

Women's and Men's Health Checks PHC Remote Information Sheet

The Women's and Men's Health Check is core business for NT DoH Remote Health Centres and is an adjunct to the [Adult Health Check](#) or alternately a [Chronic Conditions Management Plan](#) which replaces the Adult Health Check when a client has a diagnosed chronic condition.

A Women's and Men's Health Check provides a holistic approach to women's and men's screening and determines the client's reproductive / sexual health status assisting the practitioner in identifying the need for preventative health care, education and ongoing health management. Women's and Men's Health Checks are to be offered every two years to the client opportunistically or during planned community screening programs.

Clinical staff should offer a Women's or Men's Health Check to all clients over 15 years, as appropriate (also see [Pap Smear](#) for guidance). To promote client participation and encourage women and men to attend a health check an explanation of the purpose and importance of the check should be given to the client.

Confidentiality and privacy must be provided for the client during the women's or men's health check and sufficient time must be allowed for the consultation so as not to hurry the client through the process. To provide a comprehensive service, clinical staff should be aware that the Adult Health Check or Chronic Conditions Care Plan including the Women's or Men's Health Check, may need to be completed over several consultations.

This document is to be read in conjunction with the document - [Preventable Chronic Conditions Program](#).

Women's and Men's Health Check Standards

Prior to commencing a Women's or Men's Health Check, practitioners need to view the clients' recall to avoid either under or over servicing the client. Of particular importance is to align the Women's or Men's Health Check with the Adult Health Check or Chronic Conditions Care Plan.

Women's and Men's Health Check standards are detailed in Electronic Health Record (EHR) systems and once the appropriate information is entered, the EHR Recall system will prompt clinicians regarding checks to be provided during a Women's or Men's Health Check. To provide a Women's or Men's Health Check staff should select the age appropriate Care Plan. Documentation requirements are detailed in the relevant EHR User Reference Guides.

1 Components Specific to Women's Health

1.1 Breast Self-Awareness

Breast awareness is about a woman being familiar with the normal appearance and feel of her own breasts so that she will know what is normal / abnormal for her. It is important for the health practitioner to assess the woman's ability to perform her own assessment and correct her technique as required.

1.2 Papanicolaou Smear (Pap Smear)

A Women's Health Check includes a pap smear every two years, unless otherwise indicated. A Pap smear should be offered to all women who have been sexually active for 2 years and are between 18 - 20 years of age, whichever is the later (see Womens Business Manual for details). This service

can only be provided by clinical staff who have completed a Women's Health training unit which includes pap smear provider training. The CRANApplus Clinical Procedure Manual provides details of this procedure.

[Cancer Screening Services](#) maintain the Cervical Screening Register which contains details of consenting women's pap smears and other cervical tests, and must comply with [privacy legislation](#). Women's details automatically go onto the Pap Smear Register, unless they specifically ask not to be included. It is a requirement under [Public Health \(Cervical Cytology Register\) Regulations](#) for clinical staff to ensure that a woman consents, or refuses to consent, to the recording of details in the Register, at the time of consultation.

The Register is not a primary recall system, but provides:

- a reminder letter to the woman three months after the due date for the pap smear
- with the woman's consent, information by telephone to clinical staff
- information on behalf of a group of women to a health centre to facilitate programs offering pap smears to women who may be overdue for a pap smear. A Request for Cervical Screening Information Form is required to gain this information. This form, if not available in the health centre may be requested from the NT Pap Smear Register per the phone number below, completed by a health practitioner and faxed to the Register per the number below:

NT Pap Smear Register:	Fax No: 8922 6455	Phone No: 13 15 56
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*Note: Pap tests should be offered to all pregnant women presenting for antenatal care who have **not** had a Pap test performed in accordance with national guidelines. See the [NT Protocol for Cervical Screening in Pregnancy](#) for further information.*

2. Components Specific to Men's Health

2.1 Testicular Check

Testicular self-examination is a procedure for men to adopt as part of their routine health check in order to check themselves for early signs of cancer. This routine promotes that the man becomes familiar with the normal appearance and feel of his testes so that he will know what is normal / abnormal for him. It is important for the health practitioner to assess the man's ability to perform his own assessment and correct his technique as required. See CRANApplus Clinical Procedures Manual.

