



# Pregnancy testing

Guidance for Healthy Respect  
service partners



Supporting young people's sexual health

## **Contents:**

Introduction

Section 1: When to offer a test

Section 2: Things to consider

Section 3: Confidentiality

Section 4: Doing the pregnancy test

- A) onsite, assisted and recorded
- B) at home or unassisted

Section 5: If the test is negative

Section 6: If the test is positive

Section 7: Recording and storage of confidential information

## **Appendices:**

1 Emergency contraception

2 Pregnancy test flowchart

3 Pregnancy test checklist

4 Healthy Respect pregnancy test simple instructions (taken from manufacturer's instructions)

5 Pregnancy competencies check list for practitioners

6 How to contact the Healthy Respect team

## Introduction

Healthy Respect want young people to have access to free pregnancy testing supported by local workers that they know and trust.

We provide free pregnancy tests to partner services as part of our drop-in service and Kit Bag models. We offer free training and support and ask partners to share (anonymised) monthly data with us about the numbers of young people receiving pregnancy testing, and their age/gender.

Not every young person presenting for a pregnancy test will identify as female, so this guidance and associated paperwork is gender neutral.

There are two models of Healthy Respect pregnancy testing:

- 1) **on site pregnancy testing** with a trained practitioner assisting the young person to do the test
- 2) **'At home' pregnancy testing** where a trained practitioner shows the young person how to use the test, and gives them a test, and instructions, to take away.

**This guidance details the process and include idea for best practice.**

- All staff using Healthy Respect products must be trained by Healthy Respect to do so.
- **Healthy Respect asks all partners to record and return anonymous** (monthly) data about pregnancy testing and any other sexual health services using our Service Recording Pads (ticksheets).
- **Healthy Respect expects** that services working alongside us to deliver pregnancy testing will do so within their own framework of data protection, confidentiality and respecting young people's rights. **Information about young people's sexual health should be kept confidential and not shared unless there are child protection concerns.** Please refer to **section 7** for further guidance regarding recording and storing confidential information.
- Contraception (including condoms) should be discussed at all pregnancy test consultations and, where appropriate, the young person signposted to a service where they can seek further support (a young person's sexual health clinic (HR+) or their GP).
- Sexually Transmitted Infections (STIs) should also be discussed, and appropriate testing offered or signposted. For details of young people's sexual health clinics visit <https://www.healthyrespect.co.uk/find-services-near-me/>.

If you have any training needs relating to pregnancy testing or any other sexual health service delivery, please get in touch with Lisa Balfe, Healthy Respect Services Coordinator at [Lisa.Balfe@nhs.scot](mailto:Lisa.Balfe@nhs.scot).

## 1. When to offer a test

---

**First thing to check, is emergency contraception still an option** (if the young person does not want to be pregnant)?

Emergency contraception can be used up to 5 days after unprotected sex. (But is more likely to be effective if used as quickly as possible.)

There are 3 types of emergency contraception

1. Levonelle (3 days)
2. EllaOne (5 days)
3. IUD (a small, plastic, T- shaped device that sits inside the uterus (womb) called the copper coil, or IUD)

None of these methods cause abortion – they simply help prevent pregnancy.

**Further information can be found in appendix 1.**

### Offering a test

A Pasante MEDICheck pregnancy test can be used if:

- **the young person's period is a day or more late**  
or
- **it is three weeks or longer since last unprotected (vaginal) sex.**

The pregnancy test works by testing for the hormone *Human Chorionic Gonadotrophin* (HCG) in the urine. **The test can detect pregnancy the first day after a missed period.** The test come with instructions from the manufacturer. These instructions should be followed, alongside the **pregnancy test simple instructions found in appendix 4.**

All Healthy Respect service partners offering pregnancy testing, must be trained by Healthy Respect and they are responsible for ensuring they are competent to facilitate pregnancy testing with young people (**see appendix 5 for competent checklist**).

**A positive result** with a Pasante MEDICheck pregnancy test is an **indication** of pregnancy. It is important that the young person visits a young person's sexual health clinic HR+ (Healthy Respect+) or their GP to confirm the pregnancy.

**Partner services can use the priority nurse mobile number 07795 666 671** (picked up by the senior nurse Mon-Thurs 8.30-8pm and Fri 8.30-4.30pm), for urgent enquires or to make an appointment for a young person or a vulnerable adult who may experience barriers to accessing our services independently. **This is for professional use only, please do not shared with young people.**

If in any doubt about the use of a pregnancy test, or interpreting the result, young people should be signposted to a sexual health clinic or their GP.

