

TRAINING REQUIREMENTS FOR THE DIPLOMATE ASSESSMENT OF THE FACULTY OF SEXUAL & REPRODUCTIVE HEALTHCARE (FSRH Diploma) DFSRH

1. Introduction

The Diplomat assessment of the Faculty of Sexual & Reproductive Healthcare (DFSRH for doctors and nurses) enables the holder to demonstrate that they have the knowledge and skills required to undertake community sexual and reproductive health consultations. The diploma is suitable for both doctors and nurses working in general practice, community and integrated sexual health services. This document provides guidance for doctors and nurses wishing to complete the training programme leading to the award of the FSRH Diploma. (DFSRH). The FSRH Diploma enables the FSRH Council to invite the trainee to become a diplomate member of the FSRH and use the post nominal DFRSH.

2. Training standards

The training provided should meet the standards contained in the FSRH CEU guidance, FSRH service standards and BASHH clinical guidelines.

3. Personal beliefs guidance

Personal beliefs guidance: please see www.fsrh.org/careers-and-training/diploma--nurse-diploma/ section of the FSRH website to read the guidance - "[Guidance for those undertaking or recertifying FSRH qualifications whose personal beliefs conflict with the provision of abortion or any method of contraception](#)".

This was introduced at the FSRH in June 2017 and you should read this before undertaking training. You will be asked on application to the FSRH to confirm you have read the guidance and will abide by the principles in it in your practice. This is part of the Faculty's conditions for undertaking or recertifying a FSRH qualification.

4. Learning Outcomes

See Learning Outcomes of the training programme.

5. Terminology & abbreviations

See General Training Terminology.

6. Entry requirements to the FSRH Diploma

The trainee must

1. Hold either:
 - a. Doctors - both registration and a licence to practise with the UK GMC
 - b. Nurses – registration with UK NMC
2. Have passed the eKA in SRH (online assessment of knowledge)
3. Be able to demonstrate appropriate consultation skills for sexual health consultations ie
 - Take an appropriate sexual history
 - Adapt 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
4. Be up to date with resuscitation and anaphylaxis training.
5. Be able to demonstrate the following gynaecological skills
6. **a) Doctors**

Perform a genital examination, to include speculum examination, digital vaginal examination and bimanual pelvic examination.

Assess the size, position and mobility of the uterus.

Assess, investigate and initiate appropriate 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.

b) Nurses

Perform a speculum examination. This may be demonstrated either by:

- Holding a current RCN IUT accreditation or RCN Genital Examination in Women Competencies
- Or be signed off by a consultant, Faculty Registered Trainer or GP.

Before or during the Course of 5 training, the trainers may refer the trainee for further study or gynaecological experience if this is assessed as necessary.

