurses: 40
- Health Advisors: 5
- Recall team: 5
- Call centre/reception: 10
- Secretary: 3

*for Sexual health/HIV/Contraception/Research

Aim

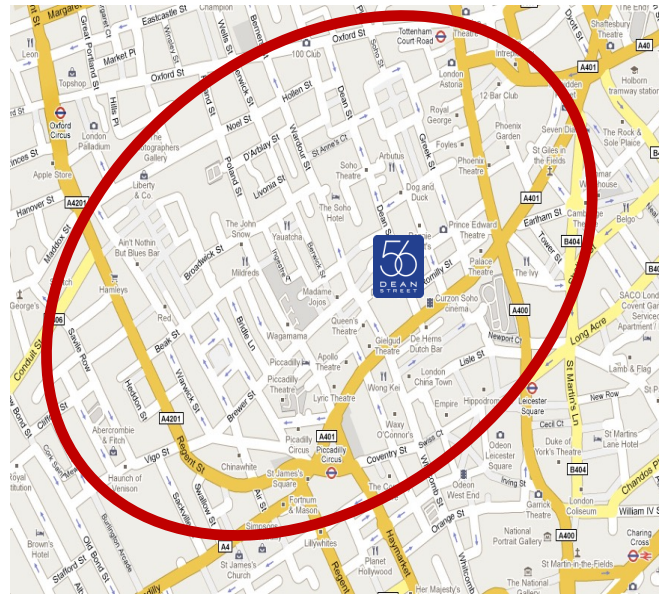
Victoria Clinic



Victoria Clinic, Pimlico, 2005

Aim:
Diagnose (undiagnosed) HIV

Location



Soho outreach:

½ new HIV diagnoses

5.4% HIV+,

London gay venues
(2003)

Dodds et al. *A tale of three cities: persisting high HIV prevalence, risk behaviour and undiagnosed infection in community samples of men who have sex with men.* Sex trans Infect 83(5): 392-396 2007

High-risk populations for STI



**Move entire clinic to an outreach
location**

Soho

Adapt

56DS v1





- Rapid Service
- No Doctor
- Asymptomatic Screens
- HIV testing
- Emergency Contraception
- Nurse Follow up
- Health Advisor





- Advanced Nurse/Doctor
- Symptomatic patients
- HIV post-exposure prophylaxis (PEP)



- Contraception
- Erectile Dysfunction
- HIV follow up
- Psychology/Psychosexual
- Hepatitis Clinic



Increased demand

YEAR	56DS attendances
2008/09	13,115
56 Dean Street opens	
2009/10	39,042
2010/11	46,656
2011/12	56,855
2013/14	64,068



Problem: increased demand

Solution: increase capacity

56DS v2



Dean Street Express



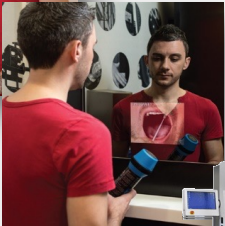
Dean Street Express



- 1**
- Asym STI screening, vaccination & PrEP
 - Online booking or via phone triage
 - Walk in <21 y.o.



- 2**
- Automatic check-in

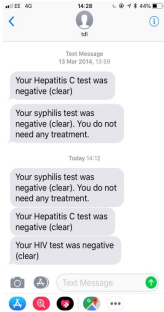


- 3**
- Video-guided self-testing
 - Nurse-led blood tests, vaccination & PrEP



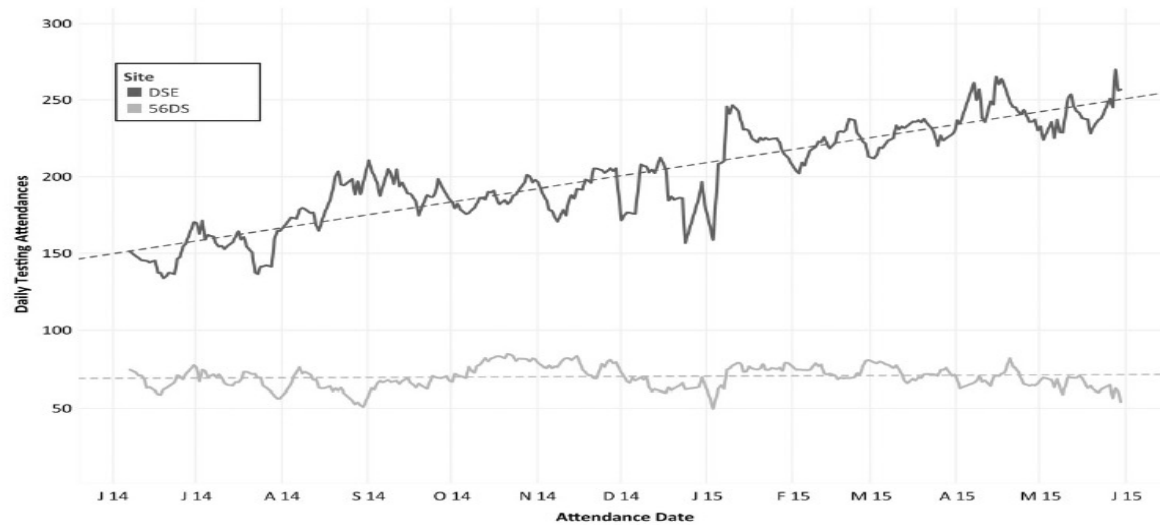
- 4**
- NAAT (90 min)
 - Blood (8 h)
 - Automati results by SMS

