

LOTHIAN SEXUAL & REPRODUCTIVE HEALTH TRAINING PROGRAMME

2020

Welcome to the Lothian Sexual & Reproductive Health training programme.

Our programme follows a whole population approach and has been developed to increase your confidence in providing sexual health information, advice and services. The training is suitable for staff and volunteers working across a variety of sectors in education, community, primary care and specialist sexual health service settings.

The overall objective of our training programme is to provide opportunities for practitioners to come together and share best practice. Our ultimate aim is to improve the sexual health education, care and support provided to the residents of Edinburgh and the Lothians.

The learning outcomes of our training programme align with the Scottish Government's *Sexual Health & Blood Borne Virus Framework (2015-2020)*:

1. Fewer newly acquired blood borne viruses, sexually transmitted infections and unintended pregnancies.
2. A reduction in the health inequalities gap in sexual health and blood borne viruses.
3. People affected by blood borne viruses lead longer, healthier lives, with a good quality of life.
4. Sexual relationships are free from coercion and harm.
5. A society where the attitudes of individuals, the public, professionals and the media in Scotland towards sexual health and blood borne viruses are positive, non-stigmatising and supportive.

To achieve this we offer a wide range of training sessions. Core training courses cover the basics of promoting positive sexual health and wellbeing and encouraging healthy relationships. More focused training is available to support participants working with target populations (e.g. children and young people) and vulnerable groups (e.g. LGBT groups, individuals with a learning disability). We also offer training aimed at equipping professional staff with advanced clinical skills. So whether you are new to the field or have years of sexual health experience, we hope you will find opportunities to develop your knowledge and skill set.

Essential to the programme are our dynamic team of experienced trainers. Our trainers are skilled at utilising the best local knowledge and delivering training that is practical, relevant and interactive. Our training programme has been informed by emerging priorities identified by the Lothian Sexual Health & Blood Borne Virus (BBV) Programme Board, national research and feedback received through end-of-session evaluations.

Please read this programme carefully to get the most from it. It will tell you what to expect, when the training is offered and how to apply.

Contents

General	4
Blood Borne Virus (<i>e-module</i>)	5
Transgender Awareness Workshop	6
Transgender Awareness Workshops	7
c:card Provider Training	8
Children & Young People	9
Young People's Sexual Health: Core	12
Young People's Sexual Health: Learning & Teaching	13
Young People's Sexual Health: Learning Disability/Additional Support Needs	14
Young People's Sexual Health: Services	16
Healthy Respect Networks	17
Adults & Vulnerable Groups	18
Sexual Health for Adults & Vulnerable Groups	19
Sexual Health Workshop: Working with Vulnerable Groups	20
Making Choices Keeping Safe: Understanding Sexual Health and Learning Disabilities	21
Motivational Interviewing for Sexual Health and HIV (MISHH)	22
Testing Skills	23
HIV & Syphilis Point of Care Testing (POCT)	24
Training for Health Professionals	25
Sexual & Reproductive Health Update	26
Edinburgh Napier University Graduate Certificate in SRH	27
Diploma - Faculty of Sexual and Reproductive Healthcare (DFSRH)	28
IUD/IUS and Contraceptive Implant (Nexplanon) Insertion & Removal	29
Midwifery Contraceptive Champion Training	32
Sexual Health in Primary Care (<i>e-module</i>)	33
MSM Primary Care Workshop	34
Additional training opportunities:	35
Appendix	37
Accessing learnPro	38

