

FACULTY OF SEXUAL AND REPRODUCTIVE HEALTHCARE

of the Royal College of Obstetricians and Gynaecologists

27 Sussex Place, Regent's Park, LONDON, NW1 4RG

Initial training telephone: 020 7724 5669/5647

Recertification telephone: 020 7724 5675

Training Requirements for Doctors Wishing to Obtain the Diploma of the Faculty of Sexual and Reproductive Healthcare (DFSRH)**Terminology:****DFSRH:** Diploma of the Faculty of Sexual and Reproductive Healthcare.**Letter of Competence:** Qualifications for Intrauterine Techniques (IUT) or Subdermal Implants (SDI) and Medical Education (MEd).**Registered Trainer:** Faculty Registered Trainers should fulfil the requirements laid down in Section 1 below. Trainers should have the skills to provide one-to-one clinical teaching, carry out teaching in small groups, set learning objectives and carry out initial, interim and summative assessments in the context of the relevant syllabus. They may work as primary or secondary trainers subject to the approval of the local General Training Programme Director.**Primary Trainer:** The Registered Trainer who is responsible for overseeing the training of an individual trainee. The Primary Trainer will usually carry out the initial, and interim and the summative assessments.**Secondary Trainer:** A Registered Trainer who carries out interim assessments of a trainee.**Faculty Assessor (General Training):** The Faculty Assessor (GT) is a Faculty Representative nominated by the Deanery Advisor to conduct the final structured interview required to become a Registered Trainer.**Training Programme:** A service or practice providing DFSRH (and/or LoC IUT/SDI training) constitutes a Training Programme. If a group of services or practices are working together as a consortium to provide training, this would be regarded as a single Training Programme. The partners involved should be identified with named links for training that occurs in outside services e.g. GUM clinics. A training programme should have administrative and organisational support for trainers and trainees and be able to fulfil all components of the training programme within a broad range of clinic services with a focus on community-based sexual and reproductive health care provision.**General Training Programme Director:** Each Training Programme should have an identified General Training Programme Director (GenTPD) who should be an experienced Faculty Registered Trainer currently actively involved in training. The GenTPD will be responsible for overseeing training within their local training programme including administration and organisation. They need to ensure that Trainers and others carrying out training within their programme are eligible to be trainers, and maintain their competency and skills to deliver training and assessments for Faculty qualifications (DFSRH, LoC IUT and LoC SDI) as appropriate. They should be aware of and/or actively involved in local DFSRH theory courses and LoC MEd courses.**1. ELIGIBILITY**

FULL REGISTRATION with the U.K. GENERAL MEDICAL COUNCIL is a basic requirement.

Those who have Limited Registration may undertake theoretical modules, but if they wish to proceed to the practical training and subsequent award of a Diploma of the Faculty of Sexual and Reproductive Healthcare (DFSRH), must submit details of their proposed programme well in advance to the GMC and obtain the necessary approval in writing before so doing.

Trainees with a conscientious objection to any specific method of contraception should obtain further information from the Faculty before embarking on training.

Both theory and practical training need to be undertaken; assessment is carried out during the practical training. The theory training must precede the practical training; the latter should be completed within THREE YEARS of the date of the first theoretical module. ***Applications for the Diploma should be made within 12 months of completion of the practical training.***

2. BASIC GYNAECOLOGICAL EXAMINATION

It is assumed that Trainees will have a working knowledge of a relevant anatomy and physiology. Trainees are required to be competent in basic gynaecological examination, which is essential to all contraceptive practice.

Necessary Skills:

- The ability to perform digital and speculum vaginal examination
- Competence, to the level of independent practice, in assessing size, position and mobility of uterus including women who have abnormalities of their pelvic organs.

The candidate must certify competence in their logbook before the practical instruction begins.

A Faculty Registered Trainer may require the candidate to undertake further training in examination before continuing the practical supervision if they are not satisfied with the Trainee's competence in examination.

