

Chemsex and the city: sexualised substance use in gay bisexual and other men who have sex with men

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SWAGNET (South West London HIV & GUM Clinical Services Network)

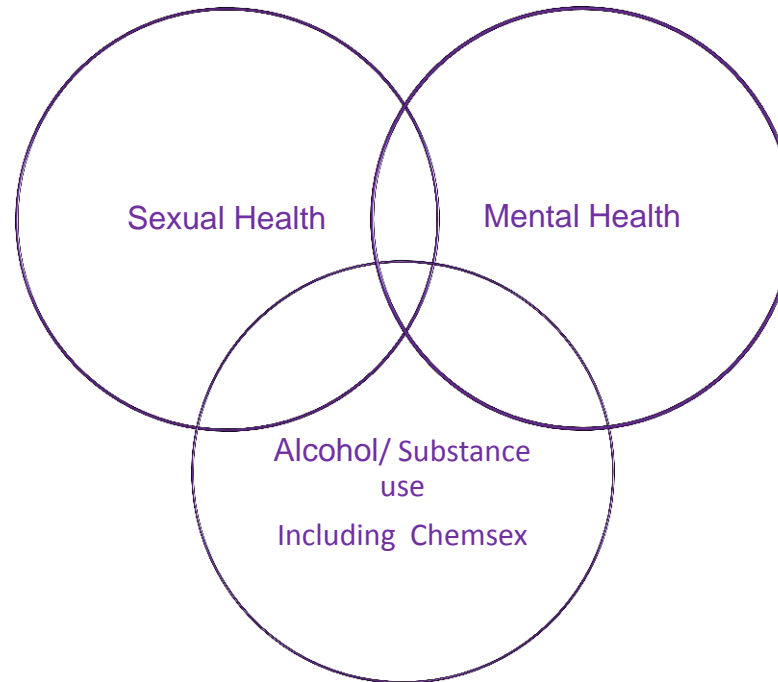
Background

- “Chemsex” is a term commonly used by gay, bisexual and other men who have sex with men (GBMSM) to describe sex that occurs under the influence of drugs taken immediately preceding and/or during a sexual session¹.
- Drugs commonly associated with chemsex are
 - GHB / GBL
 - Mephedrone
 - Crystal meth (or methamphetamines)
 - [Cocaine]
 - [Ketamine]
- Increasingly reported phenomenon amongst GBMSM attending sexual health clinics in association with increased risk taking behaviours and STIs
- No published UK data on the impact of chemsex on wellbeing and sexual health.

¹Bourne A et al: The Chemsex Study: drug use in sexual settings among gay and bisexual men in Lambeth, Southwark. 2014

PHE Strategic framework to promote the health and wellbeing of GBMSM

- Following its publication in 2014², two specialist Gay Men's clinics in south London introduced holistic clinic proformas incorporating a more detailed assessment.



²Public Health England. Strategic framework to promote the health and wellbeing of gay, bisexual and other men who have sex with men. 2014.

