Annual review 2016
A visible champion for SRH professionals
We are the largest UK professional membership organisation working at the heart of sexual and reproductive health, supporting healthcare professionals to deliver high quality care. We believe that access to quality sexual and reproductive healthcare is a fundamental right. This is why we are working together with our members and partners to shape better sexual and reproductive health for all.

www.fsrh.org

“Being part of the FSRH is being a part of a community who feel passionately about improving sexual and reproductive healthcare in the UK.”
Dr Helen Munro

“Whilst being important for society, SRH is inherently personal. Most men and women will need SRH information, care and support at some stage in their lives.”
FSRH Vision Document
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As clinicians working in sexual and reproductive health (SRH) – whether full time in the ‘specialty’ or as part of a broader role in primary care – we all recognise and are living the challenges that are facing our health service and society as a whole. And it can certainly feel as if SRH, and the women and men we support to live healthy lives, are facing more than our fair share of challenges as a result of fragmented and cash poor social and health care systems.

It has never been more important for professionals serving these communities to have a visible champion: a membership body that provides practical help in the form of guidance, standards, research findings and up to date information, and that is also increasingly providing a voice on behalf of SRH clinicians to those with power and influence in our health, social and medical education systems. I am delighted that this FSRH ‘impact’ report shows that in addition to the ‘bread and butter’ of education provision, standards and guidance and the Journal, we are increasingly having an impact in our influencing work: tenders and service specifications amended to better reflect the needs of SRH care; Royal Colleges starting to address SRH; adding our voice to the coalition that obtained compulsory relationship and sex education in all schools; (some!) media and politicians finally discussing contraception in a more informed way.

With over 15,000 members – doctors and nurses working in a range of roles – but all with an interest in delivering effective SRH care – the FSRH is in an excellent position to influence those in power. However we recognise that there is much more to be done and that we, like all charities, need to work hard to do ‘more with less’.

I hope that this report gives you some idea of the results we are beginning to achieve by investing in services such as our Clinical Effectiveness Unit (CEU), in online processes to support our members, the introduction of webinars and investment in developing our education and training work. Some of the results of this investment and hard work will not be obvious immediately but I hope you will agree that the FSRH is being transformed – to meet the needs of all working in this area of medicine that is crucial to the lives of everyone.

“It has never been more important for professionals serving these communities to have a visible champion.”
Message from the CEO, Jane Hatfield

Putting together this report has been a very motivating experience as it demonstrates that we are doing more than ever to achieve our charitable aim of improving and supporting standards in sexual and reproductive health care. We are a relatively small organisation with big ambitions – to support our 15,000 plus membership in CPD, education, training, guidance and standards but also to influence the policy makers whose decisions impact directly on the environments in which our members work. In order to be able to respond to a very fast changing external environment we recognise the need to make effective use of technology and to be able to respond to the needs of our members quickly. Our aim is to be as responsive as we can to our members to support their clinical practice and to represent the views and experiences of our members to those with the power to make improvements to health and social care.

During 2016 we invested in new member benefits such as the well received webinars based on our guidance, as well as investing in our CEU to support them to work on new initiatives including an audit programme. We also continued to invest in ‘modernisation’ of the Faculty to enable us to be as efficient as possible and, perhaps most importantly, to be proactive in developing and improving new products and services. Council, committees and staff also invested a great deal of time and energy into working in partnership with others to achieve goals where we have common aims. We remain committed to identifying and pursuing partnerships wherever we feel these will benefit those who use SRH services/care.

We need help to achieve our goal ‘to promote effective standards and pathways in SRH through well trained multi-disciplinary teams to sustain high quality outcomes for the patient’. Our vision makes clear that we are keen to work with anyone who recognises and shares the desire to see ‘good’ SRH care maintained or further developed across the UK. I believe we have made a significant contribution to this on behalf of our members over the last year and I welcome feedback on any aspect of our work.

“We recognise the need to make effective use of technology and to be able to respond to the needs of our members quickly.”
Highlights of the year

January
▶ FSRH CEU publishes response to ‘Maternal use of oral contraceptives and risk of birth defects in Denmark’.

February
▶ FSRH CEU publishes clinical statement on Sodium Valproate and Pregnancy Risks.
▶ FSRH publishes a statement on the release of the National Maternity Review’s ‘Better Births: Improving outcomes of maternity services in England.’