3. LEARNING AIM FOR THE DFSRH

To be able to practice in sexual and reproductive health at a standard which is at least equivalent to level 1 of the Strategy for HIV and Sexual Health in England and Wales, having acquired:

- A sensitive and non-judgmental consultation style
- Knowledge of all methods of contraception currently available
- Skills to provide basic counselling and advice about all these methods
- Skills to initiate the use of hormonal contraception and deal with common problems
- Skills to provide emergency contraception
- Knowledge of sexuality and sexual behaviour
- Skills to undertake a sexual health assessment / consultation
- Knowledge of cervical cytology screening
- Skills to undertake cervical cytology
- Skills to consult on unintended pregnancy
- Knowledge of the law relating to young people and of child protection procedures
- Knowledge of medico-legal and ethical issues specific to sexual health care.

4. THEORY INSTRUCTION

- This comprises six modules whose content is fixed
- At least 30% of each taught module must be delivered as workshops and learning stations
- All six modules should be completed before the initial assessment for practical training
- The theory course may be run over 3 consecutive days or in single or ½ days
- Pre-course reading may replace up to one module
- Credit for modules 5 and 6 may be given for attendance at a STIF course in the previous 5 years providing that appropriate training in cytology and screening has been obtained
- A record of each module attended should be made in the Logbook of Clinical Experience for the DFSRH.

5. PRACTICAL INSTRUCTION

This is a competence-based training using a logbook of clinical and tutorial experience.

One Faculty Registered Trainer will take Primary responsibility for the training programme. This Primary Trainer will undertake the initial assessment to plan the training, at least one formative assessment to gauge progress **and** the final summative assessment of competence. Appropriate Doctors and Nurses in a variety of settings may supervise the planned practical experience. Faculty Registered Trainers should undertake interim formative assessments. The final summative assessment by the Primary Trainer will lead to certification once the core competencies have been attained.

It is recommended that each trainee should be assessed by more than one Faculty Registered Trainer.

At least **FOUR** assessments of competence should be undertaken by Faculty Registered Trainers.

Competence in all parts of the syllabus is required.

Attendance at a Genitourinary or Combined clinic on at least one occasion is desirable but is not compulsory provided that the Primary Instructing Doctor is satisfied that the equivalent experience has been obtained elsewhere.

Competence in insertion/removal of IUD, or subdermal implant need **not** be attained.

After completing the practical training, a decision will be made by the Primary Trainer as to whether further training is necessary. All assessments should be recorded in the Logbook of Clinical Experience for the DFSRH.

At the conclusion of training, and subject to a satisfactory assessment, the trainee may apply for the DFSRH. The candidate should send the Logbook of Clinical Experience for the DFSRH to the General Training Department of the Faculty together with the appropriate fee.

The Logbook will be returned to the candidate on award of the DFSRH; the Faculty will only retain a copy of the application.

6. RECERTIFICATION

Recertification is required every five years.

The requirements are as follows:

- Each yearly subscription paid when due
- A minimum of 10 hours of activity concerned with sexual and reproductive healthcare.

Holders of the DFSRH will not be required to recertify until five years after being appointed as a Diplomate, that is to say five years after the date of their Diploma.

Diplomates will be required to maintain a log of all recertification activities. They should keep all relevant documentation including certificates and programmes.

Diplomates will be required to submit a self-declaration form to the Faculty office on a five-yearly basis from the date of their Diploma stating that they have satisfied the Faculty requirements for recertification of their Diploma. The General Training Committee of the Faculty reserves the right to conduct a spot check of the self-declaration forms submitted by members by asking for all relevant documentation to be sent to the Faculty Office for verification.

