**Sexual Health Training available for Primary Care Nurses and GPs**

This document has been produced in order to bring together an updated list of all the training available to clinical staff working in practices in Bristol. This is to ensure that practices are aware of the full range of courses that are available, as well as any changes to programmes.

**1. GENERAL SEXUAL HEALTH QUALIFICATIONS**

**1.1 Diploma of the Faculty of Family Planning and Sexual and Reproductive Healthcare (DFSRH)**

http://www.fsrh.org

The Diplomate Assessment of the Faculty of Sexual and Reproductive Healthcare (FSRH Diploma) is for healthcare professionals who wish to demonstrate that they have attained the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive health care in community, primary and secondary care settings. The programme is open to clinicians with both registration and a licence to practise with a UK regulatory body. It is open to both doctors and nurses.

The Diploma is a blended learning package and involves different elements:

 All candidates have to pass an online knowledge assessment known as the eKA in SRH. Candidates can prepare for the eKA through an e-learning package (e-SRH) developed through the Department of Health’s e-Learning for Healthcare. This is also a requirement for those wishing to gain the FSRH Letter of Competence in Intrauterine Techniques (LoC IUT) and Letter of Competence in Subdermal Contraceptive Implant Techniques (LoC SDI). See section 4 for more information about LARC training.

 Course of 5 (five hours of small group workshops)

 Clinical experience and assessment (practical sessions in a clinical situation)

Anyone that wishes to obtain the diploma is encouraged to apply to sit a course of 5 externally and then apply to DFSRHTraining@uhbristol.nhs.uk for practical training (tel 0117 342 6951 or 342 6900).

**1.2 RCGP Introductory Certificate in Sexual Health (ICSH)**

This course is designed to increase confidence in raising sexual health in consultations. It is also designed as preparation for the Faculty of

Sexual and Reproductive Health (FSRH) eKnowledge Assessment (see 1.2 above). The course consists of an e-learning module and a training day. It is targeted at generalist clinicians and practice nurses already working in general practice, trainee GP's and other allied professionals such as pharmacists.

<http://www.rcgp.org.uk/courses-and-events/substance-misuse-and-associated-health-landing-page/rcgp-introductory-certificate-in-sexual-health.aspx>

**1.3 STI Foundation (STIF) course of the British Association for Sexual Health and HIV (BASHH)**

http://www.bashh.org/BASHH/STIF/STIF\_Foundation/BASHH/STIF/STIF\_Foundation.aspx

This is a multi-professional course, which has been designed to be useful for doctors and nurses within primary care who may encounter patients with STIs as well as secondary care clinicians. The course is structured to include approximately 7 hours of **e-learning** followed by one **CORE/Foundation day** and one **STIF-PLUS contact day**. The course provides training in the attitudes, skills, and knowledge required for the prevention and management of STIs, using a variety of educational techniques.

**1.4 Integrated Sexual Health CPD at University of the West of England (UWE) Bristol**

UWE Bristol currently run two degree level integrated sexual health modules suitable for practice nurses and allied health professionals:

1. **Promoting Sexual Health in Practice** <http://courses.uwe.ac.uk/UZVSQA203>

This module is taught over 5 consecutive days at the Glenside Campus of UWE, Bristol and provides an overview of sexual health issues including: contraception, STIs, pregnancy options, sexual violence and difficulties, values and attitudes and sexual history taking. Students have 3 months to complete a 3000 word essay. This module is worth 20 credits at first degree level and is also available to study at Master’s level.

1. **Integrated Practice for Sexual and Reproductive Healthcare** <http://courses.uwe.ac.uk/UZVRVC203> This 20 credit module supports nurses to achieve the DFSRH (1.1) and is suited to nurses who have existing sexual health nursing knowledge and experience, access to regular consultations of a sexual health nature and a mentor in practice. The module is run over 9 months with a start date in January at UWE Glenside. The majority of the learning is online and in practice with only 3 taught days at UWE Glenside.