March
▶ 140 people were awarded the FSRH Diploma so far in the year.
▶ FSRH Response to Health Education England’s consultation on the proposed ‘Nursing Associate’ role.
▶ FSRH Statement on the publication of ‘Guidance for Health and Social Care Professionals on Termination of Pregnancy in Northern Ireland’.
▶ FSRH’s Annual Scientific Meeting in Leeds including launch of the 2016 UKMEC.
▶ Presidents of the Academy of Medical Royal Colleges call on Prime Minister to intervene in Junior Doctors’ dispute.

April
▶ Joint Fertility Health Summit meeting with RCOG and British Fertility Society: ‘Choice Not Chance’.

May
▶ FSRH holds its first webinar on the launch of the UKMEC guidance – over 350 attendees.

June
▶ FSRH CEU clinical statement on Nexplanon®.
▶ FSRH CEU launches new publication, ‘Switching or Starting Guide to Contraception’.
▶ FSRH Statement on release of Office for National Statistics Quarterly Conception Rates to Women Under 18 data.
▶ Contraception Priority Setting Partnership (PSP) survey launched to establish the 10 priority areas for research.
July

▷ FSRH CEU Statement on the Use of double dose (3mg) levonorgestrel emergency contraception by women taking enzyme-inducing medications.

▷ The Margaret Jackson essay prize winners announced.

▷ FSRH CEU response to published study: COC and risk of PE, CVA and MI.

▷ FSRH guide to applying Public Health England’s ‘Teenage Mothers and Young Fathers: Support Framework’.

August

▷ Updated ‘Service Standards for Resuscitation’ launched.

▷ FSRH submission to Department of Health consultation on local authority savings to public health budget.

▷ SRH Essentials for practice nurses launched.

◁ FSRH CEU publishes statement on Pre-conception care.

◁ FSRH comments on ONS ‘Quarterly data on Under 18 Conceptions in England and Wales’.

September

▷ FSRH publishes statement on the NICE Quality Standard for Contraceptive Services.


▷ FSRH submission to the Dept for communities and local government’s consultation on 100% business rate retention.

▷ FSRH launches the updated ‘Service Standards for Sexual and Reproductive Healthcare’.

October

▷ FSRH CEU statement on published study on Hormonal Contraception and Depression.

▷ FSRH submission to the Government’s consultation on ‘Reporting and acting on child abuse and neglect’.


▷ FSRH publishes Updated Clinical Guideline, ‘SRH for individuals with Inflammatory Bowel Disease (IBD)’.

November

▷ FSRH launches the UKMEC in a variety of formats.

▷ FSRH invites consultation responses to Guideline on Emergency Contraception.

December

▷ Statement from the Clinical Effectiveness Unit: ‘Combined hormonal contraception and venous thromboembolism’ (December 2016).

▷ FSRH contributes to the BBC’s More or Less discussion on contraceptive side effects.

▷ Launch of ‘top up’ funds for those nearing the end of ‘equivalence’.
Education in 2016

To promote high standards of clinical practice through the provision of quality education and training to healthcare professionals delivering SRH care in the UK and internationally

In 2016 we achieved:

▶ 732 doctors / nurses awarded the Diploma – DFRSH/NDFSRH – recognising their competence to carry out a contraception consultation.

▶ 1,420 doctors and nurses were awarded the Letter of Competence in Subdermal Implants or Intrauterine Contraception supporting patients in using Long Acting Reversible Contraception (LARC).

▶ 867 healthcare professionals and others attended FSRH conferences enabling them to keep up to date in the latest issues and research in SRH.

▶ 1,266 candidates took and passed the e-knowledge assessment, enabling them to go on and take a FSRH qualification.

▶ Over 350 members took part in our first webinar on the UKMEC.

▶ Launch of SRH Essentials for Practice Nurses – introduced a one day basic level training course for practice nurses. The aim of these courses is to provide safe, confident practitioners who have an understanding of sexual and reproductive health care.

▶ Initiated a project to review and update the Diploma including user consultation and research. Results to be implemented in 2017.

▶ Three doctors became SRH consultants through Certificate of Eligibility for Specialist Registration (CESR) or ‘equivalence’. 100% of our CESR applications for 2016 met the General Medical Council legal deadline.

During 2017–2020 we will:

▶ Widen access to FSRH qualifications to professionals beyond doctors and nurses.

▶ Improve options to record Continuing Professional Development.

▶ Launch a ‘revamped’ Diploma that is educationally and clinically relevant and straightforward to undertake.

▶ Promote FSRH qualifications both here in the UK and abroad.

▶ Develop more SRH Essentials courses across the UK including for other groups of healthcare professionals beyond practice nurses.
“Obtaining my CESR gave me a great feeling of achievement in a specialty I am passionate about. It was the culmination of much hard work. I now have a strong sense of recognition, both personally and professionally.”