Nurse-led service



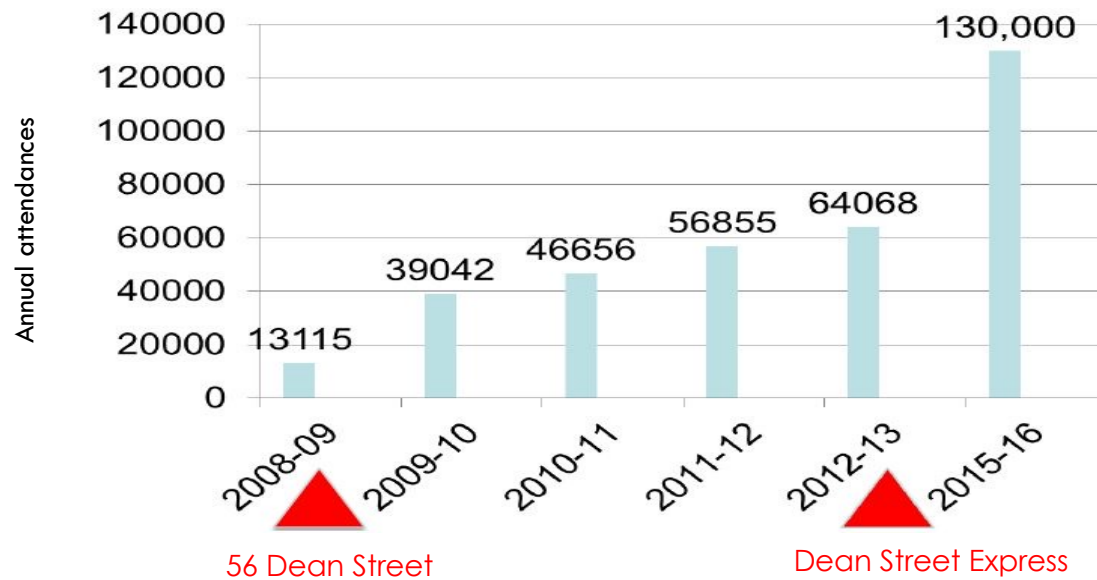
Chelsea and Westminster Hospital 
NHS Foundation Trust

Increase attendances



Whitlock G et al. *Rapid testing and treatment for sexually transmitted infections improve patient care and yield public health benefits* IJSA 29(5): 474-482 (2018)

Increased demand

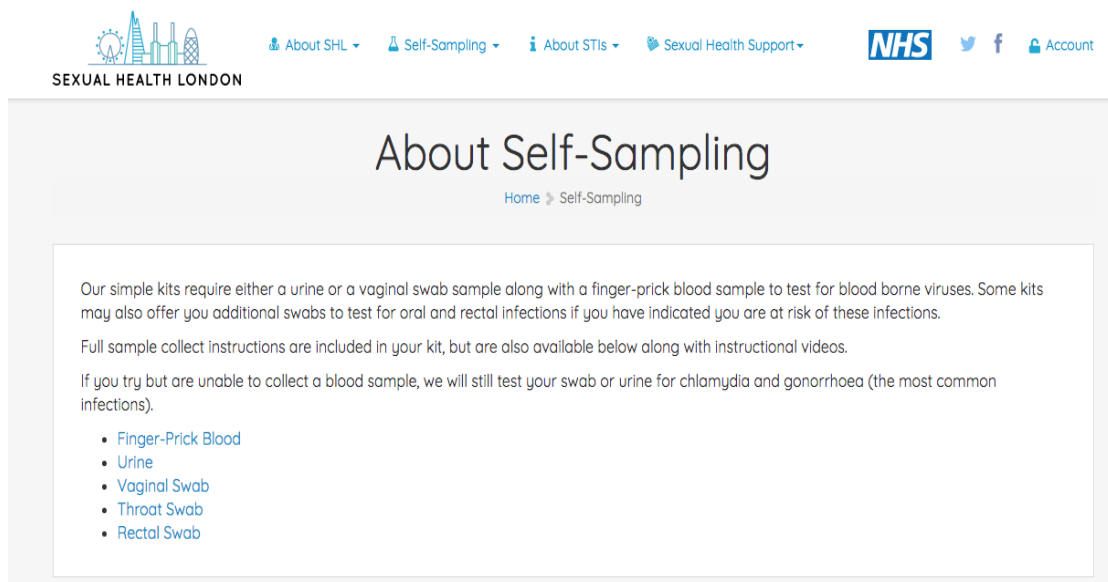


**Problem: asymptomatic screening
moves online**

Solution: DSE service redesign

56DS v3

Online testing for asymptomatics



The screenshot shows the top navigation bar of the Sexual Health London website. It includes the SHL logo, a menu with links for 'About SHL', 'Self-Sampling', 'About STIs', and 'Sexual Health Support', the NHS logo, and social media icons for Twitter, Facebook, and an 'Account' link. The main content area is titled 'About Self-Sampling' with a breadcrumb trail 'Home > Self-Sampling'. The text explains that kits require urine, vaginal swab, and finger-prick blood samples, and lists the types of samples collected.

SEXUAL HEALTH LONDON

[About SHL](#) [Self-Sampling](#) [About STIs](#) [Sexual Health Support](#) **NHS** [Twitter](#) [Facebook](#) [Account](#)

About Self-Sampling

[Home](#) > [Self-Sampling](#)

Our simple kits require either a urine or a vaginal swab sample along with a finger-prick blood sample to test for blood borne viruses. Some kits may also offer you additional swabs to test for oral and rectal infections if you have indicated you are at risk of these infections.

Full sample collect instructions are included in your kit, but are also available below along with instructional videos.

If you try but are unable to collect a blood sample, we will still test your swab or urine for chlamydia and gonorrhoea (the most common infections).

- [Finger-Prick Blood](#)
- [Urine](#)
- [Vaginal Swab](#)
- [Throat Swab](#)
- [Rectal Swab](#)

