

# Implementation of a Nurse-Led Sexual Health, HIV and Hepatitis C Outreach Clinic in Rural New South Wales

## Authors:

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## Background/Purpose:

Jindabyne is a rural town in Southern NSW and a major tourism destination, where population increases from 4,000 residents to 20,000 during peak periods. Until recently, there was no publicly funded sexual health service (PFSHS), with the nearest equivalent over 190km away. Local health data and anecdotal evidence identified an unmet need. This project aimed to establish and implement a regular nurse-led outreach sexual health, HIV, and hepatitis C clinic to reduce access barriers and improve local service delivery.

## Approach:

The outreach commenced in August 2025 and was promoted through a coordinated communication strategy, including social media campaigns, engagement with non-government organisations (NGO), and local radio. Nurse-led promotion involved distribution of service brochures across community networks, alongside targeted Sexual Health information packs for General Practitioners (GP).

In accordance with established processes and nurse scope of practice, the outreach clinic aims to offer Sexually Transmissible Infection (STI) and Blood-Borne Virus (BBV) testing and treatment. As well as vaccination, HIV Pre-exposure Prophylaxis (PrEP) and non-occupational Post Exposure Prophylaxis (nPEP), emergency contraception, and sexual health education. Delivered on monthly face-to-face basis, complemented by virtual care.

## Outcomes/Impact:

As of April 2026, a total of fifty-seven occasions of service have been delivered. Of these, twenty-nine were face-to-face consultations and sixteen virtual with the remaining comprised of secondary consultation or service enquiries. Furthermore, twelve individuals identified as Medicare-ineligible. Overall community feedback received has been positive, with consumers self-reporting strong acceptance of the availability of a local service.

## Innovation and Significance:

The diagnoses of STI/BBVs demonstrated a clear unmet need for locally accessible services within the community. This highlighted that such outreach models are significant for improving timely and accessible access to care. Particularly when supporting early diagnosis, treatment, and prevention of STIs and BBVs, as well as reducing barriers to care commonly experienced by individuals in geographically isolated settings.

## Disclosure of Interest Statement:

Nil