Guidelines for DFSRH Diploma trainees attending a Course of 5

Introduction: These guidelines provide information on what to expect when attending a Course of 5 (C5), along with a checklist of what should be completed prior to attendance.

Terminology & abbreviations: see General Training Terminology

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2. Organisation of a C5
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1. Before you attend the C5

You will be required to present the following evidence prior to, or at the start of, the C5.

- **eKA pass within the last 2 years**
- **Resuscitation/Anaphylaxis**: Up to date with basic life support and anaphylaxis training in accordance with employer’s local policy. Certificates of training should be retained for the trainer to review. Where employers do not provide anaphylaxis training a certificate of completion of an appropriate e-learning module will be accepted.
- **Consultation skills**: Appropriate consultation skills for sexual health consultations are an entry requirement for the DFSRH, NDFSRH and LoC pathways. During the clinical components of these training programmes trainees must be able to demonstrate that they can:
  - Take an appropriate sexual history
  - Adapt their consultation style to suit the patient
  - Address patients’ ideas, concerns and expectations and answer their questions
  - Assess whether a patient is competent to consent to treatment and ensure consent is well-informed
  - Protect confidentiality
• Make an appropriate offer of a chaperone
• Demonstrate clear record-keeping
• Use time effectively in consultations
If a trainee is unable to fulfil any of these requirements the trainer may defer the clinical training until this has been satisfactorily addressed.

• **Gynaecological skills**
  
  i) **DFSRH (doctors)**
  The trainee should be able to demonstrate that they can perform a genital examination, to include speculum examination and bimanual pelvic examination.
  
  The trainee must be competent in the following gynaecological skills:
  
  • Assessment of size, position and mobility of the uterus.
  • Assessment, investigation and initial management of potential IUD/IUS users with:
    - Abnormal findings at pelvic examination
    - Heavy and/or painful periods
    - Infrequent and/or absent periods
    - Vaginal discharge and sexually transmitted infection
    - Acute and chronic pelvic pain.
  
  Trainers may postpone or defer the clinical training and require the trainee to seek further gynaecological experience if this is assessed to be necessary

  ii) **NDFSRH**
  Appropriate gynaecological skills for sexual health consultations are an entry requirement for nurses on the NDFSRH training programme. The candidate should be able to demonstrate that they can perform a speculum examination. Trainers may postpone training and require the trainee to seek further gynaecological experience if this is assessed to be necessary before or during the NDFSRH training.

• **Registration for an FSRH e-portfolio.**

CS convenors may request this evidence prior to acceptance on a C5. Failure to provide this evidence when attending a course will invalidate your C5 attendance for the DFSRH or NDFSRH. Course organisers may not refund course fees in these circumstances.

**Latex Allergy**

Delegates may potentially come into contact with latex at a number of stations during a C5 e.g. on models, some diaphragms and handling condoms. It is recommended that delegates who may have a problem with this contact the course convenor before they register for the course to discuss the best way to manage this.

2. **Organisation of a C5**

The 5 one hour sessions can be taken in any order.

The C5 can be held as a full day course, or sessions may be run individually or in groups over a period of time.

The content is fixed.

The course is delivered singly or in small groups of 4 or less trainees to one facilitator.

Where there are regional variations, for example in abortion law, the course should refer to the situation pertaining locally whilst ensuring that trainees are aware that there are differences.

Course fees are set by local arrangement.
If you have ethical objections to abortion please refer to the FSRH statement about conscientious objection and Diploma training on the FSRH website.