For more information including part funding opportunities contact [Hettie.lean@uwe.ac.uk](mailto:Hettie.lean@uwe.ac.uk)

**2. LARC TRAINING in implant and “coil” fitting**

Doctors and nurses can obtain the FSRH (Faculty of Sexual and Reproductive) Letter of Competence in Intrauterine Techniques (LoC IUT) and Letter of Competence in Subdermal Contraceptive Implant Techniques (LoC SDI).

There are three elements :

1. pass the FSRH eKA ( see section 1.1) or hold the DFSRH
2. complete e-lfh module 17 or 18 available here
3. apply for clinical experience and assessment.

Clinical training is delivered by Unity Sexual Health. To apply please email :DFSRHTraining@uhbristol.nhs.uk or call 0117 342 6951 or 342 6900.

**3. LOCAL UPDATE TRAINING**

**3.1 Annual Update Day on Contraception and Sexual Health**

This isan annual whole day learning event delivered by Unity Sexual Health. It is aimed at GPs, practice nurses and anyone working in contraception and sexual health. The aim is to support clinical professionals in delivering effective and safe sexual and reproductive health care. It costs approximately £100 for doctors and roughly half of that for nurses.

The date for the next event is 14 May 2019

Venue: Holiday Inn Filton

Enquiries to: Shonda Powell, Suite 313, 179 Whiteladies Road, Bristol, BS8 2AG Tel: 01225 436 129 Email: enquiries@spcorporateservices.com

**3.2 GP Study Days run by Avon GP Education**

Sessions, usually held at Engineers House, sometimes cover women’s health and contraception.

**3.3 Avon LMC Practice Staff Training**

The LMC offer sexual health update courses for practice staff working in the Avon area. For details of forthcoming courses visit http://www.avonpracticetraining.co.uk/

**3.4 Avon Group for Contraception and Sexual Health** – aimed at doctors and nurses working in primary care and SRH – organises 3 evening meetings (with dinner) per year – topics on SRH and Gynaecology and psychosexual medicine etc. membership currently £30 / year for doctors and £15 for nurses which covers costs of meetings and supper. Membership is via Shonda Powell. shonda@spcorporateservices.com

**4. Unity Young People Training - UYP (formerly 4YP training)**

Unity run a range of non-clinical training courses throughout the year for those working with young people. All courses are free .

Topics include C-card training, Level 1 sex and relationships training; substance misuse, consent, teen abuse, young people and pornography.

1. Dates for C –card training: **VENUE – all at Brook, The Station, Silver St, Bristol BS1 2AG**

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| Tues | 26/03/18 | 9.30-1.30pm |
| Thurs | 23/05/2019 | 9.30-1.30pm |
| Thurs | 18/07/2019 | 9.30-1.30pm |
| Thurs | 19/09/2019 | 9.30-1.30pm |
| Thurs | 21/11/2019 | 9.30-1.30pm |
| Thurs | 23/01/2020 | 9.30-1.30pm |
| Thurs | 19/03/2020 | 9.30-1.30pm |

 Please note the above dates are available to those working in the Bristol area only.

For those working in South Gloucestershire please visit:

<http://www.southglos.gov.uk/health-and-social-care/staying-healthy/sexual-health/sexual-health-services/sexual-health-information-and-advice-for-professionals-parents-and-carers/>

For those working in North Somerset please email Kate Blakley, Health Improvement specialist: Kate.Blakley@n-somerset.gov.uk.