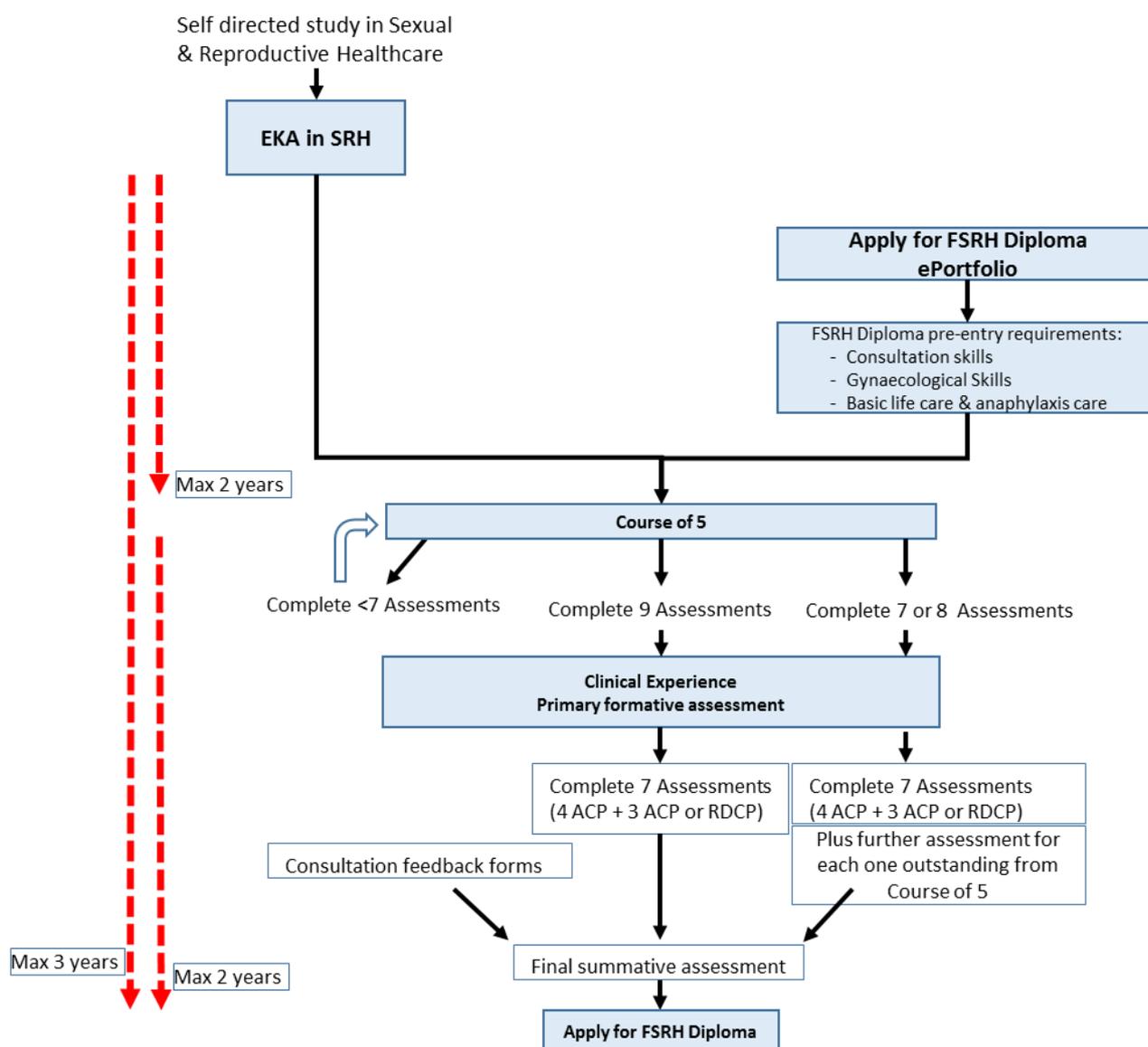
7. Maximum timeframes

8.

1. 2 Years between an eKA pass and the start of the Course of 5. (Please contact the FSRH educationofficer@fsrh.org for guidance if you have completed the eKA within the last 5 years and intend to start the FSRH Diploma.)
2. 2 Years between the Course of 5 and the award of the FSRH Diploma
3. 3 years between eKA pass and the award of the FSRH Diploma

Where an application does not meet these requirements further training will be required prior to certification.

FSRH Diploma Pathway



9. FSRH Diploma Theory Syllabus

The FSRH Diploma Theory Syllabus is available at [FSRH Diploma Syllabus](#).

10. Completion of eSRH module 17 (on the e-Learning for Healthcare website)

Completion of eSRH module 17 is a requirement for the DFSRH.

There are further optional e-learning modules within e-SRH which may help you to refresh your clinical knowledge as you prepare for the eKA. It is free for people employed by the NHS or anyone who holds an nhs.net email address. It contains interactive learning modules on a variety of topics, e.g. STI testing. Each module lasts around 20 minutes; the entire course should take around 30 hours. [To use it, please register with e-Learning for Healthcare \(e-LfH\)](#).

11. eKA in Sexual & Reproductive Healthcare

The eKA in SRH is an online knowledge assessment of sexual and reproductive healthcare knowledge in clinical scenarios. A “Pass” is required before a trainee embarks on a “Course of 5” for the FSRH Diploma. An eKA pass must be obtained within:

- 2 years of the start of the “Course of 5”
- 3 years of the final award of the FSRH Diploma (DFSRH)

Details of and access to the eKA can be found on the FSRH website: www.fsrh.org

A trainee can acquire the knowledge for taking the eKA in SRH in a variety of different ways.

These include studying through:

- eSRH provided by the FSRH
- FSRH Clinical Guidelines
- e-GP, RCGP ICSH
- STIF course
- eHIV-STI

12. e-Portfolio

The FSRH Diploma is underpinned by the SRH e-portfolio and details of how to apply for this is available on the Faculty website (ePortfolio Application). This must be completed to support an application for the FSRH Diploma.

