

## Introducing the 'Course of 5'

I hope that you will all now be aware that changes are being planned for DFSRH training from January 2010. There have been a number of difficulties with delivering training for the Faculty's diploma, and it is hoped that the new training programme will address these issues, increase access to training and make it even more relevant to those whose role includes sexual health consultations.

This is an exciting time for sexual health training, and I would encourage you to keep referring to the Faculty website for updates on progress.

One of the aims of the new blended training programme is to ensure that trainees are adequately prepared before they reach the clinics. Trainees will come to the clinic having

- passed the theory assessments from the e-learning package, (available on-line and free to all NHS employees)
- practiced some of the consultation and practical skills on the course
- completed some of their competency assessments on the course
- there will also be an expectation that they are competent at performing a gynaecological examination and have been observed taking a cervical smear prior to applying for clinical assessments.

To achieve this, the new '**Course of 5**' - so called because it will be 5 one hour sessions, will replace the current theory course from January 2010. The assessments from this course must be completed prior to attending for clinical experience and assessment.

### Content

Organisers will have the flexibility of running this as a full day course or a series of single sessions.

The five sessions will cover the following;

1. Sexual history taking and HIV testing
2. STI testing and condoms
3. Practical aspects of contraception: diaphragms, implant model arm training, handling pills and devices
4. Young people: consent, confidentiality, child protection and Fraser guidelines
5. Complex issues: psychosexual, sterilisation counselling, unwanted pregnancy.

The content of each session will be standardised.

- Based on interactive small group work, with 1 facilitator to a maximum of 4 trainees.
- Full supporting material will include a session time plan, notes for the facilitators, a list of equipment needed etc.

## **Assessments**

Assessments will be explicit. Trainees will be aware of what will be assessed during each session, and will be encouraged to prepare for assessments prior to attending.

The plans are in the final stage of writing; the draft assessments to be completed during the Course of 5 are as follows:

- *'Has actively participated in a case based discussion of HIV testing and screening'*
- *'Has actively participated in a small group demonstration of how to put on a condom / femidom'*
- *'Is able to understand the assessment and management of women choosing barrier methods of contraception and the principle of fitting the devices'*
- *'Is familiar and proficient in the insertion and removal procedures of a currently marketed implant on a model arm'*
- *'Is able to apply the principles of confidentiality, Fraser Guidelines, consent and child protection to practical cases'*
- *'Has actively participated in a case based discussion on presentation of psycho sexual problems'*
- *'Has actively participated in a case based discussion on the management of a woman who presents with an unwanted pregnancy'*
- *'Has actively participated in a case based discussion about sterilisation'*

A trainee who fails 2 or more of these assessments will be expected to attend the full course again.

## **Facilitators**

Facilitators on the short course need not be Faculty Registered Trainers, but the medical course organiser, who must be a current member of the Faculty working in sexual and reproductive health, will be responsible for the delivery of the DFSRH Course of 5, and must ensure that facilitators know the competency level required and are able to make a valid assessment. The sessions are written in such a way that all clinicians who are actively working within sexual and reproductive health should feel able to facilitate a small group.

## **Cross over**

The current theory courses will cease to run after December 2009. All trainees who have attended courses this year will have the usual 3 years to complete their practical sessions using the current log book.

From January 2010, all new trainees will start with the e-learning theory course, and proceed to the Course of 5. It is envisaged that trainees will be looking for courses early in 2010.

### **Conference for course organisers**

Without course organisers, the diploma training will not be possible. The General Training Committee are hosting a conference for course organisers on **18 September, 2009**. We are keen to invite all those who organise current theory courses - both the medical organisers, and the administrators and other staff involved in the organisation. We would also like to invite anyone who is considering running the new 'Course of 5' to come and find out a bit more about it. We plan to go through the organisation and session content in detail, and answer any questions you may have. There is no registration charge for this conference and the Faculty will pay for standard class rail fare and economy class airfare. (It would be appreciated if those travelling long distances would take advantage of advance booking to ensure best economies.)

To register for the day, an application form is available from Debbie Roberts, the General Training Committee secretary at [dr@fsrh.org](mailto:dr@fsrh.org). (Invitations will be sent the week beginning 22 June to current DFSRH theory course organisers, GenTPDs and Deanery Advisors.) Forms need to be completed returned to the Faculty office by not later than **Friday 14 August 2009**.

### **General Training Programme Directors Conference**

This will look at all aspects of the new training programme, with more emphasis on the clinical training and the assessment process in clinics. This will be on **16 October, 2009**.

If you have any questions about the new training programme which are not answered by the website updates, please contact me c/o [dr@fsrh.org](mailto:dr@fsrh.org).

My thanks to all those who are involved in diploma training; the gold standards we set today will be reflected in quality sexual and reproductive health care in the years to come.

Jenny Heathcote  
Chair of General Training Committee  
19.6.09