Dean Street Express redesigned

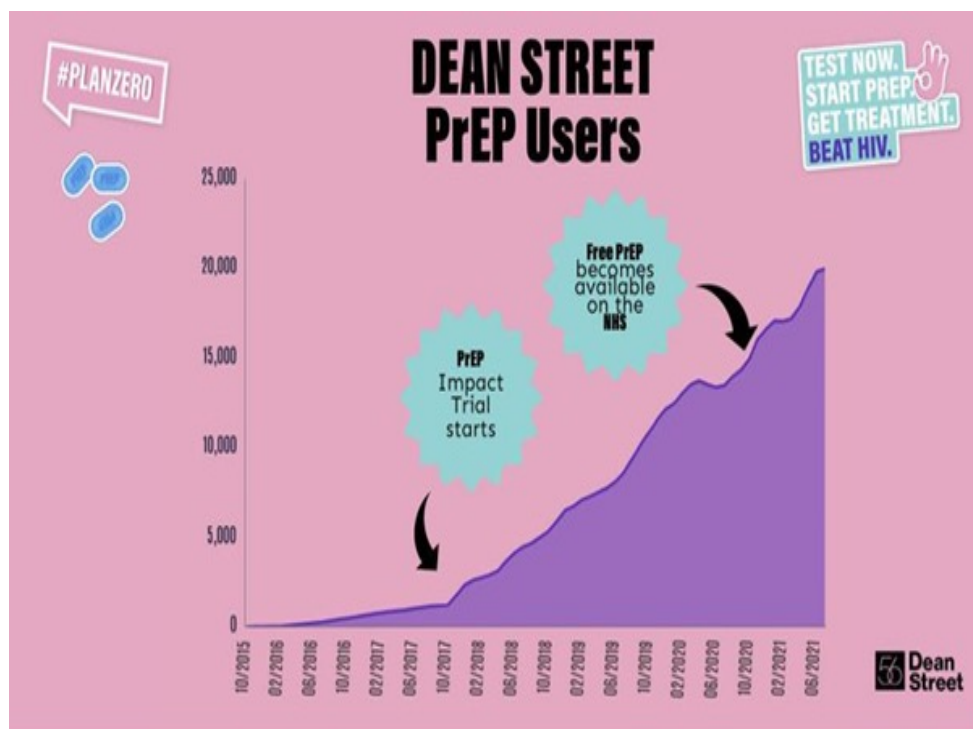


PrEP users at 56 Dean Street



We just hit 20,000 PrEP users!
That's 20,000 people at high risk of getting HIV who are now protected
Thanks to ALL OF YOU for helping us reach this milestone and playing your part to reach ZERO new HIV infections

PrEP is free on the NHS for ANYONE who needs it
[#PrEPped4Summer](#)



Efficient

Focus on User

- Opening Times
- Faster Transit
- Comfort
- Customer Service
- Target audience

An example of 'Lean'

Before

WRITE IN CAPITALS PLEASE **I am Female**

Name Jerry Murrey Postcode _____
Mobile 07777 411781
Address _____

Why are you here today? (Please tick)

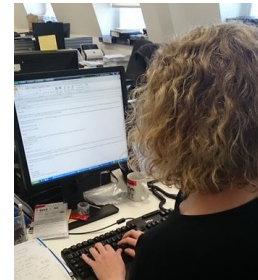
I have symptoms:

- discharge/itching
- need emergency contraception
- bleeding between periods/after sex
- Stomach pain/pain with sex
- Painful ulcer in genital area

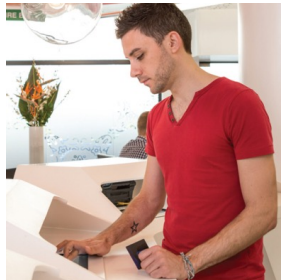
Other (please specify) _____

Some questions about you (Please tick)

- I have been asked to
- I have been in contact
- Come back for treatment
- I have recently been
- I need a pregnancy test
- I am here for PEP



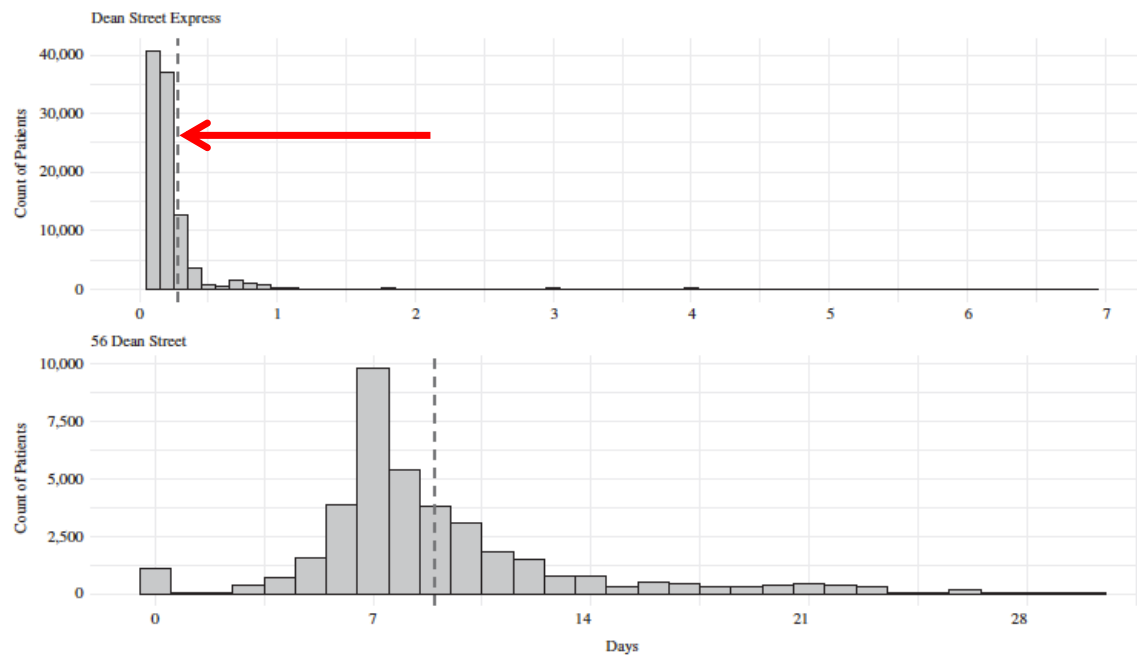
Now



Benefits

- Faster results: 'hours not days'
- Faster treatment
- Public health benefits
- Efficient use of staff
 - nurse-led, cost less

Faster results



Whitlock G et al. *Rapid testing and treatment for sexually transmitted infections improve patient care and yield public health benefits* IJSA 29(5): 474-482 (2018)

Faster results, quicker treatment

Time from testing to ...	Pre Express	Post Express
Results	183 h	3.8 h
Treatment	238 h	48 h

→
190 h reduction

Gonorrhoea & Chlamydia

Number of partners spared exposure was 0.5 per index case

Byrne R et al. *Can Express treatment reduce onward transmission* Oral presentation (O19), BASHH conference, Glasgow (2015)

