



FSRH The heart
of SRH

SRH Essentials – for nurses working in primary care and the community

a one-day course
developed by the
Faculty of Sexual
and Reproductive
Healthcare (FSRH).

The Faculty of Sexual & Reproductive
Healthcare of the Royal College
of Obstetricians & Gynaecologists



Helping women to choose a contraceptive method that suits them, preventing unintended pregnancies and diagnosing STIs are important aspects of primary care.

At the Faculty of Sexual and Reproductive Healthcare (FSRH), we recognise that nurses are the first point of call for many patients with sexual and reproductive health needs.

This is why we have launched SRH Essentials, a one-day course for nurses working in primary care and other community settings.

SRH Essentials covers the key information needed for practice nurses to safely raise sexual health matters in patient consultations. It will equip nurses with the knowledge to signpost or refer patients on for starting contraception, STI testing or emergency contraception.

Who is SRH Essentials for?

If you are a nurse working in primary care or a community setting, then SRH Essentials is a fantastic way of developing your SRH knowledge and providing you with the skills

and confidence to safely and effectively consult with patients about their SRH needs.

SRH Essentials is suitable for nurses who have recently moved into this role and who have little or no experience in SRH, and for those currently working in this area who have only undertaken a limited amount of SRH training.

Why should I attend?

This course will give you the skills and confidence to:

- ▶ Bring up the topic of contraception and sexual health with your patient
- ▶ Assess and safely reissue (not start for the first time):
 - ▶ Combined hormonal methods
 - ▶ Progestogen-only pill
 - ▶ Injection
- ▶ Assess whether a woman is at risk of pregnancy
- ▶ Decide which method/s of emergency contraception your patient may safely consider
- ▶ Identify when your patient is at risk of an STI
- ▶ Decide when to refer to a GP, SRH colleague or other service.

How do I book my place on a course?

All SRH Essentials courses and booking details are listed on the events section of our website at www.fsrh.org/events – please select 'SRH Essentials' from the drop down menu.

If you cannot find a course nearby, please email educationofficer@fsrh.org or call 0203 198 3180. Information on relevant courses will be emailed to you as soon as it becomes available.

Following completion of the SRH Essentials course, you will be issued with a certificate of attendance from the FSRH.

How much does it cost to attend?

SRH Essentials courses are run by trained FSRH facilitators, and organised by independent organisations and training providers. Course prices vary, so please ensure that you contact the organiser directly for further information.

Become a FSRH Affiliate member today and receive a discounted membership rate to attend an SRH Essentials course

If you have an interest in sexual and reproductive health, but you do not hold any FSRH qualifications, you can join our community and keep up to date as an Affiliate member for just £65 a year (2016 price).

As an Affiliate member, you will also receive a significant discount when booking your place at an SRH Essentials course.

[Find out more about Affiliate membership at www.fsrh.org/members/affiliate-membership](http://www.fsrh.org/members/affiliate-membership)

Affiliate membership benefits include:

- ▶ **Access to the latest clinical guidance, product reviews and clinical statements.**
- ▶ **Access to the FSRH members' clinical enquiries service** – view an online library of previously asked questions, and submit any practice related enquiry to our team of clinical experts.

- ▶ **Full online access to a printable version of the UKMEC (Medical Eligibility Criteria for Contraceptive Use)** – the definitive guide to safe contraceptive prescribing for UK health professionals.
- ▶ **Discount to specialist conferences and events for FSRH members** – receive preferential rates to our programme of high quality conferences and events, enabling you to learn, share good practice and to network with SRH colleagues.
- ▶ **Online access to the Journal of Family Planning and Reproductive Healthcare (JFPRHC)** – a peer reviewed international journal that aims to improve reproductive and sexual health nationally and internationally.
- ▶ **Regular e-Bulletins**, bringing the latest SRH news directly to your inbox.

www.fsrh.org/members/affiliate-membership

Do you offer other qualifications for nurses? What are the possibilities for further training in SRH?

If you are interested in further developing your SRH knowledge and skills beyond the level of this course then we would recommend you work towards gaining the FSRH Diploma qualification.

The FSRH Diploma is aimed at doctors (DFSRH) and nurses (NDFSRH) who are already working in general practice, community and integrated sexual health services.

SRH knowledge and skills are assessed via a blended learning package of theoretical and practical assessments, enabling the trainee to demonstrate that they can provide safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

You can find out more about the Diploma by visiting our training pages at www.fsrh.org/careers-and-training



"A practice nurse can often have more capacity in the surgery to spend the time required, particularly with young or vulnerable patients, to discuss contraception and sexual health."

Kate Shakeshaft, Nurse Diplomat
and SRH Essentials Facilitator.

"Delivered at the right level and presented and discussed exactly what I needed to know in my day to day role."

SRH Essentials attendee.

"I would recommend any practice nurse to attend this course."

SRH Essentials attendee.

The Faculty of Sexual and Reproductive Healthcare (FSRH) is 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 14,000+ members and partners to shape better sexual and reproductive health for all.

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