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Appendix A: The Syllabus

THE SYLLABUS FOR THE DFSRH

Hormonal Methods (excluding intrauterine and subdermal implants)

Candidates should have knowledge of and skills to provide all currently available methods licensed in the United Kingdom

Emergency Contraception

Knowledge of and skills to provide hormonal emergency contraception
Knowledge of emergency IUD use and how to refer for this

Intrauterine and subdermal contraception

Knowledge and skills to provide basic counselling, advice and referral

Male and Female Barriers

Knowledge of and skills to provide counselling and advice including experience of cap fitting in a live patient or anatomical model

Natural Family Planning

Knowledge of and skills to provide basic counselling, advice and referral

Sterilisation (male and female)

Knowledge of and skills to provide basic counselling, advice and referral

Pregnancy Testing

Knowledge of the types of tests available, their sensitivity, when to do them and how to interpret the results

Unintended Pregnancy

Knowledge of and skills to counsel on unintended pregnancy and refer to local abortion provision

In the case of a trainee who expresses a conscientious objection, they may wish to abstain from undertaking counselling for abortion and/or signing of the legal documentation. However they must demonstrate that they are able to treat the patient with kindness and consideration and in a non-judgemental manner, undertake initial counselling and make timely arrangements for another doctor to provide the necessary full counselling and other arrangements. (See page 8, Appendix C.)

Cervical Cytology

Knowledge of the cervical cytology and the principles of screening programmes and recall systems
Skills to take cervical smears, explain and deal with results and refer appropriately

Consultations with young people

Understanding of the importance of confidentiality
Awareness of relevant child protection issues
Knowledge of the law relating to consent (specifically the Fraser judgement)

Medico-legal and ethical issues specific to sexual health care

Understanding of confidentiality, consent and note-keeping

Knowledge of the law relating to young people

Knowledge of child protection procedures

Emotional and psychological factors & Psychosexual issues

Knowledge and skills to recognise psychosexual problems and give initial advice

Sexual History Taking

Knowledge and skills to take an appropriate sexual history and make a risk assessment

Skills to explain this and to counsel for risk reduction

HIV & Syphilis testing - Knowledge and skills required for pre-test discussion

Knowledge and skills to assess the need for and give a Hepatitis B vaccination course

Knowledge of the principles of partner notification

Genital Infections in Women

Specifically - Chlamydia, Gonorrhoea, TV, BV, Candida, Herpes, Human Papilloma Virus

- Knowledge of incidence, incubation, symptoms, sequelae & treatment
- Skills to counsel a client with a positive diagnosis including arrangements for contact tracing when required
 - a. knowledge of which swabs/tests to use for diagnosis
 - b. skills for taking these swabs/tests
- Knowledge of the management of conditions such as PID and vaginal discharge

Need to highlight confidentiality issues, non-judgemental attitude, open questioning, sensitivity etc.

Genital Infections in Men

As for Genital Infections in Women but excluding 3B and 4

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Appendix B: Theory Course Format

THEORY COURSE FORMAT

- This comprises six modules whose content is fixed
- At least 30% of each taught module must be delivered as workshops and learning stations
- All six modules should be completed before the initial assessment for practical training
- The theory course may be run over 3 consecutive days or in single or ½ days
- Pre-course reading may replace up to one module
- Credit for modules 5 and 6 may be given for attendance at a STIF course in the previous 5 years providing that appropriate training in cytology and screening has been obtained
- A record of each module attended should be made in the Logbook of Clinical Experience for the DFSRH.
- Throughout the course, teachers should highlight confidentiality issues, patient choices, non-judgemental attitude, open questioning and sensitivity.

Module 1

Either Recommended Reading or initial teaching of topics from modules 2- 6

- This must cover the advantages, disadvantages, benefits, risks and effectiveness of all contraceptive methods to equip course participants for discussion about clinical cases in workshops.
- STIs: - the epidemiology and basic information about each condition must be covered.
- Self-test questions, a book list and recommended information sources for each topic will be provided.
- Knowledge of cervical screening and principles of screening programmes (if Module 5 is replaced by a STIF course)

Module 2

Hormonal Methods

- Combined Pill, Injectables, Progestogen-only pills and any other currently available methods licensed in the UK:
 - Appropriate choice, benefits and risks, initiation of use and management of common problems.
- Implants, IUS:
 - Appropriate choice, benefits and risks

Module 3

Emergency Contraception

- Hormonal emergency contraception:
 - Appropriate choice, risks and benefits, initiation of use and management of common problems
- Emergency IUD:
 - Appropriate choice, benefits and risks

Male and Female Barriers

Appropriate choice, risks and benefits, initiation of use and management of common problems

Intrauterine contraception, Natural Family Planning

Appropriate choice, benefits and risks

Module 4**Sterilisation (male and female)**

Appropriate choice, benefits and risks

Pregnancy Testing

Knowledge of the types of tests available, their sensitivity, when to do them and how to interpret the results.