Aims

- To describe chemsex trends and clinical characteristics of GBMSM attending two London sexual health clinics.
 - To analyse the association of chemsex with any STI, HIV and Hepatitis C diagnoses
 - To describe perceived consequences of chemsex in this population
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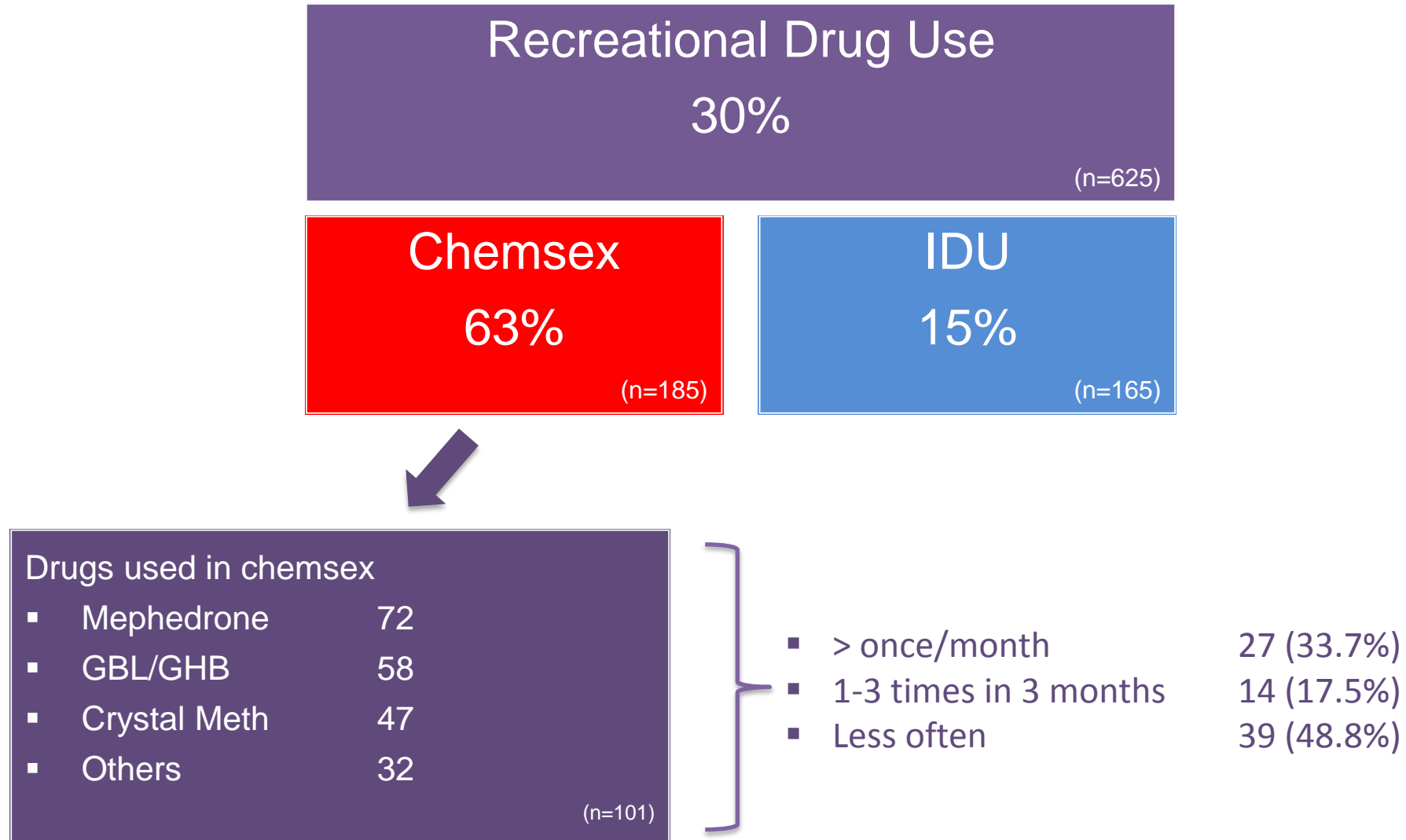
Methods

- Retrospective case notes review of GBMSM attending 2 South London sexual health centres 1/6/14 - 31/1/15
 - The Courtyard Clinic at St George's University Hospital FT
 - The Wolverton Clinic at Kingston University Hospital FT
 - Cases identified through GUMCAD sexual orientation coding
 - Data on demographics, chemsex practices, sexual behaviour, STI diagnoses and HIV status extracted on a standardised proforma.
 - Data analysed in MS Excel and Stata
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Results – Baseline Demographics

	GBMSM % (n=810)
Median age	32 yrs (range 14 - 82)
<u>Country of birth</u>	
United Kingdom	70.1
Outside the UK	29.9
<u>Ethnicity</u>	
White British	62.4
Other White	19.1
Asian	7.9
Black	6.7
Other/Not stated	3.9
<u>Sexual Orientation</u>	
Homosexual	89.8
Bisexual	9.4
HIV positive	14.2

Baseline Characteristics –Drug Use



Sexual Behaviour and HIV Status

	All GBMSM %	Chemsex %	Non-Chemsex %	P value*
HIV Positive (n=752)	14.2	34.5	7.0	<0.0001
> 21 units alcohol /wk (n=361)	6.6	17.0	4.4	0.002
IDU (n=766)	4.2	25.0	0.4	<0.0001
Transactional Sex (n=582)	4	9.4	2.7	0.006
Group sex (n=507)	15.4	51.9	8.4	<0.0001
Fisting (n=506)	3.6	14.7	1.6	<0.0001
HIV Positive Partner † (n=460)	9.0	30.6	8.3	<0.0001