3. **Aims of the C5**

The C5 provides an opportunity to

- practice and demonstrate practical skills required for the provision of contraception and testing of STIs
- develop increased awareness of the way that personal attitudes, gender, sexual preference and cultural differences impact on SRH consultations in a safe environment
- identify areas where further learning is required before proceeding to clinical assessments

4. **Assessments on the C5**

The C5 comprises 9 assessments. You must demonstrate that you:

1. have actively and appropriately participated in a workshop discussion on HIV testing and screening.
2. are able to demonstrate how to perform common investigations for sexually transmitted infections on male and female models.
3. are able to demonstrate how to teach the use of male condoms.
4. are able to have an informed discussion on the assessment and management of women choosing barrier methods of contraception and the principles of fitting these methods.
5. are able to demonstrate the insertion and removal techniques for a currently marketed implant on a model arm.
6. are able to demonstrate that they can apply the principles of confidentiality, Fraser Guidelines, consent and safeguarding children in clinical scenarios.
7. have actively and appropriately participated in a discussion on responding to someone presenting with a psycho sexual problem.
8. have actively and appropriately participated in a discussion on responding to a woman presenting with an unwanted pregnancy.
9. have actively and appropriately participated in a discussion of the management of men and women who request sterilisation.

You are expected to demonstrate an appropriate professional, non-judgemental attitude in order to progress through the DFSRH or NDFSRH. **This is an explicit component of the C5 assessments** which prepare trainees for clinical practice. Trainees who act inappropriately or demonstrate inappropriate attitudes should not expect to proceed to the clinical experience in sexual and reproductive health without first addressing these issues.

Further guidance in this area can be sought from the General Medical Council publication ‘Good Medical Practice’ which can be accessed at www.gmc-uk.org and the Nursing & Midwifery Council publication ‘The Code’ which can be accessed at http://www.nmc-uk.org/Publications/Standards/

It is anticipated that you should have little difficulty completing the assessments for the C5 provided you have:

- Passed the eKA
- Fulfilled the pre course requirements (consultation skills, gynaecology examination etc)
- Done the recommended pre course preparation (as set out in this guide)

A maximum of 2 outstanding assessments from the C5 may be reassessed during the clinical experience by arrangement with the primary trainer. This will be in addition to the 7 topic assessments for the DFSRH or NDFSRH.
Facilitators may have little time during or at the end of a session to give feedback, but it would be appropriate to remind trainees who are not contributing to workshop discussions that if they fail to do so they will not pass the assessment.

If you successfully complete less than 7 assessments you should be informed on the same day by the course convenor or someone appropriate delegated by them, such as a facilitator (This would not be done by a non-clinical administrator). You may be recommended to review your preparation for the course. You will be required to retake the C5 and pass at least 7 assessments at one attempt before moving on to clinical assessments.

If the C5 sessions are held on different days you should be informed if you have passed the assessments at the end of each session. The course convenor is responsible for ensuring that brief feedback is given if you have not passed an assessment to ensure that you are able to prepare differently for future sessions.

5. **Pre Course Preparation**

If this is done there is no reason why you should not pass all of your assessments. The assessments in each session are explicit. There are no trick questions.

The requirement for active participation is explicit. If you are unable or unwilling to participate actively in the discussions you will not complete the assessments. If more than 2 assessments are not completed by the end of the C5, then you will be required to re-sit the entire C5.

Each session is intended to build on your theoretical knowledge and there will be opportunities to ask questions that may have arisen from your theory preparation.

**Session 1 - Taking a Sexual History and HIV pre test discussion and testing**

**Learning Outcome**

- You will be able to apply your knowledge of risk assessment, sexual history taking and HIV testing to clinical scenarios in a supportive learning environment in preparation for your clinical work.

**Assessment**

*Has actively and appropriately participated in a workshop discussion on HIV testing and screening.*

**Pre course information**

The following e-SRH modules or sessions will be particularly relevant to this session:

- Risk assessment and sexual behaviour
- Testing for HIV and blood borne viruses
- Partner notification
- Understanding the client’s perspective.

You will be expected to be familiar with the components of sexual history taking, and be ready to describe what is required for a pre-HIV test discussion.
Session 2 - STI Screening and Testing and Teaching the use of Condoms

Learning Outcomes
- This is an opportunity to review how to assess and test appropriately for asymptomatic STI screening and investigate common presentations of STI and non-STI genital symptoms.
- You will be able to apply your knowledge of testing for STIs and demonstrate your ability to take the appropriate samples on male and female models. This will be assessed during the session.
- A summary of any local variations in sample taking practice will be provided.
- There will be an opportunity to review and demonstrate some of the advantages and limitations of condoms as contraceptives and STI barriers.
- Your ability to teach the use of male condoms will be assessed, and you will be expected to know how female condoms are used.