Unintended Pregnancy

Knowledge of the law relating to termination of pregnancy.
The procedures for and sequelae of terminating pregnancy.
The need to give open advice about the available choices.

Medico-legal and ethical issues specific to sexual health care

To include confidentiality, consent and note-keeping
Knowledge of the law relating to young people, the Fraser judgement and Child Protection relevant to practice in this field

Emotional and psychological factors & Psychosexual issues

Knowledge and skills to recognise psychosexual problems and give initial advice.

Module 5**Sexual History Taking**

Assessment at first and subsequent presentations of sexual behaviour and any associated risks.
HIV & Syphilis testing - Knowledge required for pre-test discussion.
Hepatitis B - Knowledge to assess the need for a vaccination course

Cervical Cytology

Knowledge of cervical cytology and the principles of screening programmes and recall systems.

Module 6

Knowledge of the principles of partner notification

Genital Infections in Women

Chlamydia, Gonorrhoea, TV, BV, Candida, Herpes, Human Papilloma Virus
Knowledge of incidence, incubation, symptoms, sequelae & treatment
Knowledge of which swabs/tests to use for diagnosis
Knowledge of the management of PID and vaginal discharge.

Genital Infections in Men

Chlamydia, Gonorrhoea, TV, BV, Candida, Herpes, Human Papilloma Virus
Knowledge of incidence, incubation, symptoms, sequelae & treatment

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Appendix C:

Guidelines Relating to Trainees for the Diploma of the Faculty of Sexual and Reproductive Healthcare (DFSRH) who Express Conscientious Objections

1. Doctors who hold moral or religious reservations about any contraceptive method are very welcome to undertake the training for the Diploma of the Faculty of Sexual and Reproductive Healthcare (DFSRH), both theoretical and practical. Such training will always enhance knowledge, skills and attitudes in family planning. However, it must be made clear at the outset that a trainee who restricts his/her repertoire of methods may not be able to satisfy the instructing doctor that he/she has experience of those methods to which the trainee has a conscientious objection. Completing the syllabus (theory and practical) means willingness during training to prescribe all forms of hormonal contraception, including emergency, and willingness to counsel and refer, if appropriate, for all intrauterine methods. Failure to complete the syllabus renders doctors ineligible for the award of a Diploma.
2. Doctors who hold moral or religious reservations about any contraceptive methods will be unable to fulfil the syllabus for the Membership of the Faculty of Sexual and Reproductive Healthcare (MFSRH) or career grade or subspecialty training. This will render them ineligible for the award of the examination or completion of training certificates. It is therefore probably not in the trainees' interest to undertake these extensive training programmes.

Provision of abortion (which is defined as any interruption of pregnancy after implantation) falls outside the mainstream provision of contraception, and therefore attracts different guidelines:

A doctor may wish to abstain from

- 3.1 actually performing termination of pregnancy
- 3.2 signing the HSA1 or equivalent
- 3.3 undertaking counselling for abortion

but still hold diploma/membership of the Faculty, and undertake subspecialty or career grade training as long as he/she undertakes to:

- 3.4 treat the patient with kindness and consideration and in a non-judgemental manner
- 3.5 provide information on the options for unplanned pregnancy
- 3.6 is prepared to make timely arrangements for the patient to see a doctor who feels able to provide the necessary counselling and to make the necessary arrangements
- 3.7 has a theoretical understanding and knowledge as required by various syllabi.