## 2. Things to consider.

---

### **It's useful to ask some basic questions before offering a pregnancy test.**

It's important to be clear, open, and frank to avoid misunderstandings. **The questions below will help guide your conversations about pregnancy testing.** Use your professional judgement with regards to how best to bring these into conversation.

- Why do they think they might be pregnant?
- Do they remember the start date of their last menstrual period?
- Has there been further unprotected sex since their last period?
- Is their period late, and is it usually regular?
- When did they last have unprotected (vaginal) sex?
- Have they taken an emergency contraception? Is this still an option (unprotected sex was less than 5 days ago)? **Go to appendix 1.**
- Did they use any contraception (including condoms)?
- Have they thought about what they will do if they are pregnant?
- Ask about their partner. (Check in with them whether the sex was consensual, did they enjoy it, what kind of relationship do they have with the person, etc.)
- **Is there a risk of STIs?**  
Have they or their partner previously had unprotected vaginal, anal, oral sex with another partner?  
Are their sexual partners male, female, non-binary, or all?

### **Yes, there is a risk of STI's.**

If available to you, **offer a Healthy Respect 13+ PTK** and follow the guidance within the kit.

If unavailable **signpost them for STI testing to them to their nearest HR+ young people's clinic.** <https://www.healthyrespect.co.uk/find-services-near-me/>.

Wider issues around the young person's sexual health should also be explored where possible, including consent, relationships, and emotional wellbeing. It is sometimes appropriate to also cover wider health behaviours like vaping, alcohol and substance use.

Find up to date information at <https://www.healthyrespect.co.uk/>.

### 3. Confidentiality

---

Pregnancy testing is a confidential service.

**Young people aged 13 and over, have the right to confidentiality.** Sexual activity in itself does not indicate child protection concerns.

The law is clear that sexual intercourse under the age of 16 is illegal, however it does not follow that every case presents a child protection concern and guidance clearly states that it does not seek to criminalise older child (13 – 15yrs olds) engaging in teenage “consensual teenage sexual activity” as outlined by the ([Under-age Sexual Activity Inter-Agency Guidance, p13, ELBEG, 2011](#)).

If the young person is aged between 13 and 15 years, we have a duty of care to ensure their health and emotional needs are addressed and to assess whether the sexual activity is of an abusive or exploitative nature.

#### **Key things to consider include:**

- the age of the partner
- any power imbalance or coercion, grooming, unusual levels of secrecy
- the use (or administering) of drugs or alcohol
- any other vulnerabilities.

**If the young person is aged 13 and over** and there are no child protection concerns, information about young people’s sexual health **should not be shared** and Healthy Respect guidance on recording pregnancy tests should be followed. **Go to section 7 for further details.**

**If the young person is under 13 years** at the time of the sexual activity, you should follow your organisations child protection procedures. Any data recording and storage should be relevant, proportionate and necessary, with the young person’s informed consent and in line with the young person’s right to privacy and confidentiality.

It is always important to let a young person know if you do need to talk to another professional.

**Healthy Respect ask you to record and return anonymous** (monthly) data about pregnancy testing and any other sexual health services using our Service Recording Pads (ticksheets).

## 4. Doing the pregnancy test

---

### A) Onsite assisted and recorded.

A flowchart outlines the process (appendix 2) with more in-depth steps below.

### Before doing the pregnancy test

- Before offering a test make sure you have use of a private space where you will not be disturbed. It may be appropriate to put a 'do not disturb' sign on the door, and/or alert any colleagues that you should not be disturbed.
- Check the young person has access to a private toilet to allow them to take the urine sample hygienically and discreetly.
- **If this isn't possible**, arrange to see the young person later/ signpost them to another service/ or **go to page 9** and talk through doing a pregnancy test at home.

### Confidentiality

**Young people aged 13 and over, have the right to confidentiality.**

If the young person is aged 13 or over and there are no child protection concerns, information about their sexual health should not be shared and Healthy Respect guidance on recording pregnancy tests should be followed. **See section 7 for further details.**

If the young person is being harmed or in danger, then it is important that we work with them to make sure they get the support they need, and child protection procedures should be followed.

- Explain their right to confidentiality and explain the record you will take and how the data will be stored in the event of a positive test and destroyed in the event of a negative test (**see section 7 for further guidance**).
- You only need to record a small amount of information (name, date of birth and contact number) which will help to ensure the young person is given the best support.
- It is important to let them know if you need to talk to another professional, who that will be and what information you need to share.

