

Sexually Transmitted Infection/Reproductive Tract Infection (STI/RTI) Control Programme in Kerala

During NACP IV, the programme aimed to provide universal, comprehensive and standardized quality STI/RTI services at all health care facilities to all population groups with special emphasis on HRG population and vulnerable groups, including women and adolescents through convergence with NHM and by involvement of private sector.

As per the community based STI/RTI prevalence study (2003), over 6% of the adult population in India suffers from one or the other STI/RTI episode annually. There is enough evidence to suggest that early diagnosis, treatment and management of STI/RTI including inducing behavior change through education amongst the target groups will reduce transmission of STI/RTI and HIV (Lancet 1995; 346:530-536). Failure to diagnose and treat STI/RTI at an early stage in women of reproductive age group may result in serious complications and consequences, including infertility, fetal wastage, ectopic pregnancy, ano-genital cancer and premature death, as well as neonatal and infant infections. Presence of a STI/RTI in the sexual partner increases the risk of acquisition of HIV from an infected partner by 8-10 folds. Effective control of STI/RTI is a strong and most cost effective strategy for reducing/preventing transmission of HIV. Standardized training to the medical and paramedical personnel based on syndromic case management approach is being provided and counseling services from trained counselors are made available at these clinics. Colour coded syndromic drug kits and RPR test kits are being centrally procured and supplied to these clinics.

As of now, there are 23 STI Clinics (Pulari) spread across 14 districts in the state. These clinics are located in 9 district hospitals, 8 Govt. Medical Colleges, and 6

general hospitals. State Reference Laboratory at the Microbiology department, Medical College Trivandrum is also functioning.

The list of DSRCs in the state is

	Name of STI Clinic	Name of District
1	Medical College Hospital, Trivandrum	Thiruvananthapuram
2	General Hospital Trivandrum	
3	General Hospital, Neyyattinkara	
4	District Hospital, Kollam	Kollam
5	General Hospital, Pathanamthitta	Pathanamthitta
6	Medical College Hospital, Alappuzha	Alappuzha
7	General Hospital, Alappuzha	
8	Medical College Hospital, Kottayam	Kottayam
9	District Hospital, Kottayam	
10	District Hospital, Painavu, Idukki	Idukki
11	General Hospital, Ernakulam	Ernakulam
12	Govt. Medical College Kalamassery	
13	District Hospital, Thrissur	Thrissur
14	Medical College, Thrissur	
15	District Hospital, Palakkad	Palakkad
17	District Hospital, Tirur	Malappuram
16	General Hospital, Manjeri, Malappuram	
19	General Hospital, Kozhikode	Kozhikode
18	Medical College Hospital, Kozhikode	
20	District Hospital, Mananthavady	Wayanad
21	District Hospital, Kannur	Kannur
22	Govt. MC Kannur, Pariyaram	
23	District Hospital, Kanhangad, Kasargod	Kasargod
24	SRC Trivandrum Lab Technician	Thiruvananthapuram

STI/RTI service delivery in DSRCs

Services at the designated STI/RTI clinics are provided through the outpatient departments of Skin and VD department and Obstetrics & Gynecology department. The services of STI counselors have been extended to Obstetrics & Gynaecology department in Medical colleges and W&C hospitals.

Services provided at Pulari clinics are

- Sexual-health history taking

- Adequate and appropriate physical examination and speculum and bimanual examination of the genital tract for all female patients, and digital rectal examination (including proctoscopy, if indicated) for patients practicing receptive anal sex
 - Appropriate and immediate treatment
 - Counselling to every patient, including the "four C's" (Condom demonstration and promotion, ensuring Compliance with treatment, Counselling for safer sex practices and Contact treatment/partner management)
 - Follow-up care including examination of patient to know the status of STI/RTI after the treatment.
 - Partner management
 - Onsite laboratory to do minimum investigations
 - Referral network for services at the clinic (e.g., referral for syphilis testing, HIV testing, tuberculosis screening etc)
 - Semi-annual serologic screening for syphilis
 - Linkages with Bhoomika, TIs, ICTCs, Adolescent Health Counselling.
 - Routine screening of HRGs for drug resistance to certain STDs
 - Systematic Management of High Risk Groups, partner notification, management and regular follow up.
 - Re screening after 3 months.
 - Provides Syphilis lab testing by VDRL/RPR Test and confirmation by TPHA, if reactive provides counseling, treatment and follow up is done.
 - Color coded drug kits were provided by National AIDS Control Organization free of cost for treatment of STI/RTI at the clinics.
- Capacity building of training of Counselors at Pulari clinics on a regular basis is conducted by NACO through KSACS

Performance Indicators 2020-21

1	Total no. of visits	13081
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2	Total no of episodes managed	5784
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Syndromes managed in DSRCs and TI Projects

Symptoms	No of cases
Vaginal/ Cervical Discharge(VCD)	2811
Lower abdominal pain(LAP)	1095
Genital ulcer	415
a. Non Herpetic	178
b. Herpetic	237
Urethral discharge	117
Ano/rectal discharge	3
Inguinal bubo	20
Painful scrotal swelling	31
Genital warts	211
Other STIS	666