



MFSRH and FFSRH Recertification Guide

1. The MFSRH and FFSRH

[Membership](#) of the Faculty of Sexual and Reproductive Healthcare of the RCOG (MFSRH) is a recognised qualification in sexual and reproductive healthcare. The Faculty of Sexual and Reproductive Healthcare awards Membership by examination and use of the MFSRH postnominal. It is held by doctors who provide expertise in community, primary and acute care and assesses a variety of clinical and non-clinical competences. You do not need to be registered with the GMC to achieve the MFSRH. See the [Part One](#) and [Part Two](#) handbooks to identify the competencies that are assessed.

The award of the Fellowship of the Faculty of Sexual and Reproductive Healthcare (FFSRH) is given to those that have been awarded and maintained the MFSRH for a minimum of 12 complete years (see [Memberships details](#)). They are entitled to use the FFSRH postnominal.

2. Why recertify?

It is important that medical professionals have the necessary knowledge & skills to give patients the safe, effective and individual advice that they deserve and need. Recertification supports individuals to demonstrate they have maintained knowledge, skills and standards during their appraisals, with employers and for revalidation.

3. What is CPD and why is it important?

Lifelong learning is key to supporting healthcare professionals (HCPs) to maintain and improve knowledge, skills, attitudes and behaviours across all areas of their professional practice. CPD is noted as any formal or informal learning activities outside of undergraduate education or postgraduate training.

Any activity which provides educational benefit to you is eligible for CPD. This includes a wide range of activities including gaining qualifications, attending courses, conferences, to reviewing journal articles. You should be able to demonstrate the value of the learning activities and record and demonstrate how this had supported your development.

Doctors are required to demonstrate CPD in their appraisals, for recertification of qualifications and revalidation with their regulatory organisations. The Academy of Medical Royal Colleges (AoMRC) provide useful [core principles for your CPD](#). Also visit the [GMC website](#) for further guidance on CPD.

It is important that you reflect on what you have learnt from your CPD activities and record whether your CPD has had any impact (or is expected to have any impact) on your performance and practice. The AoMRC provide [guidance on reflective practice](#). You can find useful [reflection templates](#) at on our website.

4. Recertification of the MFSRH or FFSRH

Doctors that hold the MFSRH or FFSRH are required to recertify these qualifications every 5 years. You are required to collect 250 CPD credits over a 5-year period. This should be made up of 150 core and 100 non-core credits (see below). We recommend that you aim to achieve 50 credits each year, covering a range of topics/areas.

- Core credits include a range of sexual and reproductive healthcare (SRH) activities. See the [Part One](#) and [Part Two](#) handbooks for information on appropriate SRH topics covered.



- Non-core credits include areas relevant to the doctor's medical work (other than SRH) and must include education, research including audit, advocate, management & leadership.

We recommend that you collect and record evidence to support your record of CPD activities within a structured portfolio such as an online CPD diary (if available) or using an Excel spreadsheet and folder. We suggest that activities and reflections are uploaded &/or collated whilst current. We have provided an example spreadsheet that may be of use but also recognise that you have recorded data through other colleges such as the RCOG.

You are required to self-declare that you have achieved the required CPD via [the online application form](#). You are required to reconfirm you have read and abide by the [FSRH Personal Beliefs Guidance](#). You are not required to provide a record or evidence of your CPD as part of the application. You may however, be requested to provide a record and evidence of your CPD if you are selected for audit.

A percentage of applications are randomly selected for audit. Please note that the FSRH may request supporting evidence of your CPD and you must provide any supporting evidence if requested. You will not be recertified until the evidence has been reviewed and approved. If found to be making a false declaration it may result in the removal of your FSRH qualification and potential further action may be taken with your employer &/or regulatory body. We recommend that you retain your CPD records for a minimum of 1-month following confirmation of your recertification.

5. The FSRH view

The FSRH believes that:

- You are responsible for your own learning and for recording CPD that you consider has educational value including how it impacts on your practice.
- The focus of CPD should be on the outcomes or outputs of the learning not simply on the amount of time spent on an activity.
- CPD should encourage and support specific changes in practice and development and be relevant to your practice.
- It is your responsibility to ensure that you undertake and record a range and balance of activities to support the needs of your practice as well as your own development.
- CPD should be recognised as a contractual commitment by employers and contractors and should be adequately resourced in terms of time, finance and staff levels.
- The FSRH supports evidencing competences and development through the recertification of several of our qualifications to show that you are safe and current in your practice.

The FSRH offer a range of resources to support your CPD including:

- [Events](#)
- [Standards & Guidance](#)
- [Qualifications](#)
- [Webinars](#)
- [BMJ SRH Journal](#)

6. Special circumstances

The FSRH recognises that for some groups of doctors, participation will be more difficult or even impossible for periods of time:



- Long-term illness, parental leave and unusual domestic commitments. In these circumstances and through discussion with your appraiser, the quantity, balance or time allowed for individuals to meet CPD targets may be adjusted. Any difficulties or imbalance in one year can, and should, be redressed over the five-year period.
- Doctors not in regular employment e.g. locums have the same CPD needs and requirements as substantive colleagues. Most locums can self-fund their CPD, make the most of local opportunities or access free resources such as online learning packages.
- Doctors in short-term posts e.g. doctors on short-term contracts have the same CPD needs and requirements as substantive colleagues, and this should be recognised in job plans. Local solutions for funding and study leave should be explored, and BMA representatives may be able to help with job planning or contractual issues. If necessary doctors should self-fund some of their CPD, or access free resources such as online learning packages.

If you feel you have special circumstance and have been unable to achieve the required number of CPD points to recertify your MFSRH or FFSRH please contact the team in writing to explain your query. Contact specialtyofficer@fsrh.org