### Doing the test

- Check the expiry date on the test and follow the manufacturer's instructions on how to use the test.
- Briefly explain to the young person how the test works using **pregnancy test simple instructions** (see appendix 4).

- Wear disposable gloves and work in a clean and appropriate environment.
- As per the test instructions, **wait 5 minutes to confirm the test result**. Do not wait for longer than this as the test may spoil and the result be inaccurate.
- Make sure you know how to interpret the result, as shown on pregnancy test simple Instructions (see appendix 4).
- **If you get an invalid result repeat using a fresh test.** If the second test is invalid, you should signpost the young person to a young person's sexual health clinic (HR+) or their GP for further testing.
- **It is good practice to re-test a weak-positive result after 48 hours** (or signpost the young person to a young person's sexual health clinic (HR+) or their GP where they can be re-tested).

**If you are in any doubt about the use of the test, or the result, signpost the young person to a sexual health clinic or their GP for testing.**

**Partner services can use the priority nurse mobile number 07795 666 671** (picked up by the senior nurse Mon-Thurs 8.30-8pm and Fri 8.30-4.30pm), for urgent enquires or to make an appointment for a young person or a vulnerable adult who may experience barriers to accessing our services independently.

**This is for professional use only, please do not shared with young people.**

- If a postal testing kit (PTK) is available, follow the appropriate guidance to assess if required.
- Dispose of all contaminated material appropriately (urine should be flushed; test kits, gloves and urine pots disposed of in clinical waste where available or in a sealed bin bag).

**If the test is negative go to section 5.**

**If the test is positive go to section 6.**



## 4. Doing the pregnancy test (continued)

---

### B) At home or unassisted

Healthy Respect advise where possible to support a young person to do a test onsite with the support of a worker.

However, if a young person requests to do a test at home due to school environment (or other setting) not been best place, you can offer them the option to take a pregnancy test home.

- **Go through section 1 and check that is it is the right time to offer a test.**
- Have a copy of the **pregnancy test check list** to guide you through the process.
- Talk the young person through the **pregnancy test simple instructions** (see appendix 3). The full Pasante instructions should also be given out with each test.
- Check the young person understands how to use the test, and how to read the result. If in doubt, signpost them to somewhere they can do a test with support - <https://www.healthyrespect.co.uk/find-services-near-me/>.
- Discuss things like hygiene, privacy and how to dispose of the test after use.
- Make clear to the young person that this test, when used according to the instructions, can provide a **sign** of pregnancy.
  - **If they get a positive test result**, they should make an appointment with a young peoples' sexual health clinic or their doctor to confirm the pregnancy.
  - **If they get a negative test result** and if their period is late, or they have any other concerns, they should make an appointment with a young peoples' sexual health clinic or their doctor to confirm the pregnancy.
- Healthy Respect do not ask you to record young people's personal details when giving them a test to do at home, or unassisted. Keep an **anonymous** record using our Service Recording Pads (ticksheets).

## 5. If the test is negative

---

**All young people should be offered free condoms and lube.**

If the young person has missed a period, they should be advised to come back for a repeat test if their period does not start in the next two weeks. If the young person has had two negative pregnancy tests and has still not had a period, and/or for any other sexual health concerns, signpost them to a young person's sexual health clinic HR+ (Healthy Respect+) or their GP.

**Partner services can use the priority nurse mobile number 07795 666 671** (picked up by the senior nurse), for urgent enquires or to make an appointment for a young person or a vulnerable adult who may experience barriers to accessing our services independently.

**This is for professional use only, please do not shared with young people.**

HR+ is an ideal environment for a young person to discuss contraception as they get a longer appointment and access to a full range of contraception. Longer Acting Reversible Contraception (LARC) such as the implant, injection, or coil (IUD or IUS) can be ideal for young people who may not want, or remember, to take a daily contraceptive pill. There is a lot of misinformation about risks and side-effects of contraception. Young people tell us they want to be listened to when they ask about side-effects, and they want to be given clear information. This can be discussed fully at a HR+ clinic.

<https://www.healthyrespect.co.uk/find-services-near-me/>.

Healthy Respect advise records of negative pregnancy tests **should not be kept** and any identifiable information obtained during a pregnancy test should be destroyed. Keep an **anonymous** record using our Service Recording Pads (ticksheets). **See section 7 for further guidance.**

## 6. If the test is positive

---

It is important that the young person visits a young person's sexual health clinic HR+ (Healthy Respect+) or their GP to confirm the pregnancy.