Date	Course	Booking
5 th February 2020 11 th February 2020 4 th March 2020 10 th March 2020 24 th March 2020	Transgender Awareness Workshops	HPS Capacity Building Programme
Multiple dates	c:card Point Training	info@ccard.org.uk
30 th January 2020 29 th April 2020 16 th June 2020 1 st September 2020 18 th November 2020	Young People's Sexual Health: Core	Healthy Respect Training site
25 th February 2020 20 th May 2020 9 th September 2020 8 th December 2020	Young People's Sexual Health: Learning & Teaching	Healthy Respect Training site
12 th February 2020 7 th April 2020 15 th September 2020 25 th November 2020	Young People's Sexual Health: Learning Disability / Additional Support Needs	Healthy Respect Training site
21 st January 2020 6 th May 2020 6 th October 2020 4 th November 2020	Young People's Sexual Health: Learning Disability / Additional Support Needs Short Training Sessions	Healthy Respect Training site
TBA March 2020 October 2020	Young People's Sexual Health: Services	Healthy Respect Training site
21 st October 2020	Sexual Health for Adults & Vulnerable Groups	HPS Capacity Building Programme
TBA	Sexual Health Workshop: Working with Vulnerable Groups	nicola.smithson@nhslothian.scot.nhs.uk
TBA	Making Choices Keeping Safe: Understanding Sexual Health & Learning Disabilities	HPS Capacity Building Programme
21 st April 2020 19 th May 2020 23 rd June 2020	Motivational Interviewing for Sexual Health and HIV (MISHH)	mishh@nhslothian.scot.nhs.uk
On request	HIV & Syphilis Point of Care Testing (POCT)	enquiries@roam-outreach.com
10 th March 2020	Sexual & Reproductive Health Update	GPtrainingapps@nhslothian.scot.nhs.uk
Various Dates	Training for Health Professionals	Please see course pages.

section

1

General

Blood Borne Virus (e-module)

Aim:

This module will raise awareness of blood borne viruses (HIV, Hepatitis B and Hepatitis C) and promote the benefits of testing, treatment and care.

Learning outcomes:

- Describe the ways blood borne virus infections can be passed from one person to another.
- State the ways that blood borne virus infections might affect a person's health and wellbeing.
- Explain the need to promote testing, treatment and care.
- Explain how to reduce the risk of blood borne virus infections.
- Describe the barriers to blood borne virus testing, treatment and care, and possible ways to overcome these.
- Explain how to signpost people to services which offer testing, treatment and care for blood borne virus infections.

Who should attend?

This course is suitable for all staff in all sectors and is mandatory for those undertaking training for Point of Care Testing for blood-borne viruses.

Course length:

~ 1 hour

Date(s):

Available via NHS & Community learnPro

Cost:

Free

Registration:

See instructions to access learnPro in the Appendix.

<https://community.learnprouk.com>

<https://nhs.learnprouk.com>

Transgender Awareness Workshop

Aim:

To raise awareness of transgender issues and help promote good working practice.

Learning outcomes:

- Explore the appropriate terms and definitions relating to transgender people.
- Consider the legislation and rights of transgender people.
- Reflect on what this means for their work.
- Discuss and explore examples of best practice.

Who should attend?

This course is suitable for anyone who has a role in delivering services or human resource management.

Course length:

½ day

Date(s):

5th Feb 2020

9.30am – 12.30pm

Facilitated by:

Scottish Trans Alliance

Cost:

Free

Venue:

Post Grad Centre, RIE

Registration:

Visit [HPS Capacity Building Programme](https://services.nhsllothian.scot/healthpromotionservice/Training/Pages/default.aspx)

<https://services.nhsllothian.scot/healthpromotionservice/Training/Pages/default.aspx>

Course length

1 hour

Date(s):

11th February 2020

4th March 2020

10th March 2020

24th March 2020

12.30 - 1.30 pm

Facilitated by:

Scottish Trans Alliance

Cost:

Free

Registration:

Visit **Empower /
epeople** for February
session.

NOTE: The NHS booking
system will be changing
after this date.

<https://services.nhslothian.scot/healthpromotionservice/Training/Pages/default.aspx>

Transgender Awareness Workshops

Aim:

To raise awareness of transgender issues amongst NHS staff who provide clinical services and help promote good working practice.

Learning outcomes:

Participants will have the opportunity to:

- Explore the appropriate terms and definitions relating to transgender people
- Consider the legislation and rights of transgender people
- Reflect on what this means for their work providing NHS services.