13. Course of 5

A standardised course of five 1-hour sessions accredited by the FSRH and taken after completing the eKA in SRH and fulfilling the course entry requirements. This provides an opportunity to apply theoretical knowledge to clinical scenarios, and to demonstrate some practical skills. It will include 9 of the assessments for the FSRH Diploma. At least 7 of these must be successfully completed before the trainee can start their clinical sessions.

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

Assessment:

‘Has actively and appropriately participated in a workshop discussion of HIV testing and screening.’

Session 2: STI Screening and Testing and Teaching the use of Condoms

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.'

Session 3: Practical Aspects of Contraception

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.'

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

Assessments:

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

Session 5: Managing Sensitive Scenarios

Assessments:

'Has actively and appropriately participated in a discussion on responding to someone presenting with a psycho sexual 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.'

14. Identification of primary trainer

A Primary Trainer is responsible for the initial assessment and planning of an appropriate clinical training programme with the trainee and must oversee the training. Some of the training may thereafter be delegated to an assessor.

The primary trainer must supervise a minimum of:

- The initial assessment and
- The final assessment and
- At least 1 Assessment of Clinical Practice (ACP).

15. Clinical Experience and Assessments

The clinical experience will be an opportunity to put the theory and skills gained for the eKA in SRH and Course of 5 into clinical practice, and to assess when the trainee has achieved the level required for independent practice in community sexual and reproductive health. This will be delivered through a General Training Programme of the FSRH, and an individual's training programme will be supervised by a FSRH accredited primary trainer.

7 Topic areas for assessment during the clinical experience

1. Effective contraception choices consultation
2. Consultation for a woman wishing to use an oral or injectable contraceptive, patch or vaginal ring
3. Assessing and advising a woman wishing to use an intrauterine method or subdermal implant, prior to insertion
4. Responding to a request for emergency contraception
5. Taking an appropriate history and assessment of a woman with bleeding problems whilst using hormonal method
6. Taking an appropriate sexual history and risk assessment for STI and pregnancy and performing the appropriate tests for an asymptomatic woman or man requesting sexual health screening
7. Taking an appropriate history and assessment of a woman with vaginal discharge or pelvic pain.

Methods of assessment:

- Assessment of Clinical Practice (ACP)
This is an assessment tool for direct observation of the trainee in a consultation
- Reflection and Discussion of Clinical Practice (RDCP)
This tool is for a structured assessment based on discussion of a consultation undertaken elsewhere, or not directly observed by the assessor. This is a discussion of a real consultation that the trainee has undertaken, and is not a role play or hypothetical scenario.
- Consultation feedback from clients.

(For clarification - Competency in insertion or removal of IUD or SDI need not be attained.)

16. Application for the FSRH Diploma

The primary trainer will ensure all requirements for the FSRH Diploma have been completed and entered on to trainee's e-Portfolio.

Trainees will be required to provide feedback on the Course of 5 and the clinical experience and assessments to the General Training Committee of the Faculty. Follow this links to the online evaluation forms - [Course of 5 Evaluation Form](#) and [Clinical Experience Evaluation Form](#).

The primary trainer will complete the final assessment form, and the trainee can then apply for the FSRH Diploma to the FSRH with the appropriate fee. Application and award of the FSRH Diploma must be within 3 years of a pass in the eKA in SRH.

The award of the FSRH Diploma completes the diplomate assessment and enables the FSRH Council to invite the trainee to become a diplomate member of the FSRH and use the post nominal DFSRH.

17. Recertification

Recertification of the FSRH Diploma is required every five years.

The current requirements are detailed on the Faculty website - [Recertification requirements for the FSRH Diploma](#).

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

Diplomate members will be required to submit a self-declaration form to the FSRH office on a five-yearly basis from the date of their FSRH Diploma stating that they have satisfied the FSRH requirements for recertification of their FSRH Diploma. The General Training Committee of the FSRH 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 FSRH Office for verification.

18. Intellectual Property Rights

All intellectual property rights for any FSRH qualification including documents, materials and content belonging to and produced by the FSRH should not be used for purposes other than FSRH training. Should you wish to use any of the IPR for purposes other than FSRH training you must seek the FSRH's approval in writing with your request via our [copyright request form](#). We aim to respond to submissions of this nature within one working week.

19. External Accreditation



This FSRH Diploma has been accredited by the RCGP until 23 May 2019.