**Partner services can use the priority nurse mobile number 07795 666 671** (picked up by the senior nurse Mon-Thurs 8.30-8pm and Fri 8.30-4.30pm), for urgent enquires or to make an appointment for a young person or a vulnerable adult who may experience barriers to accessing our services independently.

**This is for professional use only, please do not shared with young people.**

Most young people will need support to navigate the next steps. How much support you can offer may depend on your role.

**As a minimum, it is good practice:**

- **To follow up**, to ensure the young person has seen a medical professional. This is particularly important if the young person is under 16 or a 'vulnerable adult', in which case you have a responsibility to ensure follow up support is in place.
  - To let the young person know **you will need to contact another health professional (GP or Chalmers HR+ young people's clinic) if after 3 attempts you are unable to contact the young person.**
  - To speak to your manager if you require support to be able to offer follow up care for the young person.
  - To maintain the young person's right to confidentiality. Information should not be shared further unless you have child/vulnerable adult protection concerns. **See section 3 for further guidance.**
- a) **If the young person is not sure if they want to continue the pregnancy** an appointment at the NHS Lothian abortion service called Choices will support them to consider their options.

To self-refer (or to support a young person) to refer to Choices Clinic, phone 01315361070, and choose option 2. This line is open between 9am and 3pm, Monday to Friday.

**Find more information at <https://www.healthyrespect.co.uk/something-else-is-on-my-mind/pregnant/> and here at <https://www.healthyrespect.co.uk/abortion-services/>**

Encourage the young person to talk to a responsible, supportive adult (ages 18+) who can attend the consultation with them.

- b) **If the young person wishes to continue the pregnancy** it is important that they visit a young person's sexual health clinic HR+ (Healthy Respect+) or their GP to confirm the pregnancy and to arrange antenatal care.

Young people up to the age of 18 should be supported to continue to attend school during and after pregnancy should they wish to, and schools should recognise and meet the needs of young people affected by pregnancy and parenthood.

Regardless of their decision about the pregnancy, the young person should be encouraged to talk to a parent or carer and offered support in how to have this conversation. Some young people will not feel able to confide in their parent or carer, and this decision should be respected.

Find further information and support from [Pregnancy and parenthood while you are in school or education \(www.gov.scot\)](http://www.gov.scot)

### **Recording and storage of confidential information**

- Healthy Respect ask you to record this intervention and follow up on our anonymous service recording pads (ticksheets).

**Go to section 7 for further information recording and storage of confidential information.**

## 7. Recording and storage of confidential information

---

**Young people aged 13 and over have the right to confidentiality.** If a young person has a positive pregnancy test it is important that you work with them to make sure they get the support they need.

### Let the young person know that:

- You only need to record a small amount of information which will help to ensure they get the best support.
- For positive pregnancy tests, we may need to share some information with another professional such as a nurse or doctor at a young people’s clinic, GP, or maternity services.
- **This is particularly important if the young person is under 16 or a ‘vulnerable adult’**, in which case you have a responsibility to ensure they get the best support.
- You will need to contact another health professional (GP or Chalmers HR+ young people’s clinic) if after 3 attempts you are unable to contact the young person. So it is important they keep in touch with you.

**It is important that the young person is made aware of this prior to any test being carried out and that they understand how the information will be handled and who has access.**

Healthy Respect advise the use of the following code to record tests.

Healthy Respect intervention 1	Positive pregnancy test
Healthy Respect intervention 2	Postal Testing Kits

### A) For positive test results - school nursing service

School nurses carrying out pregnancy testing on behalf of Healthy Respect agree to store a record of this intervention, and any follow up information, within the Child Health Record. This sits within a system called TRAK.

This is an example of what will be stored on a child health record:

Name	DOB	Contact number	A note of action/ support offered:
			<p><b>Health Respect intervention 1.</b>                      Support offered, signposted to appropriate services. Follow up on 21/12/2024.                      This is confidential information if you have any questions, please contact <i>insert shared school nurse team email box</i></p>

If the young person has particular concerns about confidentiality - e.g. if they do not intend to tell their parents/carers about the pregnancy – it may help to explain that their health record is confidential and their parents/carers cannot access information without their consent. A note is put on their child health record to say that these interventions are a confidential service, therefore other health services must seek permission if they want any further information.

## **B) For positive test results - other partner services**

If you are a partner service carrying out pregnancy testing on behalf of Healthy Respect, the data you collect is the responsibility of your service.

