

Essentials of Contraception for Midwives

Guide to Becoming a Course Facilitator

May

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What is 'Essentials of Contraception for Midwives'?

Essentials of Contraception for Midwives is an interactive course for midwives registered with the NMC. It has been produced by the FSRH using current standards and practice and has been quality assured. The approaches taken are evidence-based where possible with the aim of improving clinical practice.

A typical Essentials of Contraception for Midwives Course is delivered by at least two approved facilitators to a maximum of 24 delegates over a half day. All the teaching materials that you will need are provided. Essentials of Contraception for Midwives is a basic level course, for midwives with a varied background of experience. It is not a competency-based course and it is not formally assessed.

At the end of the course, delegates will be able to:

- ▶ Describe the currently available contraceptive methods
- ▶ Discuss the main advantages and disadvantages of these contraceptive methods
- ▶ Identify contraindications to contraceptive methods by using the UKMEC
- ▶ Understand when contraception can be started after pregnancy
- ▶ Introduce contraception into consultations with pregnant and recently delivered women
- ▶ Understand the use of "Bridging Contraception"

Once you've applied and been accepted as an Essentials of Contraception for Midwives Facilitator, you will receive a welcome pack and instructions on how to access the course materials online. You will also receive hard copies of the delegate workbooks, which are included in the fee. These materials have been quality assured by the FSRH and the CEU. These materials must not be amended.

Interested in becoming a Facilitator?

Before You Apply

To become a facilitator for Essentials of Contraception for Midwives, you must:

- ▶ Be a current FSRH Associate, Diplomate or Member, or Fellow or hold a recognised CASH qualification
- ▶ Actively involved in clinical SRH
- ▶ Have some experience of delivering education and training

We recognise that people have a range of experience and confidence in delivering courses, so we provide a variety of activities to support you to become a facilitator.

[Faculty Registered Trainers \(FRTs\)](#) are encouraged to deliver Essentials of Contraception for Midwives.

Both FRTs and non FRTs are encouraged to watch the [Essentials Webinar](#), which is designed to give context to the course and how it should be delivered. **Please note:** we will be adding another webinar soon to be more focused on this particular course.

It is desirable that at least one facilitator is a Midwife, but this is not mandatory.

Roles and Responsibilities for Facilitators

For each course there must be a Lead Facilitator who must be a current member of FSRH.

All facilitators are expected to:

- ▶ Ensure they meet the entry criteria to become a facilitator
- ▶ Apply to be a facilitator with the FSRH (see below)
- ▶ Prepare to teach – work with the co-facilitator (CF) to familiarise yourself with the content, including determining teaching roles for the programme.
- ▶ Deliver an ‘Essentials of Contraception for Midwives’ course (half day)
- ▶ Provide and encourage feedback – from learners, CFs and yourself
- ▶ Abide by the FSRH’s [Intellectual Property Rights Policy](#).

In addition, the Lead Facilitator is expected to:

- ▶ Organise and promote an ‘Essentials of Contraception for Midwives’ course- including venue, facilities, preparation of materials, catering, etc.
- ▶ Inform the FSRH of any ‘Essentials of Contraception for Midwives’ courses that you are delivering, and fill in the Essentials of Contraception for Midwives course form to provide details for the FSRH Events Page
- ▶ Provide and encourage feedback – from learners, other facilitators and yourself
- ▶ Post course actions – provide the FSRH with delegate details, pay the FSRH once invoiced.

Once your application has been accepted, you will be provided with a welcome pack which will give instruction on how to gain access to the Essentials of Contraception for Midwives Teaching Materials, and guidance on how to run the course.

How to Apply to Become a Facilitator

Complete and submit the online application form. The FSRH will review your application and provide you with a response by email. Applicants must wait for approval from the FSRH before organising courses.

[Application form for FRTs](#)

[Application form for non-FRTs](#)

FSRH Policies

Compliments and Complaints

If you have any feedback about our Essentials courses, please visit our compliments and complaints page.

FSRH Privacy Policy

The FSRH is committed to protecting your privacy. This Privacy Policy sets out how we collect, use, store and protect any information that you give us, in compliance with the requirements of the Data Protection Laws which are the EU General Data Protection Regulation (GDPR) (EU) 2016/679 and the UK Data Protection Act 2018.

Intellectual Property Rights

All intellectual property rights for any FSRH course 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.

Personal Beliefs Guidance

Please ensure you read the FSRH Personal Beliefs Guidance in advance of the course.

Course visits and evaluation

The FSRH reserve the right to visit any SRH Essentials course as part of a quality assurance process. We also encourage feedback from learners, facilitators (online) and between facilitators. Please complete the online evaluation following the course.

Contact us

For further information on Essentials of Contraception for Midwives, please phone the FSRH Education Team on 020 7724 5675 or email edofficer2@fsrh.org.