Who should attend?

This course is suitable for any NHS staff who have a role in delivering services or human resource management.

c:card Provider Training

Course length:

½ day

Date(s):

Set sessions delivered throughout the year & upon request

Facilitated by:

c:card Service Manager

Cost:

Free

Registration:

Contact

info@ccard.org.uk

Aim:

This training is open to those working within established c:card points (plus or direct) in Edinburgh and the Lothians. It will equip workers with the skills and knowledge needed to provide the service within their c:card point.

Learning outcomes:

- Background of c:card and the importance of free, accessible condoms and safer sex products.
- Understanding of the full range of products, correct usage and key messages.
- How to provide c:card to those presenting at their c:card point.
- Child protection, young people's rights, underage sexual activity and the law (for those from c:card plus points only).

Who should attend?

This course is only offered to those based within organisations currently providing c:card or those in the process of setting up as a new c:card provider.

If you are interested in becoming a c:card point please email info@ccard.org.uk

section

2

Children & Young People

Young People's Sexual Health Training

Healthy Respect currently offers sexual health training opportunities for all staff and volunteers across Lothian working with young people. The new training programme replaces the SHARE and SHARE Special training and has been redesigned to meet a wider range of needs.

The training enables staff and volunteers from a range of settings to best meet young people's sexual health needs, as well as equip Learning & Teaching staff to deliver current, relevant relationships, sexual health and parenthood (rshp) education with confidence. The training reflects current research with young people, findings from the Healthy Respect review of services and national developments.

New RSHP Training

A new rshp training resource aligned to the Curriculum for Excellence has been developed for Scotland. This resource is for schools and organisations working with primary and secondary age children and young people and is available at <https://rshp.scot/>.

Contact: HealthyRespectTraining@nhslothian.scot.nhs.uk

Programme Outline

Participants are required to do a **minimum of two days** training.

Day One:

Young People's Sexual Health (CORE) brings staff from a range of agencies and professional backgrounds together for training and to share practice.

Day Two:

Participants choose from the following modules (a minimum of one module is required)

- Young People's Sexual Health (Learning & Teaching)
- Young People's Sexual Health (Learning Disability/Additional Support Needs)
- Young People's Sexual Health (Services)

Use the table below to determine the training you require and to help with booking onto the appropriate modules.

	Module Requirements
Module 1: Core	You must complete at least one other module from the following: - Module 2. Learning & Teaching - Module 3. Learning Disability/Additional Support Needs - Module 4. Services You can complete either or both of these modules if they are relevant to your practice.
Module 2: Learning & Teaching	Module 1. Core module must be completed <i>prior</i> to attending Module 2. Learning & Teaching. If you are booking onto this module you must meet one of the 3 conditions set out below: - I have already completed Module 1. Core - I have an existing booking onto Module 1. Core - I am also making a booking onto Module 1. Core
Module 3: Learning Disability / Additional Support Needs	Module 1. Core must be completed <i>in addition</i> to Module 3. LD/ASN. You can complete these modules in any order you choose. If you are new to working with young people around sexual health you might find it more beneficial to attend Module 1. Core prior to attending Module 3. LD/ASN. If you have not already completed Module 1. Core you can use our application form to book a place on both Module 1. Core and Module 3. LD/ASN at the same time.
Module 4: Services	Module 1. Core must be completed <i>in addition</i> to Module 4. Services.

Course length:
1 day

Date(s):

30th January 2020
29th April 2020
16th June 2020
1st September 2020
18th November 2020

Facilitated by:
Healthy Respect &
Partners

Cost:
Free

Registration:
[Visit Healthy
Respect's Training
website](#)

**If you have any
questions contact**
[HealthyRespectTraining@
nhslothian.scot.nhs.uk](mailto:HealthyRespectTraining@nhslothian.scot.nhs.uk)

<http://www.healthyrespect.co.uk/Professionals/TrainingAndDevelopment/>

Young People's Sexual Health: Core

Aim:

This course introduces participants to current sexual health issues for young people. It covers pornography, consent, inclusive approaches, sex and the law, STI's and services.