Public health benefits

Annual savings attributable to reduced
number of partner attendances

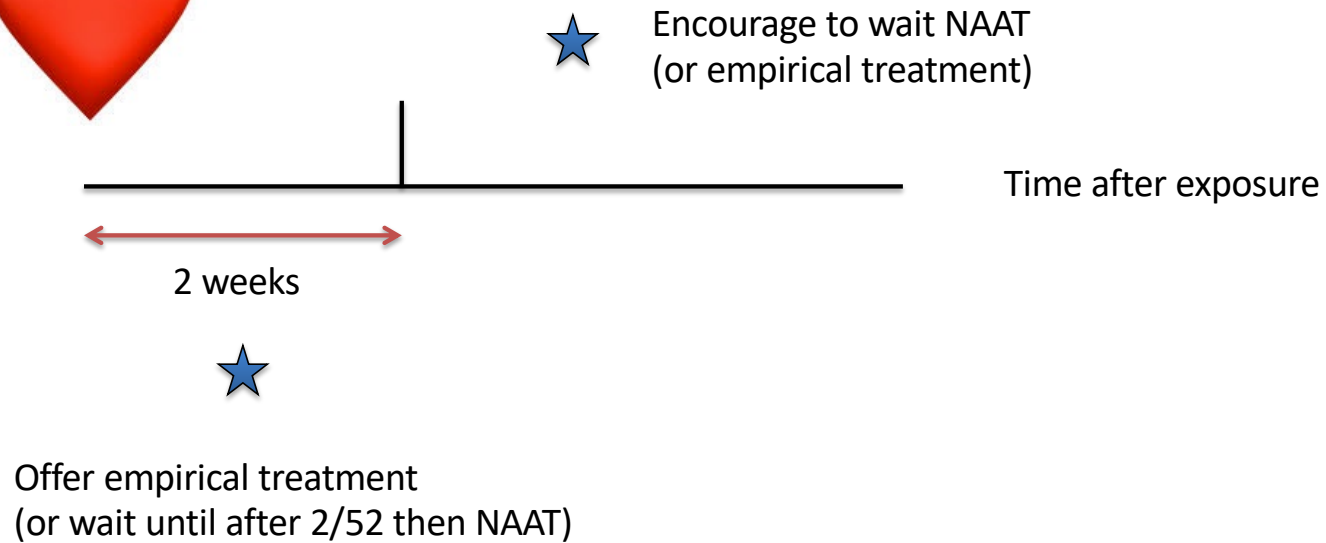
£124,000

Whitlock G et al. *Rapid testing and treatment for sexually transmitted infections improve patient care and yield public health benefits* IJSA 29(5): 474-482 (2018)

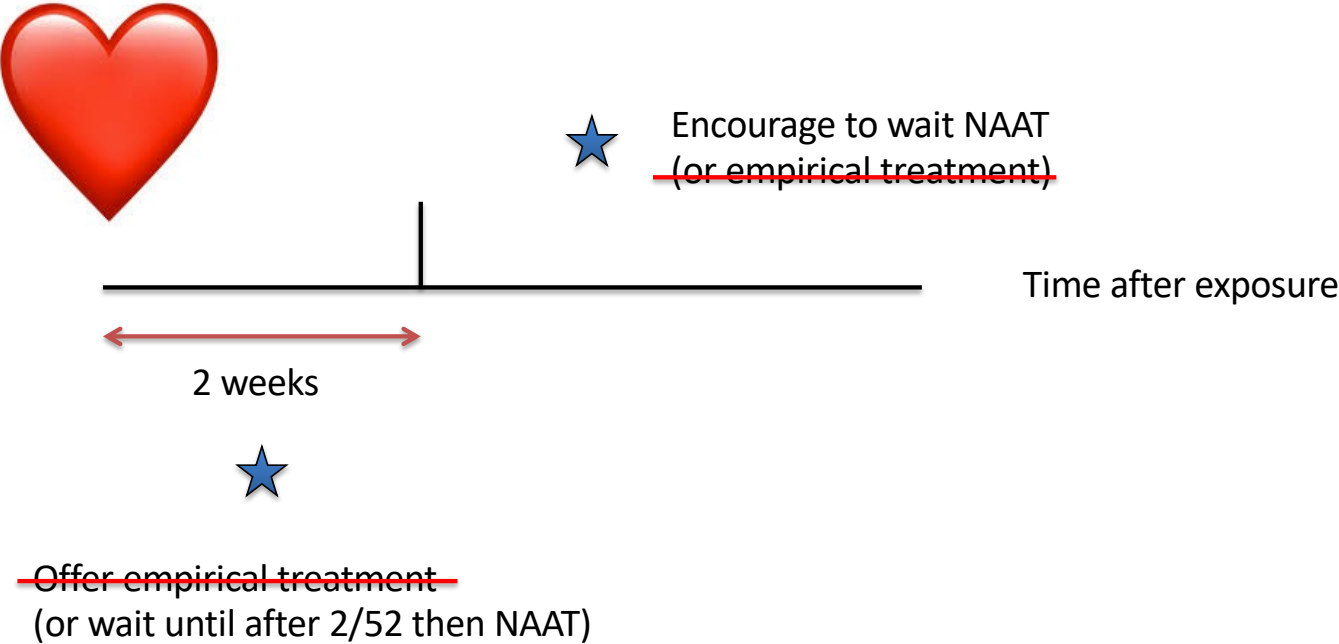
Antibiotic stewardship

- Epidemiological treatment
 - Standard strategy in sexual health clinics
 - contacts of bacterial infections:
 - Chlamydia trachomatis (CT)
 - Neisseria gonorrhoeae (NG)
 - Syphilis
 - Proctitis, non-specific urethritis
- Are patients willing to wait for results?