You should store the positive pregnancy test record and any follow up information in line with your organisation's policies on safe handling and storage of confidential data.

Any data recording and storage should be relevant, proportionate and necessary, with the young person's informed consent, and in line with the young person's right to privacy and confidentiality.

Healthy Respect advise records of pregnancy tests should be recorded using the code outlined above. We also **ask you to record and return anonymous** (monthly) data about pregnancy testing and any other sexual health services using our Service Recording Pads (ticksheets).

## **C) Negative pregnancy tests**

Healthy Respect advises that records of negative pregnancy tests **should not be kept** and any identifiable information obtained during a pregnancy test should be destroyed.

If you believe there is reason to keep a record of a negative pregnancy test you should, document your rationale for keeping this information. Any data recording and storage should be relevant, proportionate and necessary, with the young person's informed consent, and in line with the young person's right to privacy and confidentiality.

If you believe it is necessary to keep a record of any negative pregnancy test you can record using the code **Healthy Respect intervention 3**.

Any record of pregnancy testing remains the property of the organisation or service carrying out the test and should therefore be handled, stored and/or destroyed in line with the organisation's data protection policies.

**Records belonging to partner services are not the property of Healthy Respect or NHS Lothian and are not a clinical record.**

## Appendix 1 – Emergency Contraception

---

**There are three types of emergency contraception.**

**Two are small pills** (hormonal contraception) which you swallow, **the third is a small, plastic, T- shaped device** that sits inside the uterus (womb) called the copper coil, or IUD.

### **1. Levonorgestrel emergency contraceptive pill** (e.g. Levonelle®)

This pill called Levonelle® can be taken up to 3 days after unprotected penis in vagina sex. It can stop you getting pregnant. It has more chance of working if you take it as soon as possible after unprotected sex.

**It is available free from any pharmacy in Edinburgh and the Lothians and from sexual health clinics.**

### **2. EllaOne emergency contraceptive pill**

EllaOne can be taken up to 5 days after unprotected penis in vagina sex and reduces the risk of getting pregnant. It should be taken as soon as possible after unprotected sex to have the best chance of working.

**EllaOne is available free from most pharmacies in Edinburgh and the Lothians and from sexual health clinics.**

A nurse, doctor or pharmacy worker can tell you what is available and help you decide what is best for you.

### **3. The copper coil (intra-uterine device, or IUD)**

The IUD is a small coil made of copper which a doctor or nurse puts in through the vagina and sits in the womb.