*Fisher's Exact Test † HIV negative only

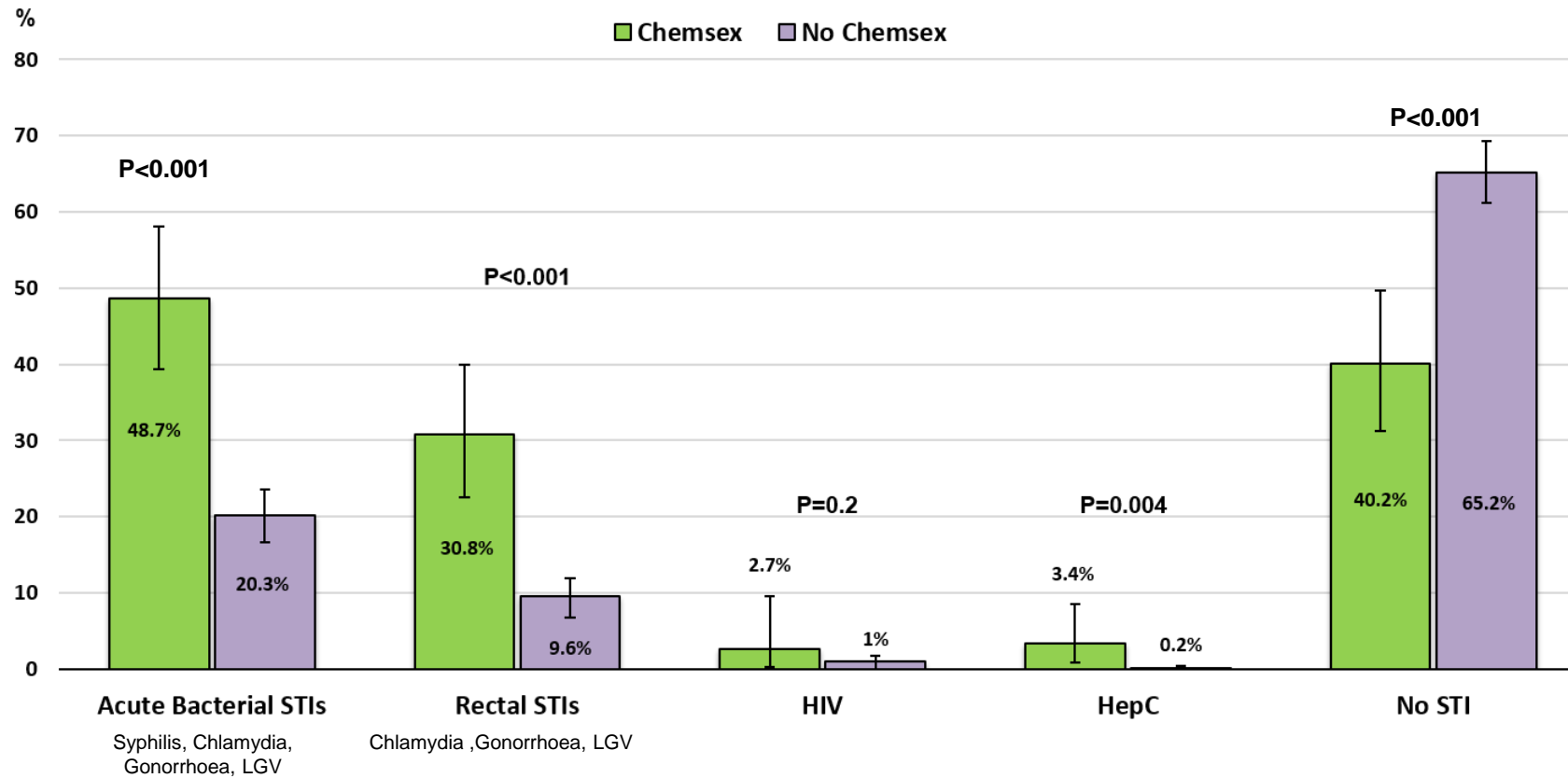
Multivariate Model

- Those disclosing chemsex were significantly more likely to be HIV positive, to report >5 partners in 3 months, and to have had group sex.
- These associations remained significant after adjusting for age, ethnicity, country of birth, HIV status and presence of a HIV+ partner.

	Chemsex v Non-chemsex unadjusted odds-ratio	Chemsex v Non-chemsex adjusted odds-ratio *
HIV positive	7.9 [4.6-13.8]	3.4 [1.8-6.5]
5+ partners in 3 months	5.8 [3.5-9.6]	5.4 [3.0-9.8]
Had group sex	11.3 [6.4-20.0]	7.3 [3.7-14.4]

*Adjusted for age, ethnicity, country of birth, HIV status and presence of a partner with HIV. Other risk behaviours not modelled due to small sample size

STI Diagnoses – Chemsex vs. No Chemsex



Multivariate Analysis - STI diagnoses

- Those disclosing chemsex were significantly more likely to be diagnosed with an acute bacterial or rectal STI.
- These associations remained significant after adjusting for age, ethnicity, country of birth, HIV status and presence of a HIV+ partner.