Learning outcomes:

- Feel confident in meeting young people's sexual health needs.
- Understand their own values and attitudes towards sexual health, sexuality, sexual orientation and gender and recognise how this impacts on their interventions with young people.
- Have increased their knowledge of current issues for young people in sexual health.
- Be able to deliver key components of the Personal Social Education (PSE) Benchmarks at third and fourth level.

Who should attend?

This training is for all staff and volunteers working with young people in any context where an understanding of their sexual health needs is beneficial.

Young People's Sexual Health: Learning & Teaching

Aim:

This day will cover the remaining Curriculum for Excellence Experiences and Outcomes at third and fourth level that the Core module did not cover. This includes risk taking behaviour; positive relationships; physical changes, sexual health and sexuality; and the role of parent/carers. This training will increasingly link to and include aspects of the new online national 3-18 rshp resource.

Learning outcomes:

- Feel confident in meeting young people's sexual health needs.
- Understand their own values and attitudes towards sexual health, sexuality, sexual orientation and gender and recognise how this impacts on their interventions with young people.
- Have increased their understanding of how to create a safe and effective learning environment that maximises engagement and learning for young people in their rshp.
- Be able to deliver key components of the Personal Social Education (PSE) Benchmarks at third and fourth level.

Who should attend?

This training is for teaching staff and those delivering sessions in school or elsewhere as part of a structured group work programme.

Pre-requisites:
Young People's Sexual Health: Core

Course length:
1 day

Date(s):
25th February 2020
20th May 2020
9th September 2020
8th December 2020

Facilitated by:
Healthy Respect & Partners

Cost:
Free

Registration:
[Visit Healthy Respect's Training website](#)

If you have any questions contact
HealthyRespectTraining@nhslothian.scot.nhs.uk

<http://www.healthyrespect.co.uk/Professionals/TrainingAndDevelopment/>

Young People's Sexual Health: Learning Disability/Additional Support Needs

Pre-requisites:

This module should be completed alongside Young People's Sexual Health: CORE

Course length:

1 day

Date(s):

12th February 2020

7th April 2020

15th September 2020

25th November 2020

Facilitated by:

Healthy Respect & Partners

Cost:

Free

Registration:

[Visit Healthy Respect's Training website](#)

If you have any

questions contact

HealthyRespectTraining@nhslothian.scot.nhs.uk

<http://www.healthyrespect.co.uk/Professionals/TrainingAndDevelopment/>

Aim:

People with a learning disability, autism or other additional support needs can experience inequity around sexual wellbeing, reproductive health, relationships and parenthood. This course will provide an introduction to key relationships and sexual health issues, specifically in relation to young people with LD/ASNs. Training will cover rights; values & attitudes; capacity; protection from harm and other legal issues; sexual development and delivering relationships, sexual health and parenthood education. The day will be interactive with opportunities to learn from each other, ask questions and network.

Learning outcomes:

- Increased knowledge of key issues relating to sexual wellbeing.
- Increased confidence around the law e.g. capacity, consent, confidentiality and protection from harm.
- Recognition of the rshp needs of young people with LD/ASNs will be the same as other young people their age but they may require additional tailored and innovative support.
- Increased confidence and skills in taking an active role in improving/promoting the sexual wellbeing of young people with LD/ASNs.
- Increased confidence and ability to advocate for young people's rights in relation to relationships and sexual health.
- Awareness of personal and societal values and attitudes towards sex, relationships and disability and how these impact upon young people with LD/ASNs.

Who should attend?

Anyone working with young people (11-18) with LD/ASNs.

Course

Requirements:

These short courses can be taken as standalone courses or alongside any other Healthy Respect course

Course length:

9.30 am -12.30 pm

Date(s):

21st January 2020

6th May 2020

6th October 2020

4th November 2020

Facilitated by:

Healthy Respect & Partners

Cost:

Free

Registration:

[Visit Healthy Respect's Training website](#)

If you have any questions contact

HealthyRespectTraining@nhslothian.scot.nhs.uk

<http://www.healthyrespect.co.uk/Professionals/TrainingAndDevelopment/>

Young People's Sexual Health: Learning Disability/Additional Support Needs - Short Training Sessions

Aim:

To offer more in-depth training on specific topics.