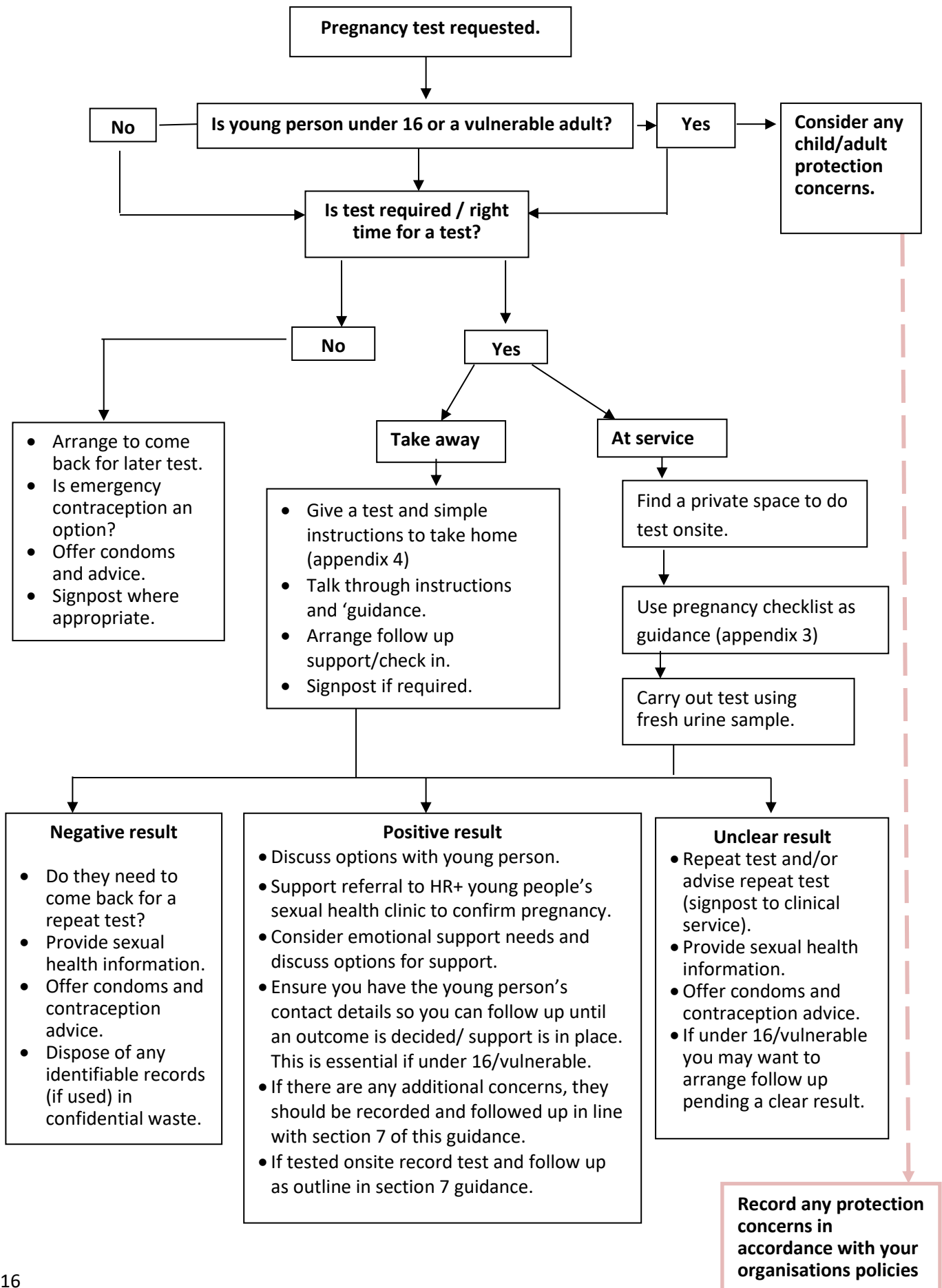
The copper coil is the most effective emergency contraception. This means it is the most likely to stop you getting pregnant if it is put into your womb after unprotected penis in vagina sex.

A doctor or nurse will fit your IUD. You cannot feel it once it is in place. It can be removed (by a doctor or nurse) after your next period, or you can keep it in as ongoing contraception. While you keep it in it will stop you getting pregnant. You can get an IUD at a sexual health clinic and some GP practices.

This video from NHS Lothian <https://vimeo.com/368769451> tells you more about the copper coil and how it is fitted.

**None of these methods cause abortion – they simply help prevent pregnancy happening.**

**Appendix 2 – Pregnancy test flowchart**





## Appendix 3 – Pregnancy Test Checklist

The pregnancy test works by testing for the hormone *Human Chorionic Gonadotrophin* (HCG) in the urine.

A Pasante MEDICheck pregnancy test can be used if:

- **the young person’s period is a day or more late** (test can detect pregnancy the first day after a missed period)

**OR**

- **it is three weeks or longer since last unprotected (vaginal) sex.**

**Use this checklist as a guide.**

Discuss reasons why they think they might be pregnant
Date of last unprotected sex
Date of last period
Is their period late, and is it usually regular
Any contraception used
Emergency contraception still an option (sex within last 5 days)
How will they feel if the pregnancy test is positive/ if it is negative?
<p><b>Ask about their partner.</b></p> <ul style="list-style-type: none"> <li>• Age</li> <li>• Was the sex consensual?</li> <li>• Power imbalance (What type of relationships do they have with the person)</li> <li>• Any alcohol or substances involved.</li> <li>• Is there any risk of STIs? Have they or their partner previously had unprotected sex with another partner?</li> </ul>
<p>Any child protection/vulnerable adult concerns: (Your organisation’s standard child/vulnerable adult protection procedures should be followed)</p>
Check if there is anything else the young person wants to ask or say.
<p>Follow up and signpost to other services if needed. Let young person know, if test is positive, you have a duty of care to confirm that got further support. You will need to contact their GP or Chalmers HR+ young people’s clinic if in rare occasion, after 3 attempts you are unable to the young person.</p>

**If the test is negative** discuss condoms, other contraception choices and encourage regular access to appropriate services. **See section 5 and 7 for further guidance.**

**If the test is unclear**, ask young person to return within 48hrs to re-test. **Seek consent to store a confidential record of their name, contact number for follow up.**

**If the test is positive**, it is important that the young person visits a young person’s sexual health clinic HR+ (Healthy Respect+) or their GP to confirm the pregnancy. **See section 6 and 7 for further guidance.**