Contact of CT: standard



Contact of CT: new



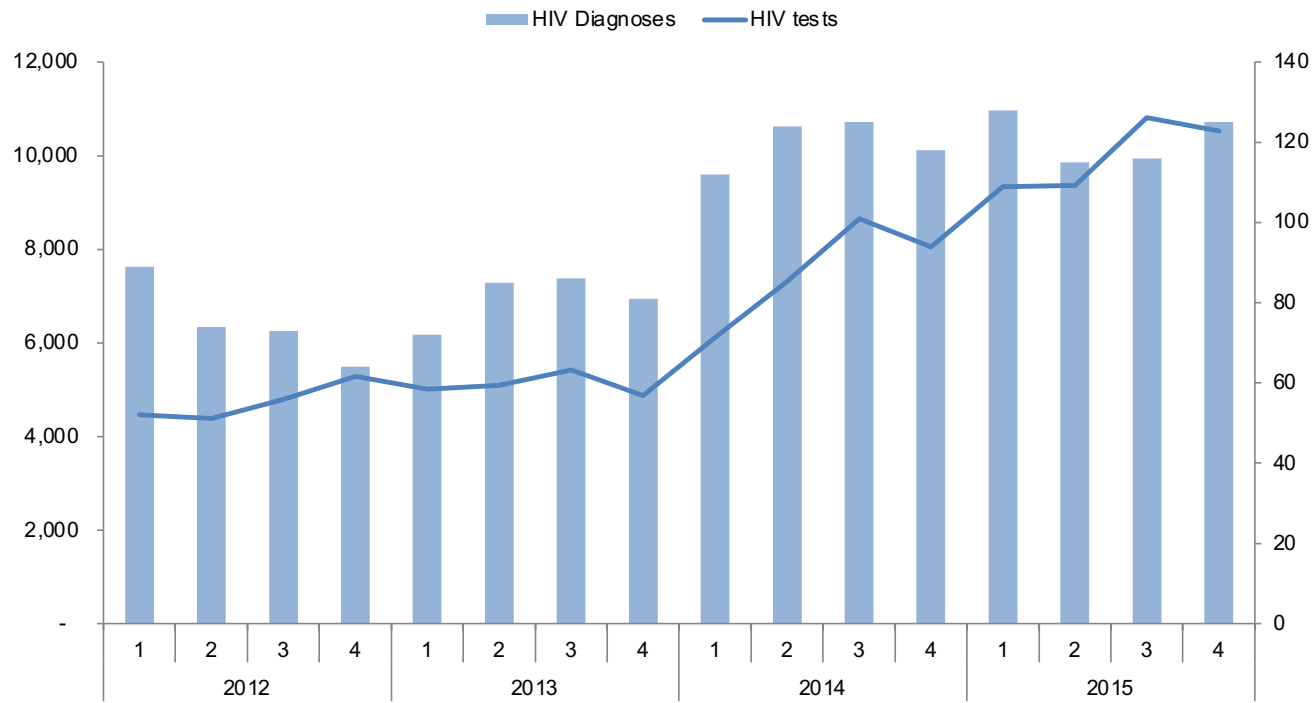
Reduction in antibiotics

	2016 (n = 40)	2017 (n = 40)	2018 (n = 40)
Age (yrs; median [range])	25 [16–37]	25 [18–56]	26 [16–63]
Female	19 (47.5%)	14 (35%)	17 (42.5%)
Attending within 14 days of contact with index (in window period “WP”)	22 (55%)	29 (72.5%)	29 (72.5%)
In WP and offered treatment	22/22 (100%)	29/29 (100%)	29/29 (100%)
Outside WP and offered treatment	18/18 (100%)	6/11 (54.5%)	3/11 (27.3%)
In WP and treated	22/22 (100%)	24/29 (82.8%)	29/29 (100%)
Outside WP and treated	18/18 (100%)	6/11 (54.5%)	3/11 (27.3%)
Time to results (days; median [range])	7 [5–12]	0 [0–1]	0 [0–1]
Outside WP, treated, and chlamydia test negative	12/18	4/6	2/3

Dhoot et al. *Improving antibiotic stewardship in contacts of chlamydia: the benefit of near patient molecular diagnostics. Poster presentation (P123) BASHH conference, Birmingham, UK (2019)*

Audit

HIV diagnoses rising



PRIME

10% risk HIV seroconversion

- Rectal NG or CT
- 'Early' Syphilis
- PEP



- >1 condomless receptive anal intercourse in last 3 months

Girometti N et al. *High HIV incidence in men who have sex with men following an early syphilis diagnosis: is there room for pre-exposure prophylaxis as a prevention strategy* Sex Transm Infection 93(5): 320-322 (2017)

Whitlock G et al. *High HIV incidence in men who have sex with men attending for postexposure prophylaxis: a service evaluation* Sex Transm Infection 93(3): 214-216 (2017)



PRIME is a members only enhanced service for selected Dean Street users.

Watch the videos, make a choice, take control!

[Click here to see member benefits >](#)

PRIME FEATURES

[watch introduction here >](#)



Priority access to Dean Street Express



Monthly text support



Special offers and events



Exclusive services just for you

CHOOSE ONE OF THE FIVE OPTIONS BELOW AND TAKE CONTROL OF YOUR SEXUAL HEALTH.