2.2 Prostate Screening (digital rectal examination (DRE), prostate specific antigen (PSA) or transabdominal ultrasound)

The Royal Australian College of General Practitioners (RACGP) Clinical Guidelines (Red Book) states "Routine screening for prostate cancer with DRE, PSA or transabdominal ultrasound is not recommended". There is no evidence of a survival benefit from screening for prostate cancer. Further information is available via the RACGP Clinical Guidelines, [9.8 Prostate Cancer](#).

The RACGP position is that "Prostate screening need not be discussed, but if men ask about prostate screening they need to be fully informed of the potential benefits, risks and uncertainties of prostate cancer testing. When a patient chooses screening, both PSA and DRE should be performed".

3. Sexual Health Consultation

The Sexually Transmitted Infections (STI) Check in the EHR provides a consistent workflow which guides clinicians through the sexual health consultation process. It assists with the identification of risk and diseases, recommends pathology collection, treatment, education and follow-up.

The Pathology Collection Guides: [STI Pathology \(Male\) Collection PHC Remote Guide](#) and [STI Pathology \(Female\) Collection PHC Remote Guide](#) provide guidance for sexual health pathology requirements.

4. Follow up Care

Undertaking a Women's or Men's Health Check provides an opportunity to screen for new or potential health problems a client may have. Interpreting the results of the Women's and Men's Health Check and planning ongoing management with the client is the next phase of the check.

The [recall](#) system in the EHR provides a reminder system for ongoing care of clients. When providing screening activities, it is also important for the pap smear provider (e.g. Registered Nurse, ATSIHP or Medical Practitioner) to monitor the return of investigation results e.g. pap smears and inform the woman of the result. This is particularly significant when an abnormal result is returned.

Documentation of interventions and follow up management must be made in the client's EHR. Also see [Health Records Documentation](#).

5. Appropriately Skilled Workforce

Health practitioners require the knowledge and skills to provide women's and men's health screening and care. Practitioners who perform pap smears are required to undertake a recognised Women's Health training unit which includes pap smear training.

All professional development training courses can be viewed under the [DoH training calendar](#). Women's Health Educators can provide on-site training and supervision following attendance at the training unit to ensure staff meet the required competencies of the training unit for pap smears as well as to improve and support clinical staff knowledge and skills.

6. References

[Client Recall Systems](#)

[Health Records Documentation](#)

[Medicare - Overview](#)

[Preventable Chronic Conditions Program](#)

Information Sheets: [Adult Health Checks](#)

[Chronic Conditions Management Plans](#)

Pathology Collection Guides: [STI Pathology \(Male\) Collection PHC Remote Guide](#)
[STI Pathology \(Female\) Collection PHC Remote Guide](#)

[NT Protocol for Cervical Screening in Pregnancy](#)

[Remote Primary Health Care Manuals:](#)

Central Australian Rural Practitioners Association (CARPA) Standard Treatment Manual

Minymaku Kutju Tjukurpa - Women's Business Manual

Clinical Procedures Manual for Remote and Rural Practice

[NT Guidelines for the Management of Sexually Transmitted Infections in the Primary Health Care Setting](#)

NT Department of Health

[Women's Health website](#)

[Sexual Health and Blood Borne Virus Unit](#)

[Women's Health intranet site](#)

[Men's Health intranet site](#)

[Information Act](#)

[Public Health \(Cervical Cytology Register\) Regulations](#)

[Medicare Australia](#)

[Primary Care Information System \(PCIS\) website](#)

[Basic Steps - Care Plans](#)

[Basic Steps - Diary Recall](#)

[User Reference Guides](#)

[Recall Reports](#)

[Repeat Diary Item Care Plan](#)

[Sexual Health Consultations \(Female Screen Demonstration Images\)](#)

[Sexual Health Consultations \(Male Screen Demonstration Images\)](#)

[East Arnhem Communicare System \(EACS\) Website](#)

[User Reference Guides](#)

[Diagnosis linked to the Chronic Conditions Review](#)