Assessments
‘Is able to demonstrate how to perform common investigations for sexually transmitted infections on male and female models.’

‘Is able to demonstrate how to teach the use of male condoms.’

Pre course information to delegates
The following e-SRH modules or sessions will be particularly relevant to this session:
- Testing for sexually transmitted and genital infections
- Problem based approach to STI testing
- Starting and using barrier contraceptives.

You will be expected to demonstrate how and when to perform common investigations for sexually transmitted infections on male and female models. This will be assessed.

You will be expected to demonstrate how you would teach the use of male condoms using a model. This will be assessed. You should be able to demonstrate the use of a female condom.

Session 3 - Practical Aspects of Contraception

Learning Outcomes
- To review and assess practical aspects of diaphragm use.
- To demonstrate and assess the ability to fit and remove a sub dermal implant in a model arm.
- To be able to see and handle commonly used contraceptive methods.

Assessments
‘Is able to have an informed discussion on the assessment and management of women choosing barrier methods of contraception and the principles of fitting these methods.’

‘Is able to demonstrate the insertion and removal techniques for a currently marketed implant on a model arm.’

Pre course information to delegates
You should be prepared to describe how you might explain to a woman how to insert a diaphragm and give advice regarding its ongoing use.
You should also be knowledgeable on the theory of how to insert caps and diaphragms and be:

- Aware of different types and sizes of diaphragms and caps
- Aware of pelvic assessment regarding size, musculature and anatomy
- Able to demonstrate how to insert the device and then check placement in a model
- Able to describe how to assess the fit of a diaphragm
- Able to remove the device
- Able to give clear instructions to a women regarding device use and spermicide application.

You should have reviewed the e-SRH additional training in sub-dermal contraceptive implants (SDI) module 17 on implant removal and insertion, as you will have an opportunity to do this on a model arm.

**Session 4 - Young people; Consent, Confidentiality, Fraser Guidelines and Safeguarding children**

**Learning Outcome**

- This session will help you to prepare for working with young people who require sexual health advice and treatment, including under 16s. Topics to be covered include consent, confidentiality, Fraser guidelines and safeguarding children.

**Assessment**

*Is able to demonstrate that they can apply the principles of confidentiality, Fraser Guidelines, consent and safeguarding children in clinical scenarios.*

**Pre course information to delegates**

The purpose of this session is to prepare you for working with young people who require sexual health advice and treatment, including under-16s. To gain the maximum benefit from this session, you will be expected to have done some pre-course preparation (see below for each station) and to have considered the issues listed.

The following e-SRH sessions will be particularly relevant to this session:

- Working with Young People
- Choosing and using a method – Young People
- The law relating to sexual activity
- Confidentiality, Consent and Chaperones

**5 Stations of 12 minutes each.**

**Station 1: Confidentiality**

Ensure that you understand what is meant by confidentiality for clerical and medical/nursing staff working with young people.

Think about how you would answer a 14 year olds question 'Is everything I say confidential?'

**Station 2: Fraser Guidelines**

You should understand what the Fraser Guidelines are and be able to list the 5 criteria if asked.

**Station 3: Consent**

You should understand the principles involved in obtaining valid consent to examination / treatment from under 16s.

Where could you seek further advice?
Station 4: Safeguarding children

Find out what the steps for referral of a Safeguarding Children case to social services or the police would be in your current place of work in the event of a disclosure by a young person.

Know the law in relation to sexually active under 16s and under 13s.

Station 5

In Station 5 you will be observing a consultation with a young person. You will then be asked to make Fraser competency and safeguarding children assessments.