TAKE A BREAK

Take a short break from sex

JUST US

Maintain a safe and monogamous relationship

CONDOMS PLUS

Condoms and a safety net

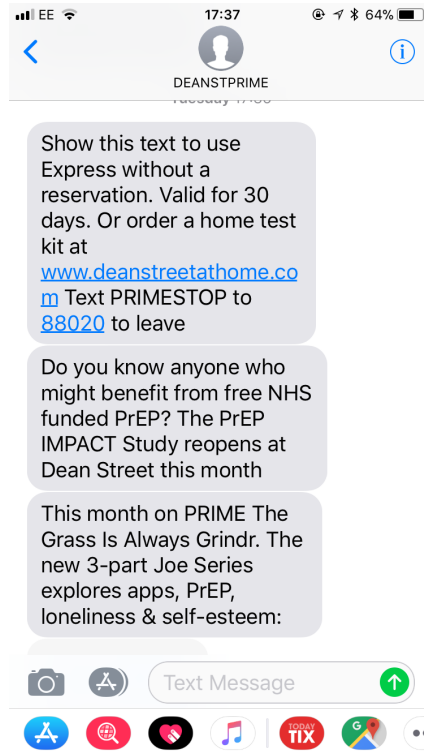
PrEP

A pill that prevents

TOTAL BAREBACK

Test regularly and catch an infection early

PRIME message





ART initiation

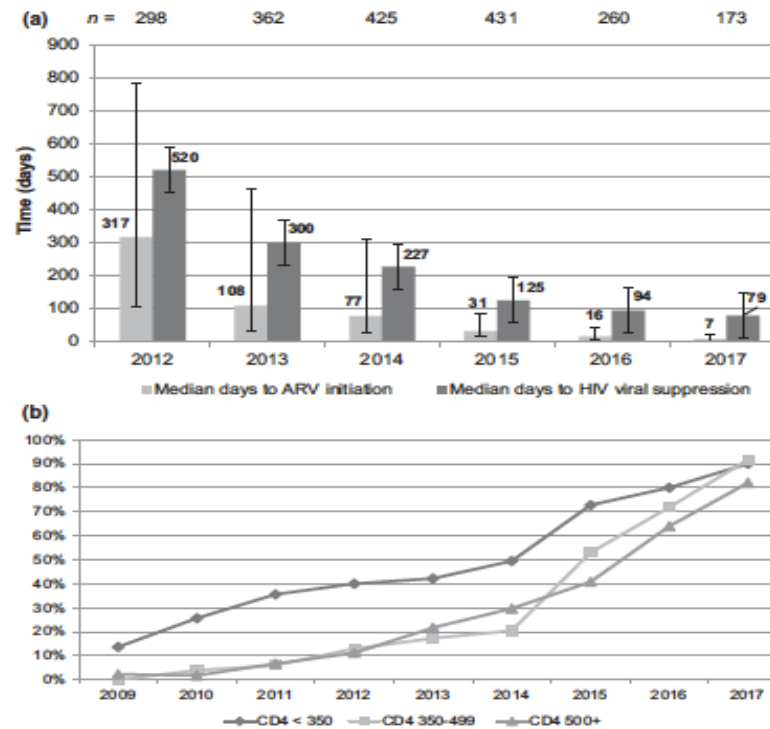
ART initiation

- UK guidance
 - May 2012: T-as-P*, CD4>350
 - Sep 2015: T-as-P, promoted to all
- 56DS practice
 - 2012: T-as-P promoted to all including PHI**
 - Jul 2016: Rapid ART initiation within 48h