1. **Level 1 Sex and Relationship Education (1/2 day)**

This training prepares those who work with young people to answer queries about sex and relationships, and to refer young people to sources of further advice and services as appropriate.   It provides and understanding of the law relating to sex and relationship issues

Outcomes

* Clarified how their role contributes to young people’s sexual health issues and local targets and priorities
* Has explored issues of personal values and beliefs and their impact on professional boundaries
* Understands the law relating to sex and relationship
* Feels confident to signpost young people for relevant support

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| Tues | 12/02/2019 | 9.30-1.00pm | Central Health Clinic |
| Tues | 25/06/2019 | 9.30-1.00pm | South Bristol Community Hospital |
| Tues | 10/12/2019 | 9.30-1.00pm | Brook **BS1 2AG** |

1. **Abortion-Decisions and Dilemmas**

This is aimed at the Young People’s Workforce-those who work directly with young people such as Learning Mentors in schools, School Nurses, Support Workers, Young People’s housing workers, Youth Workers, drug and alcohol workers, those working for young people’s charities, social workers etc.

Outcomes:

* Identify tools, strategies and support for working with young people who are pregnant or at risk of pregnancy
* Increase confidence to discuss pregnancy options with young people
* Reflect on your own views of teenage pregnancy and abortion and how they might affect your  practice
* Confidentiality and the law

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| Weds | 1/05/2019 | 9.0-4.30pm | Central Health Clinic, BS2 0JD |

1. **Consent**

This training aims help those working with young people understand the law, the gender norms, stereotypes and cultural factors which may affect young people’s ability to consent and provide resources to help young people to develop awareness and confidence in communicate about consent with their partners.

Outcome

* Understand the range of pressures that affect the negotiation of consent in relationships
* Understand the legal framework relating to consent and the myths
* Feels confident to explore with young people issues of seeking and receiving consent in sexual relationships
* Knows where to signpost young people for further support relating to experiences of non-consensual sex.

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| Tues | 30/04/2019 | 9.30-1.00pm | Central health Clinic , BS2 0JD |
| Tues | 25/02/2020 | 9.30-1.00pm | South Bristol **TBC** |

1. **Healthy Relationships and Teen Abuse (1 day)**

This training will help those working with young people understand abusive teenage relationships, know how to respond effectively and safely and prevent abuse while promoting healthy relationships.

Outcomes

* Understands what domestic violence and abuse is; its forms and impacts on young people
* Understands the prevalence of abuse and the cultural context
* Can identify vulnerable young people and risk factors
* Feels confident dealing with disclosures and signposting to services
* Understands how to work with and refer on abusive young people
* Feels confident using practical activities with young people that will help prevent or stop abuse

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| Tues | 19/03/2019 | 9.30-4.00pm | South Bristol Community Hospital |
| Tues | 24/09/2019 | 9.30-4.00pm | Central Health Clinic, BS2 0JD |

1. **Pornography, Sexting & Social Networks (1 day)**

 This training aims to raise awareness of the role social media, pornography and sexting plays in young people sexual encounters and relationships.  Through learning about the impact on young people and the legal framework relating to sexting and pornography professionals will have then explore how to respond and support young people to keep themselves safe and nurture healthy relationships

Outcomes

* Understand the messages and impact of social media, pornography and sexting on young people’s relationships
* Understand risks including the legal implications of pornography and sexting
* Feels confident to respond to situations involving pornography and/or sexting
* Is familiar with resources available and practical tools to support young people around issues associated  with social media, pornography and sexting

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| Tues | 22/10/2019 | 9.30-4.00pm | Brook **BS1 2AG** |

1. **STIs and Chlamydia screening update**

Outcomes

* Understand the prevalence of STIs and chlamydia in young people
* Describe interventions that can reduce transmission of STIs and chlamydia
* Discuss the role of the Chlamydia screening programme in Bristol

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| Thurs | 16/05/2019 | 9.00-1.00pm | Central Health Clinic, BS2 0JD |
| Thurs | 16/01/2020 | 9.00-1.00pm | Central Health Clinic, BS2 0JD |

1. **STIs and contraception – myth-busting**

Outcomes

* correct myth and misinformation surrounding STIs and contraception
* Support young people to be able to access reliable information
* Sign post young people for advice

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| Thurs | 10/10/2019 | 9.00-1.00pm | Central Health Clinic, BS2 0JD |
| Thurs | 12/03/2020 | 9.00-1.00pm | Central Health Clinic, BS2 0JD |