Assessment will be based on your contributions to discussions at stations 1 – 4 and your performance at the final assessment station 5.

Useful resources:
FSRH Guidance: Contraceptive Choices for Young People, October 2004
General Medical Council publication: 0-18 years: guidance for all doctors.
Department of Health: Best practice guidance for doctors and other health professionals on the provision of advice and treatment to young people under 16 on contraception, sexual and reproductive health. July 2004.
http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/publicationspolicyandguidance/DH_4086960
Adolescence: boundaries and connections: An RCN guide for working with young people

Session 5 - Managing Sensitive Scenarios

Learning Outcomes

- The e-SRH provides the theoretical knowledge necessary to be able to manage sensitive sexual health scenarios, but sometimes it is difficult to know exactly how to phrase questions to elicit the information needed and to provide the information required. This session will provide an opportunity to consider how such a scenario might be approached.
- This is also an opportunity to consider how a non-judgemental attitude might be conveyed.
- The scenarios will also be an opportunity to explore personal reactions to issues that some find ethically or morally difficult, before confronting them in clinical practice.

Assessments

‘Has actively and appropriately participated in a discussion on responding to someone presenting with a psychosexual problem.’

‘Has actively and appropriately participated in a discussion on responding to a woman presenting with an unwanted pregnancy.’

‘Has actively and appropriately participated in a discussion of the management of men and women who request sterilisation.’

Pre course information to delegates

The following e-SRH modules and sessions will be particularly relevant to this session:

- Understanding the client’s perspective
- Confidentiality, consent and chaperones
- Early pregnancy assessment and referral
- Psychosexual medicine
- Assessment & referral for sterilisation.
You will be expected to take an active part in the case discussions and be able to discuss the following:

- Male and female sterilisation techniques, safety, failure rates.
- Medical and surgical abortion methods available locally and their availability in relation to gestation.
  (You should be aware that laws on abortion differ across the UK. Each course will refer specifically to the legal requirements pertaining locally, but those in NI will be expected to be familiar with what is available in mainland UK.)

If you have conscientious objections to some aspects of sexual and reproductive health care then please refer to the FSRH website.

6. Checklist for C5 Delegates

<table>
<thead>
<tr>
<th>Time frame</th>
<th>Action:</th>
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<tbody>
<tr>
<td><strong>Before C5</strong></td>
<td>Have read the <a href="#">FSRH Diploma Training Requirement</a></td>
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<td></td>
<td>Have registered with <a href="#">FSRH for the e-portfolio</a> (cost currently £50) -</td>
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<td></td>
<td>Achieve an eKA pass in the last 2 years</td>
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<td></td>
<td>Competency in consultation skills – you may need to be signed off for these.</td>
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<tr>
<td></td>
<td>Competency in gynaecological procedures - you may need to be signed off for these.</td>
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<tr>
<td></td>
<td>Invite course convenor to be a primary trainer on your e-portfolio</td>
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<td></td>
<td>Do pre-course preparation as set out in these guidelines</td>
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<td></td>
<td><strong>This is essential to help you prepare for the assessments in the C5</strong></td>
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<tr>
<td><strong>Prior to or at start of C5</strong></td>
<td>Provide the C5 convenor with evidence of having achieved an eKA pass in the last 2 years and having competency in consultation skills and competency in gynaecological procedures.</td>
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<td><strong>During C5</strong></td>
<td>Actively and appropriately take part in small group discussions</td>
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<td></td>
<td>Successfully complete at least 7 / 9 assessments</td>
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<td><strong>After the C5</strong></td>
<td>Provide your evaluation of your C5 experience to the FSRH. Follow this link <a href="#">C5 Evaluation</a> to the online evaluation form. The Faculty’s General Training Committee takes your evaluations seriously and is committed to following up appropriately on any of your suggestions or comments. For this reason, your FSRH Diploma will not be awarded until you have completed the Course of 5 evaluation form. Your local trainer or training programme may also request a separate written feedback form relating to more local training issues.</td>
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