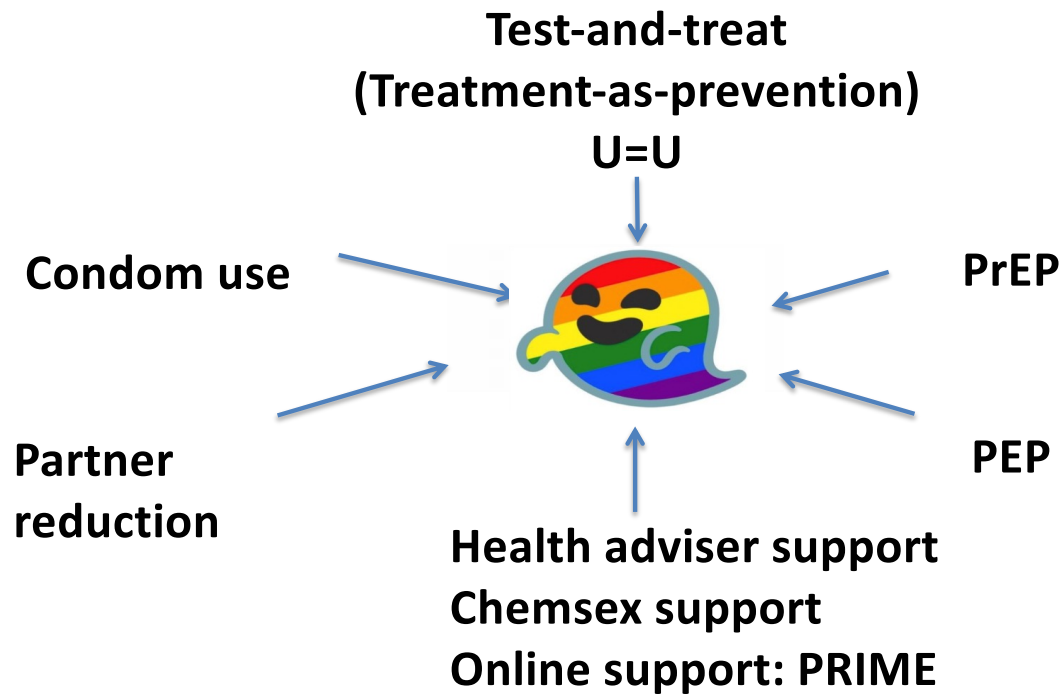
*T-as-P, treatment as prevention

**PHI, primary HIV infection

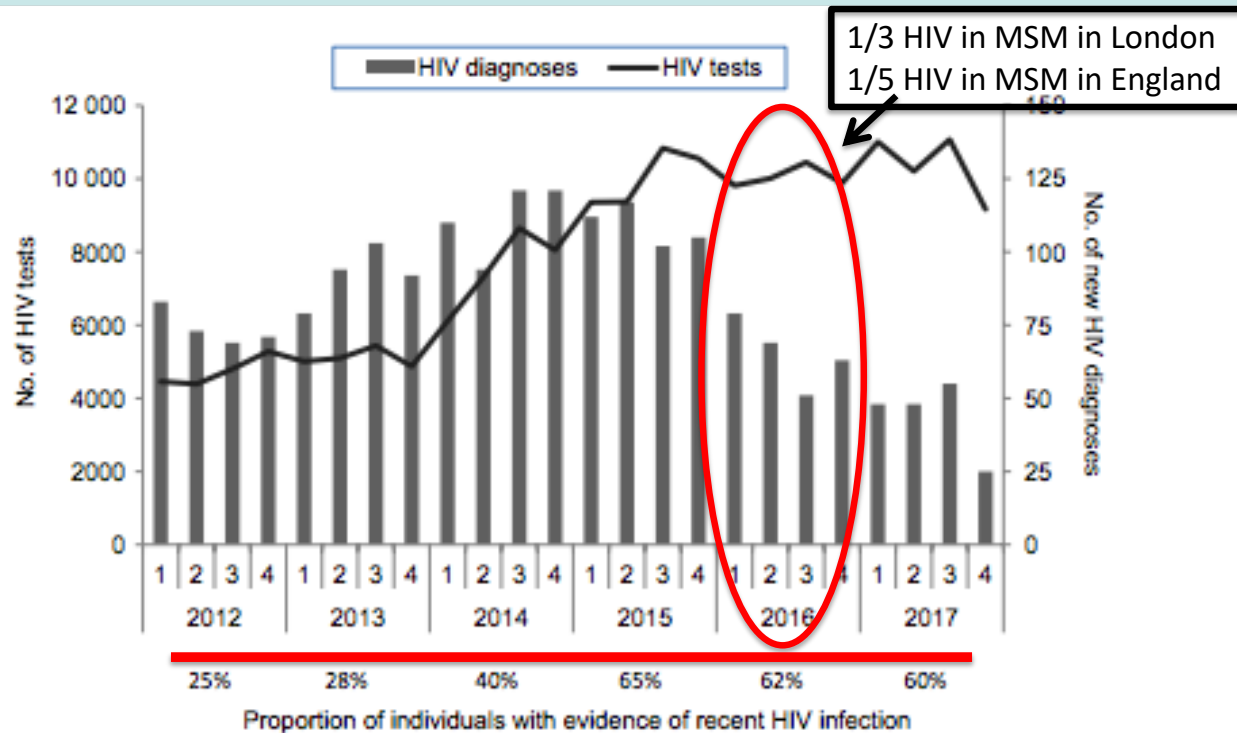
ART initiation



Dean Street model

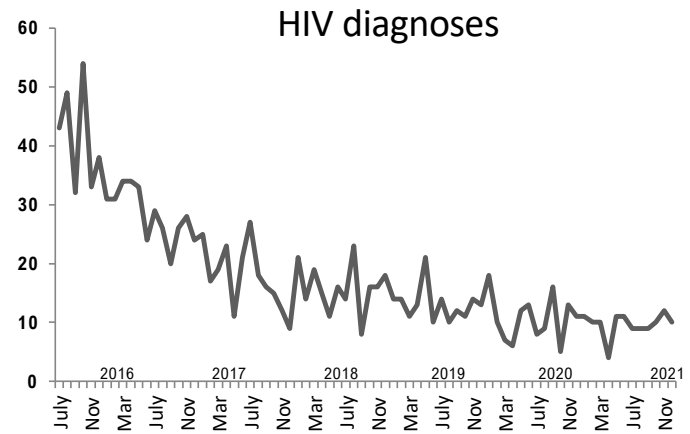
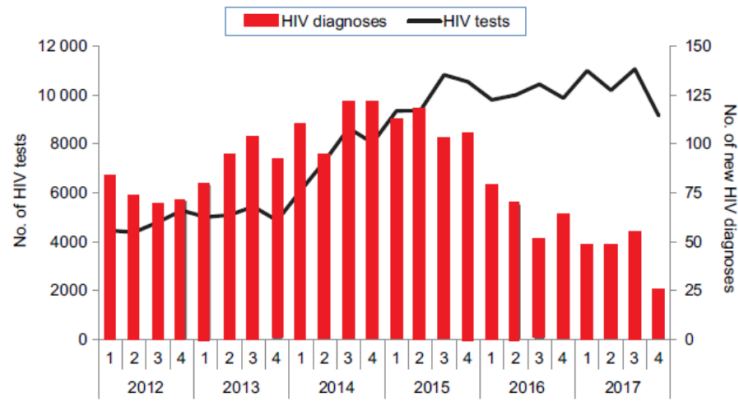


HIV tests & diagnoses



Girometti N et al. *The success of HIV combination prevention: The Dean Street model.* HIV Medicine (2021)

HIV diagnoses



Chelsea and Westminster Hospital 
NHS Foundation Trust

Bacterial STIs diagnoses

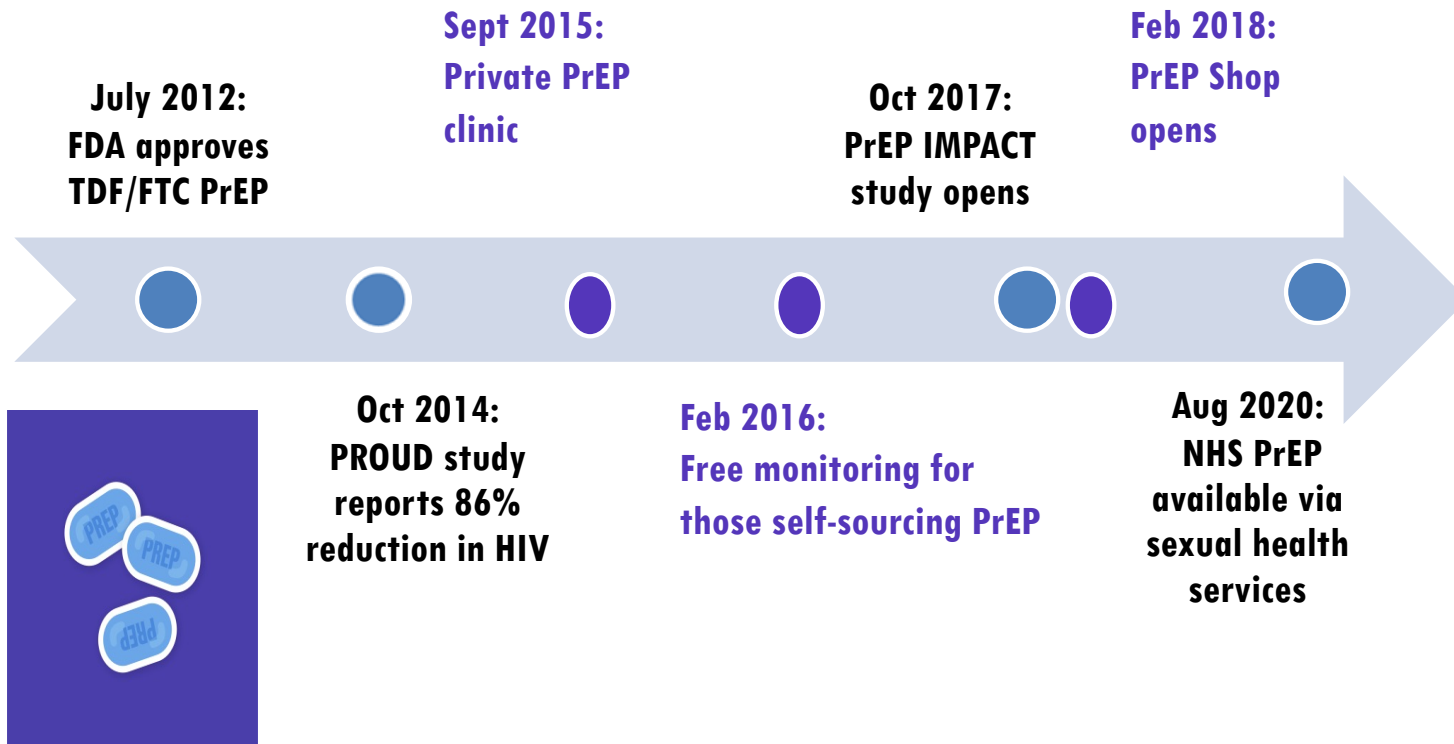
?