## Appendix 4 - Pregnancy test simple instructions (*Pasante MediCheck*)

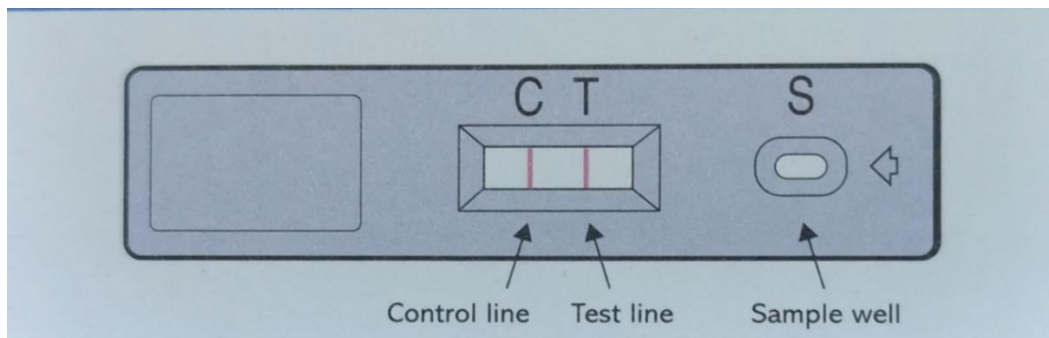
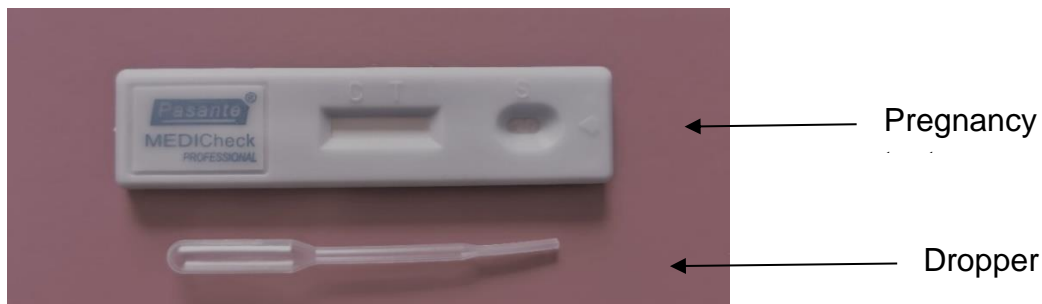
This test will tell you if you are pregnant or not. When you are pregnant your body makes much more of one kind of hormone. This test works by testing how much of this hormone is in your urine (pee).

### When to use the test

1. You can use this test if your period is late by one or more days.
2. If you do not know when your period is due, you can use the test if it has been **3 weeks or longer since you had unprotected sex** (sex where no condom or contraception was used, or you are worried the condom or contraception did not work).

### How to use the test

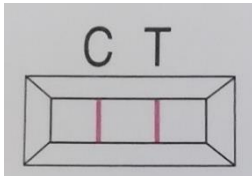
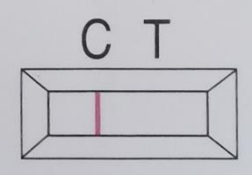
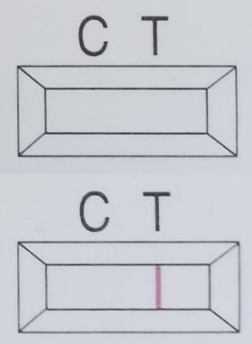
In the pregnancy test packet you will find a pregnancy test and a dropper.



1. Check the date on the front of the packet. If the test is out of date do not use it.
2. Use a clean, dry cup to collect a urine (pee) sample given to you with the test.
3. Pee into the cup.
4. Get the dropper. Put the thin end of the dropper into the cup or pot of urine. Squeeze the top of the dropper until the dropper fills up with urine.
5. Use the dropper to gently squeeze 2-3 small drops of urine onto the sample well on the pregnancy test. The sample well is the small window under 'S'. Don't squeeze more than 3 drops.
6. **The test takes 5 minutes to work. It is important to wait the full 5 minutes.**

**Wait the full 5 minutes to read the result** then put the test in the bin.

Do not read the result after longer than 5 minutes because the result could be wrong.

