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# Pee-in-a-Pot Day: Lincoln College's Chlamydia screening day

Chlamydia is the most common bacterial sexually transmitted infection (STI) and affects both men and women.

About 1 in 10 sexually active young people who are tested have Chlamydia, yet most people who have this STI have no signs or symptoms and won't know they have got it. Taking a simple test can show if the infection is present.

### Effects of Chlamydia

In women, Chlamydia can spread to other reproductive organs causing pelvic inflammatory disease (PID). This can lead to long term pelvic pain, blocked fallopian tubes, infertility and ectopic pregnancy.

In men, Chlamydia can lead to a painful infection in the testicles and possibly reduced fertility. It is thought that in some men it might cause the prostate to become inflamed.

In both men and women, inflammation or swelling of the joints can occur (reactive arthritis). This is sometimes accompanied by inflammation of the urethra and the eye, when it is known as Reiter's syndrome. This is rare and occurs more in men than in women.

Without proper treatment the infection can spread to other parts of the body causing damage and serious long-term complications.

### Pee-in-a-Pot Day

Lincoln College staged its first Pee-in-a-Pot Day on November 14th as part of its programme of sexual health services. The College Health Adviser was joined by 3

other nurses as the campaign was launched across the Lincoln campus to offer free, confidential Chlamydia testing to staff and students.

### Men in the majority

A total of nearly 80 people, staff and students, took part in the 2 hours the pots were made available. The majority of people who were involved were male. This was a very pleasing aspect of the event as young men are less likely to access health services.

The campaign was rolled out to students via tutorial briefings and advertising on the 'Healthbytes' animated messages which appear on the desktop of every student PC. Students love these animated messages and we benefit from being able to advertise directly to them about sensitive issues.

We also leafleted students in the refectory. To also help get the message across, staff wore Pee-in-a-Pot t-shirts and a witty poster was displayed showing Michelangelo's statue of David peeing into an urn. In fact, all the images used were of men and boys so the message was loud and clear that it was aimed at males.

Students were happy to help promote the campaign and posed for photographs that were used in the local press.

### Chlamydia in Lincoln

Chlamydia rates in Lincoln are high so the campaign had circulated sexual health messages to students for several weeks, raising their awareness before the Pee-in-a-Pot Day. 9,000 (one in eight) 16 to 25 years olds in Lincolnshire are believed to have

Chlamydia and there is still a long way to go to cure and prevent the spread of the infection affecting the fertility of both men and women.

In Lincoln, on average, one in 10 people screened for Chlamydia will test positive, in line with the national average.

## **Results**

The results from the Chlamydia screening day at Lincoln College were communicated to participants by text, phone or email. Those testing positive were

treated in college with a a one-off dose of antibiotics.

The local Primary Care Trust carried out a follow-up survey with those that had taken part and those that hadn't. This helped see what demand there was and how often we need to repeat the screening day.

Students commented on how easy it was to take part in the screening which is offered all year by the Health Adviser as part of her clinics, although this was the first time the college had run a campus-wide screening campaign.

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