PrEP, an example

Girometti et al. *Evolution of a Pre-Exposure Prophylaxis service in a community-located sexual health clinic: concise report of the PrEPexpress*

Sex Health 15(6): 598-600 (2019)

PrEP in the UK



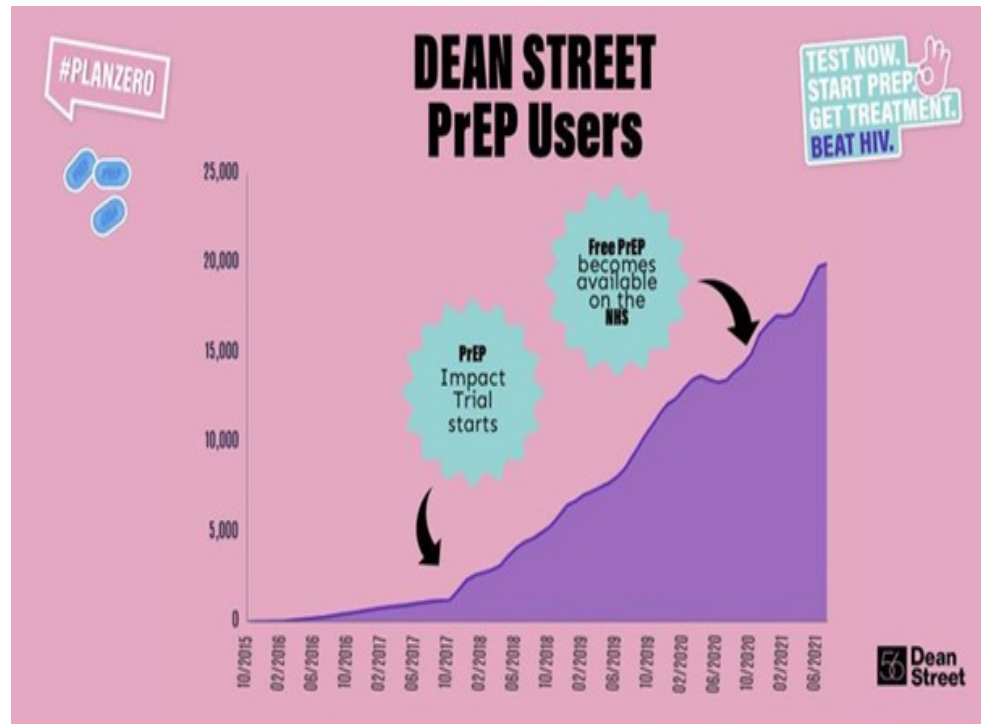
PrEP users at 56 Dean Street



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That's 20,000 people at high risk of getting HIV who are now protected
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PrEP is free on the NHS for ANYONE who needs it

[#PrEPped4Summer](#)



Lessons learned

- Increased proportion of new diagnoses amongst MSM ≤ 21 y.o.
- Ensure walk-in access maintained for this group
- “Generation Zero” PrEP



Whitlock & Scarfield. HIV diagnoses continue to fall at 56 Dean Street. *EClinicalMedicine*, 2020 Feb 4;19:100263

Lessons learned

- Feb 19-May 20: 205 individuals with new HIV
- 65/205 (32%) attended in the year before
- 88% aware of PrEP
- 34% took PrEP when offered

- **“Opt out PrEP” since Jan 2021**

Gregson S et al.. Towards no missed opportunities: the experience of 56 Dean Street. *Lancet HIV* 2021 8(5): e251-252

Lessons learned

PEP2PrEP service

- Started January 2021
- Those attending for PEPSE
- Offered quick-start opt-out PrEP
- 1-month supply
- Start immediately after PEPSE

- 288 PEP users, Mar-Apr 22
- 212 (74%) subsequently started PrEP in the Apr 22 to Aug 23
- Of 212 PrEP users, 114 (54%) re-attended 56DS for subsequent PrEP consultation during study period

Whitlock et al. *PEP2PrEP: an effective HIV risk-reduction strategy*. CROI, Denver, abstract 1133, 2024

PGD

Guidance

Patient group directions: who can use them

Updated 4 December 2017

www.gov.uk/government/publications/patient-group-directions-pgds/patient-group-directions-who-can-use-them

PGD

Who can supply or administer under a PGD

You can do this if you are a qualified healthcare professional. These are::

- chiropodists and podiatrists
- dental hygienists
- dental therapists
- dieticians
- midwives
- nurses
- occupational therapists
- optometrists
- orthoptists
- orthotists and prosthetists
- paramedics
- pharmacists
- physiotherapists
- radiographers
- speech and language therapists

Nurse-led PrEP

There were 40 950 PrEP consultations in 2021. Of these, 37 189 (90.8%) were done by nurses.

	n (%)
Individuals	22 938 (100%)
Age, years	
<18	30 (0.1%)
18-24	2898 (12.6%)
25-34	10 140 (44.2%)
35-44	6043 (26.4%)
45-54	2712 (11.8%)
≥55	1115 (4.9%)

Whitlock et al. *Nurse-led PrEP provision at 56 Dean Street Lancet HIV* 2023, 10(2), e81

Nurse-led PrEP

- ~5 nurses at DSE
- 8am-7pm (11 h/day)
- 100-150 PrEP consultations per day
- In-clinic medication cupboards

DoxyPEP, an example


DoxyPEP

REDUCE YOUR CHANCES OF SEXUALLY TRANSMITTED INFECTION BY UP TO 80%

Find out more, get it now:
dean.st/doxy-pep

BE PROTECTED WITH DOXYPEP

Any questions?

A vibrant, colorful illustration of a microscopic world. The scene is filled with various biological structures, including large yellow and blue spheres, smaller green and brown clusters, and numerous small, colorful particles. The background is a mix of red, purple, and blue, creating a rich, textured environment.

Thank You for Your Attendance!

Please visit us at:

www.prn.org