Dr Dianna Reed

823 candidates registered for e-portfolio access.

197 Nurse Diplomates in 2016 (24 more than in 2015).

1421 Letters of Competence were awarded in 2016

1266 candidates purchased and passed the e-Knowledge Assessment exam.

95% of our conference attendees rated our annual joint FSRH/BASHH conference as ‘good’ or ‘excellent’.
Advocacy in 2016

To increase recognition among policy makers and commissioners/planners of the importance of SRH to women and men over their life course

In 2016 we achieved:

▶ FSRH’s Vision for Sexual and Reproductive Healthcare was formally presented to leading figures at a round-table event, which included senior representatives from the Department of Health, Public Health England, Health Education England, and leading Royal Colleges and membership bodies. In addition to this event, meetings and joint working promoting the goals of the Vision progressed with senior leaders including the Shadow Public Health Minister.

▶ The External Affairs team produced briefings for and meetings with commissioning bodies including the Chair of the English Sexual Health Commissioners Group, the South West Commissioners Group, the London Sexual Health Strategic Commissioning Lead and the Expert Adviser to NICE on SRH Commissioning.

▶ The development of dedicated webpages targeted at commissioners and planners of services resulted in a 46% increase in website traffic to the FSRH’s policy and media section of the website in the last three quarters of the year.

▶ 13 consultations submissions on behalf of members were submitted in 2016 including to Public Health England’s Tailored Review, the Health Select Committee’s NHS Long Term Sustainability Inquiry and the Department for Communities and Local Government’s Business Rates Retention Consultation. Outcomes included a re-focusing of PHE towards reproductive health, recognition by the Health Select Committee that accountability is needed in public health, and the Department for Communities and Local Government extending its consultation in recognition that its proposals around business rates retention were too contentious.

▶ 4 meetings of the All-Party Parliamentary Group on Sexual and Reproductive Health took place, helping give welcome attention among policy makers to important subject areas. FSRH helped guide the agendas and find expert speakers on topics including, Local Authority Commissioning, the Sexual Health of Black, Asian and Minority Ethnic Communities, and the Future of Abortion: 50 Years after the Act.

▶ The reach of FSRH’s media and social media activity increased significantly in 2016 with over 25 press releases and statements leading to exposure in national print, radio and television including in The Guardian, Metro, BBC Radio 1, BBC World Service, ITV Lunchtime News, and a half hour contraception special on BBC2’s Victoria Derbyshire Show. Trade press coverage also continued to be strong, including promotion of FSRH guidelines in Pulse, Independent Nurse and GP Online.

▶ Our social media output grew, with an increase of 33% in our Twitter following and prominent retweets by policy leaders including the Shadow Public Health Minister, the president of the Association of Directors of Public Health, the presidents of RCGP and RCN.
During 2017-2020 we will:

- Reach even more policy makers, commissioners, planners and healthcare professionals to ensure a better understanding of the importance of sexual and reproductive healthcare provision to society as a whole and to support commissioners/planners to help improve the quality of SRH care.

- Develop and start to implement the country-specific improvement plans to support implementation of the FSRH vision for SRH in Wales, Scotland, England and Northern Ireland.

- Strengthen and build on existing relationships and partnerships in the public health field to promote the importance of SRH care.

13 formal consultation submissions to Government and other statutory bodies were written and published in 2016.

A 33% increase in our Twitter following.

A 46% increase in traffic to the policy and media section of the website in the last three quarters of 2016.

33% of all visits to the FSRH news section of the website were to read the UKMEC guidance for nurses story. Overall in 2016, the news section of the website received over 50,000 page visits.
Standards in 2016

To improve standards in Sexual and Reproductive Health

In 2016 we achieved:

- The UK Medical Eligibility Criteria (UKMEC) was produced in three different formats for ease of access. The UKMEC resource is viewed by over 4,000 visitors a month to the FSRH website in its various formats.
- Nine clinical statements were published during 2016.
- Three clinical guidance documents were updated and published in 2016:
  - UKMEC 2016
  - Switching Contraceptive Methods Resource
  - Sexual and Reproductive Health for Individuals with Inflammatory Bowel Disease.
- CEU responded to 347 members’ clinical enquiries up from 251 in 2015 on a range of topics, the most popular being Intrauterine Contraception, Progestogen-only Implants and combined hormonal contraception.
- Two new clinical standards documents were published:
  - FSRH Service Standards for Sexual and Reproductive Healthcare
  - FSRH Service Standards for Resuscitation in SRH.
- The CEU delivered seven presentations/workshops at conferences in 2016.
- We reviewed 25 external documents for other organisations including:
  - Six NICE guidelines
  - Thirteen FPA leaflets
  - Six guidelines summary sheets.

