

SEXUAL AND REPRODUCTIVE HEALTH

Module 15 : Sexual and Reproductive Health

(Contraception, Termination of Pregnancy, Sexually Transmitted Infections and HIV, Sexual Problems)

Learning outcomes:

- To understand and demonstrate appropriate knowledge, skills and attitudes in relation to fertility control (contraception and termination of pregnancy), the diagnosis and management of sexually transmitted infections including HIV and sexual dysfunction.
- There may be conscientious objection to the acquisition of certain skills within the contraception and abortion components. Skills targets not attempted should be clearly recorded in the logbook and signed off by a trainer

Knowledge criteria	Clinical competency	Professional skills and attitudes	Training support	Evidence/assessment
<ul style="list-style-type: none"> ■ Reversible, irreversible and emergency contraception and termination of pregnancy: <ul style="list-style-type: none"> ■ mode of action and efficacy ■ methods, indications, contraindications and complications ■ The laws relating to termination of pregnancy, sexually transmitted infections (STIs), consent, child protection and the Sexual Offences Act 2003 ■ Recognise and manage the sexual healthcare needs of vulnerable groups, e.g. young people, asylum seekers, commercial sex workers, drug users and prisoners ■ Sexually transmitted infections including HIV/AIDS: <ul style="list-style-type: none"> ■ transmission, clinical features, management, transmission and prevention 	<ul style="list-style-type: none"> ■ Take a history in relation to: <ul style="list-style-type: none"> ■ contraceptive and sexual health needs and risk assessment ■ unplanned pregnancy ■ Counsel about: <ul style="list-style-type: none"> ■ contraceptive options (reversible and irreversible) ■ unplanned pregnancy options ■ Manage the following clinical situations: <ul style="list-style-type: none"> ■ emergency contraception ■ hormonal contraception ■ Insertion of intrauterine contraceptive device ■ medical termination of pregnancy (early/late) ■ Deliver all methods of reversible contraception: <ul style="list-style-type: none"> ■ female sterilisation ■ surgical termination of early pregnancy ■ Network with other providers in multidisciplinary team, e.g: <ul style="list-style-type: none"> ■ counsellors ■ social workers ■ genitourinary medicine specialists ■ contraception specialists ■ primary care 	<ul style="list-style-type: none"> ■ Demonstrates the ability to counsel women sensitively about their options and the associated sexual health issues ■ Displays tact, empathy and concern ■ Demonstrates the ability to listen actively and respects silences ■ Understands the need to respect women's rights, dignity and confidentiality ■ Is able to explain clearly and openly treatments, complications and adverse effects of drug treatment ■ Demonstrates the ability to formulate and implement a management plan ■ Demonstrates effective liaison with colleagues in other disciplines, clinical and non-clinical 	<ul style="list-style-type: none"> ■ StratOG.net: Sexual and Reproductive Health e-tutorials ■ Family Planning/ genitourinary medicine sessions ■ Family Planning Training Programme e.g. Family Planning Association ■ Sexually Transmitted Infections Foundation course ■ Use of training models ■ National Sexual Health Strategy documentation ■ Recommended standards for sexual health services (March 2005) ■ DH Chlamydia screening programme ■ SIGN guidelines 	<ul style="list-style-type: none"> ■ Direct Observation of Clinical Practice ■ Logbook ■ Documentation on attendance to Family Planning Training Programme ■ Achievement of: <ul style="list-style-type: none"> ■ SOE ■ MRCOG Part 2 ■ Case-based discussions ■ EXIT EXAMINATION

Knowledge criteria	Clinical competency	Professional skills and attitudes	Training support	Evidence/assessment
<ul style="list-style-type: none"> ■ National Chlamydia Screening Programme and local implementation ■ Understand local care pathways for multi-agency working and cross referrals for individuals with sexual health needs ■ Sexual problems: <ul style="list-style-type: none"> ■ anatomy and physiology of the human sexual response ■ epidemiology, aetiology, pathogenesis, clinical features and prognosis of psychosexual/sexual problems 	<ul style="list-style-type: none"> ■ voluntary sector/self-help groups ■ police ■ Recognise and manage the following: <ul style="list-style-type: none"> ■ common clinical presentations of STIs in the female patient, e.g. dysuria, discharge, genital ulcerations ■ clinical presentations of complications of common STIs, e.g. acute pelvic infection ■ Perform appropriate microbiological investigations to investigate the common presentations of STIs ■ Recognise and manage clinical presentations of non-STI genital infections, e.g. bacterial vaginosis, genital candidiasis ■ Treat and arrange follow-up for women with STIs as local protocols ■ Explain the principles of partner notification and epidemiological treatment for sexual contacts ■ Perform an HIV risk assessment and discuss HIV transmission with women+ ■ Give appropriate advice to an HIV-positive woman about interventions available to reduce vertical HIV transmission in pregnancy ■ Perform an HIV pre-test discussion and provide appropriate management for positive and negative results ■ Assess risk for hepatitis A/B/C infections and arrange HAV and HBV vaccination appropriately for at-risk groups according to local protocol ■ Liaise effectively with local genitourinary medicine colleagues for effective multi-agency working ■ Take a history from the couple – or individual - with a sexual/ psychosexual problem ■ Recognise, counsel and plan initial management of sexual/psychosexual problems and know when to refer 	<ul style="list-style-type: none"> ■ Understands the need to respect cultural and religious beliefs as well as sexual diversity ■ Appreciates the importance of psychological factors for women and their partners ■ Has an understanding of the psychosocial impact of STIs and living with HIV/AIDS, including the knowledge of the support systems available for patients ■ Demonstrates the ability to promote healthy lifestyles ■ Is aware of the BMA/GMC Guidance for Doctors with Conscientious Objections to Abortions ■ Is aware of the GMC Good Medical Practice and Duties of a Doctor publications and their implications for doctors in practice 	<ul style="list-style-type: none"> ■ Useful websites: <ul style="list-style-type: none"> ■ www.rcog.org.uk ■ www.nice.org.uk ■ www.ffprhc.org.uk ■ www.medfash.org.uk ■ www.bashh.org.uk ■ www.baasart ■ www.lpms 	