	<p>If there are 2 lines - a line under 'C' <b>and</b> a line under 'T' - you might be pregnant, even if the line under 'T' is faint (hard to see). <b>This is called a positive result.</b></p>
	<p>A line under 'C' but no line under 'T' means the test did not find high levels of the pregnancy hormone. <b>This is called a negative result.</b></p> <p>This means you are not pregnant, <b>or</b> the test has been done too soon and there is not enough hormone in your body for the test to find.</p> <p>If you get a negative result but still think you might be pregnant, visit your doctor or a sexual health service for confidential support and advice.</p>
	<p>If there is no line under 'C' the test has not worked. Get a new test.</p> <p>If there is no line under 'C' but there is a line under 'T' the test has not worked. Get a new test.</p>

Some people get a positive result (a line under 'T' and 'C') before the 5 minutes have passed.

### What happens next?

If you are worried about how to use the test or how to read your result, visit your doctor or a sexual health service for confidential support and advice.

**If your result is positive** (pregnant) it is important to speak to a doctor or nurse as soon as possible. **They will do another test to confirm you are pregnant.** You can get support to discuss your options. Services are free and confidential.

**If you get a negative result** but still think you might be pregnant, visit your doctor or a sexual health service for confidential support and advice.

Get support from a young people's Healthy Respect + clinics (for ages 13-18 years) by searching <https://www.healthyrespect.co.uk/find-services-near-me/>

## Appendix 5

### Assessment of competency for onsite, assisted pregnancy testing.

Healthy Respect Partner service providers who receive training from Healthy Respect to deliver onsite, assisted pregnancy testing can use the checklist below to make sure they are competent to offer pregnancy testing to young people.

You can only deliver pregnancy testing (supplied by Healthy Respect) if you have been fully trained by us.

Individuals are responsible for ensuring their own knowledge and practice remains up to date and should notify Healthy Respect of any concerns about faulty tests or inaccurate results.

Competency	Initial of assessor
Taking accurate history of young person	
Correctly identifying when appropriate to do a pregnancy test.	
Recording all information correctly	
Carrying out pregnancy test	
Discussion of result	
Able to assess the young person's emotional wellbeing and support or signpost as required	
Aware of referral procedures	
Storage and access of records	
Knowledge of child protection procedures	
Liaising with co-workers, and Healthy Respect, regarding stock, data, service updates, training information/needs etc.	
<p>This certifies that ..... is competent to undertake pregnancy testing for.....(drop-in or service details).</p> <p>Date..... Signed .....</p>	

Please get in touch with Services Coordinator [lisa.balfe@nhs.scot](mailto:lisa.balfe@nhs.scot) if you have any training needs, suggestions, concerns, or requests.

## **Appendix 6- How to contact the Healthy Respect team.**

### **For stock requests**

Healthy Respect will provide NHS Lothian approved pregnancy tests as required and depending on the model of delivery (onsite or take home) we can provide disposable gloves, urine sample pots, and pregnancy testing paperwork to the lead for pregnancy testing. The lead is responsible for contacting Healthy Respect to request additional supplies and an order form is available for this purpose.

If you are part of a school nursing team, we recommend choosing one lead to order on behalf of the team. This is particularly important for those teams delivering our Healthy Respect Kit Bag approach to enable us to keep a record and use stock efficiently.

Please email [Healthy.Respect@nhs.scot](mailto:Healthy.Respect@nhs.scot) to access order form or log in to Healthy Respect website and choosing Healthy Respect Service partners under [Professional resources – Healthy Respect](#).

To save on postage costs our preference is that supplies be collected by arrangement, from Chalmers Sexual Health Centre, or from a Health Centre local to you.

### **For data sharing**

As outlined within this guidance, Healthy Respect does not ask to see any identifiable data relating to any young people.

Healthy Respect asks partner services to use our Service Recording Pads (ticksheets) to record and share uptake of Healthy Respect services. The same recording pads can be used whether the service delivery takes place within an advertised drop-in or ad hoc using a Healthy Respect Kit Bag. This recording is vital to showcase and support the continuation of these services.

Please send copies of attendance records monthly via email to [Healthy.respect@nhs.scot](mailto:Healthy.respect@nhs.scot) or by post to:

Healthy Respect  
Services Coordinator  
Chalmers Sexual Health Centre  
2a Chalmers Street  
Edinburgh EH3 9ES

### **For training requests**

If training or support is required, please contact Lisa to discuss.

For any other questions or concerns about pregnancy testing or other Healthy Respect service delivery, please contact Lisa at [Lisa.Balfe@nhs.scot](mailto:Lisa.Balfe@nhs.scot).