	Chemsex v No-Chemsex unadjusted odds-ratio	Chemsex v Non-Chemsex adjusted odds-ratio *
Acute Bacterial STIs	3.8 [2.4-6.0]	2.7 [1.6-4.6]
Rectal STIs	4.8 [2.8-8.0]	2.9 [1.6-5.5]
Other STI	1.0 [0.5-1.8]	0.8 [0.4-1.7]
No STI	0.4 [0.3-0.6]	0.5 [0.3-0.8]

*Adjusted for age, ethnicity, country of birth, HIV status and presence of a partner with HIV. Other risk behaviours not modelled due to small sample size

Patient Perceived Chemsex Consequences

- 53% reported chemsex to have had a personal adverse impact in terms of (n=76)
 - Mental Health 15%
 - Work 13%
 - Hospital Admission 7%
 - Overdose 5%
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Conclusions

- GBMSM disclosing chemsex in sexual health clinics significantly more likely to
 - be diagnosed with an acute bacterial or rectal STI
 - report higher number of sexual partners
 - be diagnosed with acute Hepatitis C
 - A higher HIV incidence was observed in those reporting chemsex - not statistically significant due to relatively small number of new infections in the study period – this warrants further evaluation after longer follow-up
 - Chemsex disclosure was also significantly associated with higher alcohol consumption, injecting drug use, transactional sex, fisting, group sex and having a serodiscordant HIV positive partner.
 - 1 in 2 GBMSM perceived chemsex to have had an adverse consequence on their physical/ mental health or career.
 - A chemsex disclosure in sexual health settings should prompt targeted wellbeing, health promotion and prevention interventions
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Questions?

Acknowledgements

Christian Kemble, the reception teams from both Kingston Hospital K2 clinic, and St Georges Hospital Courtyard Clinic.

MSM Service (SW17)

Courtyard Clinic

St. George's Hospital

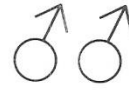
First Name -

Last Name -



Date		Seen By			
Presenting problem (s)					ALLERGIES & DRUG REACTIONS
					Other
SEXUAL HISTORY					
	When	Partner Gender/Relp	Types of sex (Or / AI)	Condoms for Anal sex (Y / N)	Other info (include HIV /Hep C status if UPAI)
1					
2					
3					
No of sexual partners last 3 months					<input type="text"/>
Time since last UPAI (Receptive/Insertive)					<input type="text"/>
Is it easy to discuss using condoms with sex partners?					<input type="text"/>
PMH		Medication	HIV status : Neg / Pos / Untested Date:		
Hep B vax Hx (last sAb level and date)			Previous PEPSE:		
			STI Hx (including prev Rx for syphilis)		
SOCIAL HISTORY			MENTAL HEALTH		
Do you ever use drugs/ alcohol?			Previous psychiatric Hx		
Do you smoke?			Do you ever feel down or depressed?		
Do you usually drink alcohol or take drugs before sex?			Have you ever tried to hurt yourself or self-harm?		
Do you ever have 'chemsex'?					

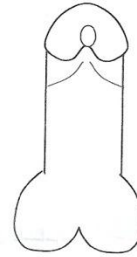
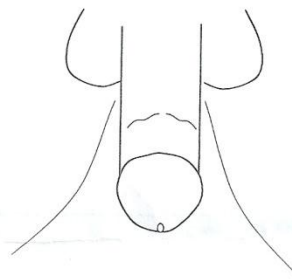
RELATIONSHIPS & CONSENT			
Have you ever been forced to have sex?		Have you ever been intimidated to cross sexual boundaries?	
BBV RISK ASSESSMENT		Y/N	If 'Y' to 'Chemsex'
IDU/'Slamming'			Which drugs
Sharing sex toys without washing/condoms			Crystal Meth <input type="checkbox"/>
Fisting/ being fisted			GBL-GHB <input type="checkbox"/>
Group sex			Mephedrone <input type="checkbox"/>
CSW / client			Other <input type="checkbox"/>
HIV + partner			(state) _____
HCV / Hep B + partner			How many occasions in the last 3 /12?
Uses bareback app/website e.g BBRT			
None of the above			Duration of last chemsex episode (circle)
			<12 hrs 12-24hrs >24hrs
			Shared snorting devices? Yes / No / NA
LPU (Hrs or time)			Shared injecting equipment? Yes / No / NA
			When was last time you had sex without drugs?
CONSEQUENCES OF ALCOHOL OR DRUG USE			
Have you experienced any negative consequences due to alcohol or drug use?			
Have you had to take any time off work?		Have you ever overdosed?	
Have you ever been had any form of hospital admission / A&E/ psychiatric?			
Was PEPSE ever required / offered / accepted at a hospital attendance?			
Any other additional information			



EXAMINATION

Non-Genital

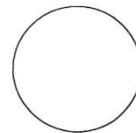
Chaperone offered & declined ☐ Chaperoned by:



Perianal



Proctoscopy



Diagnosis and Management

SHAPT Codes

Medication given by

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- ☐ PEPSE discussed
- ☐ Drug info
- ☐ Contact slips x
- ☐ No SI advised
- ☐ Safer sex / condoms
- ☐ Info leaflet
- ☐ Text results

HA referral

- ☐ General sexual health advice and info
- ☐ PN
- ☐ Sex addiction
- ☐ Risky sex
- ☐ Drugs / Chemsex / safer injecting
- ☐ Shigella prevention advice
- ☐ Mental health / Wellbeing

Signature

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Print name

.....

Designation

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