Appendix to Curriculum Module 15: details of knowledge criteria

Fertility control methods:

- Natural family planning (physical, Persona®).
- Barrier (condom: male and female, diaphragm, caps).
- Chemical.
- Hormonal (including pharmacodynamics and metabolic effects) oral, transdermal, subdermal, intramuscular, intrauterine.
- Male and female sterilisation.
- Intrauterine contraception, (copper-containing, progesterone-containing).
- Reversal of sterilisation.
- Postcoital methods (progestogen, intrauterine contraceptive devices).
- Advances in contraception (including male reversible).

Unplanned/unwanted pregnancy:

- Contraceptive failure
 - method
 - iatrogenic
 - user.
- Non-use of contraception owing to, e.g:
 - social factors
 - cultural factors
 - sexual/domestic abuse
 - poor service access/delivery.
- Socio-economic consequences:
 - cycle of deprivation
 - population trends.
- Management options:
 - abortion
 - adoption
 - keep baby.

Sexually transmitted infections, including HIV/ AIDS:

- Transmission.
- Clinical features.
- Detection.
- Prevention.
- Treatments.
- Test of cure.
- Contact tracing.
- Health advisors.
- Genitourinary medicine services.
- Screening programmes.
- Specific conditions:
 - Chlamydia.
 - HIV.
 - Parasitic infections.
 - Fungal infections.
 - Bacterial infections.
 - Protozoal infections.
 - Viral infections.

Population trends.

Appendix to Curriculum Module 15: details of knowledge criteria

Termination of pregnancy:

- Pre-procedure consultation/assessment.
- Estimation of maturity.
- Method options/choice.
- STI screen and prophylaxis.
- Counselling and support.

Techniques:

- Methods (manual vacuum aspiration, suction evacuation of uterus, dilatation and evacuation, medical termination).
- Complications of procedures.
- Contraceptive supplies on discharge.

Aftercare:

- Contraception.
- Sexual health.
- Counselling and support.

Other issues:

- Age.
- Consent.
- Confidentiality.
- Legality.
- Special needs and vulnerable groups.
- Service organisation.
- High-risk groups for sexual poor health.
- 'Hard to reach' groups (asylum seekers, homeless and rootless, commercial sex workers, substance abusers, mental illness).
- Adolescents.
- Vulnerable adults.
- Learning disability.
- Socio-economic deprivation.

- Negative psychosocial impact of STIs, in particular HIV/AIDS.
- Importance of networks and multi-agency working.

Sexual problems:

- Anatomy and physiology of human sexual response.
- Psychogenic aetiology and presentation of common sexual problems such as loss of sexual interest and arousal, vaginismus, anorgasmia.
- Effect of age, cultural influences, illness and drugs on sexual behaviour and performance.
- Gender dysphoria.
- Principles of psychosexual counselling.
- Sexual problems in special needs groups such as physical and learning disability.
- Covert presentations of psychosexual problems and childhood sexual abuse.
- Referral pathways to local expertise in the field of psychosexual medicine and sexual dysfunction

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Fill in as a record of experience.

Skills	Competence level					
	<input type="checkbox"/> Basic training		<input type="checkbox"/> Intermediate training		<input type="checkbox"/> Advanced training	<input type="checkbox"/> Not required
	Observation		Direct supervision		Independent practice	
	Date	Signature of trainer	Date	Signature of trainer	Date	Signature of trainer
Identify, discuss and manage the following issues:						
A sexual health risk assessment					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
A request for contraception:						
Discuss and inform, regarding all options					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
COUNSEL FOR :						
Reversible contraception					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Emergency contraception: hormonal					<input type="checkbox"/>	<input type="checkbox"/>
Emergency contraception: intrauterine					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Permanent (female only, surgical)					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Unplanned pregnancy:						
Outpatient consultation and referral					<input type="checkbox"/>	<input type="checkbox"/>
Perform (to indicated level):						
Early medical termination of pregnancy					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Late medical termination of pregnancy					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Early surgical termination of pregnancy					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Late surgical termination of pregnancy					<input type="checkbox"/>	<input type="checkbox"/>
Post-procedure follow-up consultation					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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	Observation		Direct supervision		Independent practice	
	Date	Signature of trainer	Date	Signature of trainer	Date	Signature of trainer
STIs including HIV/AIDS:						
Diagnosis and management of the common STIs						
Chlamydia screening and treatment						
Explain the principles of partner notification						
Perform an HIV risk assessment						
Psychosexual problems						
Take a history from individual/couple						
Plan initial management/know when to refer						

Authorisation of signatures (to be completed by the clinical trainers)

Name of clinical trainer (please print)	Signature of clinical trainer

COMPLETION OF MODULE 15

I confirm that all components of the module have been successfully completed:

Date	Name of educational supervisor	Signature of educational supervisor