During 2017–2020 we will:

- Continue to produce high-quality, updated standards and guidance to support medical healthcare professionals in their roles.
- Work closely with the Royal College of Obstetricians and Gynaecologists to lobby for improvements to the quality and consistency of abortion services.
- Develop better opportunities for our membership to have a voice in improving standards and lobbying for change.
- Develop opportunities for consumers to get involved in our standards work.
- Explore the possibility of FSRH becoming an accreditor of training and/or standards in practices and service training.
- Encourage the output of high-quality research outputs via the Clinical Studies Priority Setting Partnership Group.
Leadership in 2016

To strengthen and develop leadership in SRH

In 2016 we achieved:

- Following the release in 2015 of FSRH’s ‘Vision for SRH’, working in partnership with the Royal College of GPs, the Royal College of Obstetricians and Gynaecologists and the Academy of Medical Royal Colleges to promote the development of SRH related care and leadership to promote the development of SRH related care and leadership.

- Working with Health Education England to consider ways to support doctors wishing to gain equivalence in CSRH including use of top-up funds to support those in financial hardship.

- Successful Educational Supervisors day held in November, training our trainers in several areas including ‘Developments in Assessment and ARCPs’ and ‘Workshops on Review of Curriculum’.

During 2017–2020 we will:

- Lobby for an increase in specialty places for CSRH – so that more clinical leaders in SRH are trained to desperately needed clinical leadership for the whole population.

- Work with other Colleges to deliver on ‘Shape of Training’ to ensure that our specialty is fit for purpose.

- Review our specialty curriculum to meet GMC standards and patient need.

- Recognise and support our SAS doctors who are key to delivery of SRH care.

- Work to support training pathways for nurses in SRH recognising they have a key role in SRH leadership.

“Really good Webinar – easy to access, clear information pitched at the right level. For drs who don’t live in major cities it’s hard to get to meetings, and we don’t want to get all our CPD from online learning modules – Webinars like this bridge the gap. Thank you.”

Webinar attendee
Modernisation in 2016

To strengthen and modernise the FSRH

In 2016 we achieved:

▶ We launched a new integrated database (civicrm) and content management website, enabling FSRH to provide our 15,000 members with a fully personalised website portal area called ‘My FSRH’.

New developments on the website mean members can now:
▶ access webinars/members’ enquiries service via log in
▶ apply online for FSRH qualifications
▶ pay online via debit or credit card.

▶ A new Director of Education and Deputy CEO was appointed to strengthen leadership in our education and training work.

▶ Many of our processes for applying for qualifications have now been put online.

▶ Regular email briefings are now sent to members.

▶ Committee papers are now available online.

During 2017–2020 we will:

▶ Continue to improve the Faculty website to help us meet and support our goals.

▶ Review and strengthen the membership offer including promoting the existing membership benefits.

▶ Improve upon online recertification processes to better support our members’ aims and objectives for maintaining their knowledge.

▶ Launch a new CPD online tool.

▶ Move the eKA to a new and more secure platform.

▶ Retender for an improved ‘e-portfolio’ for FSRH trainees.

▶ Develop standards for responding to members and train all staff in customer service.

Over 7,000 members have completed their initial account registration on the new FSRH website since May 2016 and are either full members or working towards the achievement of their first qualification.
Our members

- Diplomate DFSRH 13,247 86.3%
- Diplomate Nurse NDFSRH 403 2.6%
- Member MFSRH 234 1.5%
- Affiliate 132 0.9%
- Fellow FFSRH 274 1.8%
- Associate 932 6.1%
- Honorary Fellows 73 0.5%
- Retired 48 0.3%

Total Number of members in 2016
15,343

Total income for 2016, from our audited accounts, was £2,271,243
- Fees and subscriptions 73%
- Conferences and events 12%
- Journal 2%
- Exam fees 6%
- E-Portfolio fees 2%
- Other income 1%
- Interest and dividends from investments 4%

Total Expenditure in 2016 £2,221,797
- Conferences and membership 82%
- Journal 11%
- Exams 6%
- Prizes, scholarships, awards and other 1%

Financial summary

For a full copy of the audited accounts, please go to www.fsrh.org/about-us/articles-annual-review
Our vision – A world where quality sexual and reproductive healthcare is accessible to all.