Learning outcomes:

These sessions offer opportunities to learn more about a particular issue or topic; build confidence in using resources; and practice techniques useful in the delivery of relationships, sexual health & parenthood (rshp) education to young people with LD/ASNs.

Short Training Sessions for 2020

	Resources to support RSHP learning
21.01	Includes: a visit to the Health Promotion Resource Centre (on site); opportunities to look at and try out various resources designed to support rshp learning in YP with LD/ASNs; and a chance to practice using sessions from rshp.scot.
	Teaching rshp: tips, techniques & tools
06.05	Includes: an overview of effective teaching techniques and tools; tips on setting up rshp learning; and opportunities to practice techniques.
	Gender, Sexuality & LD/ASNs
06.10	Includes: an in-depth look at how people with LD/ASNs experience gender and sexuality; gender and sexuality resources; and sources of support.
	Autism & rshp
04.11	Includes: an in-depth look at how autism can affect relationships, sexual wellbeing and how practitioners can adapt their approach and support to best meet an individual's needs.

Who should attend?

Anyone working with young people (11-18) with LD/ASNs.

Young People's Sexual Health: Services

Course

Requirements:

This module should be completed alongside Young People's Sexual Health: Core

Course length:

1 day

Date(s):

To be confirmed
end March 2020
end October 2020

Facilitated by:

Healthy Respect & Partners

Cost:

Free

Registration:

[Visit Healthy Respect's Training website](#)

If you have any questions contact

HealthyRespectTraining@nhslothian.scot.nhs.uk

<http://www.healthyrespect.co.uk/Professionals/TrainingAndDevelopment/>

Aim:

This course will help partners feel confident in delivering early intervention sexual health services including condoms, pregnancy testing and postal testing kits, in school and community settings, whether in Healthy Respect drop-ins or ad hoc 1:1 interactions. Participants will also examine and discuss attitudes and values towards sexual health, and how to approach conversations with young people about sex and relationships. The day will be interactive with opportunities to learn from each other, ask questions, take part in practical tasks, and network.

Learning outcomes:

- Feel confident in meeting young people's sexual health needs.
- Understand their own values and attitudes towards sexual health and recognise how this impacts on their interventions with young people.
- Have increased confidence in speaking to young people about sexual health and relationships.
- Be able to deliver basic sexual health services, including free condoms, postal testing kits and pregnancy testing.

Who should attend?

This training is for partners working with young people (13-18) who are in a position to deliver early intervention sexual health services in school and community settings.

If your service does not already take part in delivering condoms, postal testing kits or pregnancy testing services, speak to Healthy Respect's Services Coordinator before booking a place, to discuss how your service can become a Healthy Respect Services partner.

Healthy Respect Networks

The Healthy Respect team coordinates a network focused on improving young people's sexual health and wellbeing across Lothian. Network events run throughout the year and are a good way to learn about new developments and meet partners.

There are three of these events a year, two in Edinburgh and one in a West Lothian venue. All three are open to practitioners and partners across Lothian.

Contact Ellie Eaton eleanor.eaton@nhslothian.scot.nhs.uk if you are interested in joining our mailing list for the network.

section

3

Adults & Vulnerable Groups

Sexual Health for Adults & Vulnerable Groups

Course length:
1 day

Date(s):
21st October 2020

Facilitated by:
Health Promotion
Service

Cost:
Free

Registration:
Visit [HPS Capacity
Building Programme](https://services.nhsllothian.scot/healthpromotion/service/Training/Pages/default.aspx)

Aim:

This course introduces basic information about relationships, sexual health and wellbeing, and provide a space for participants to consider the wider influences on sexual health. The course covers a range of topics including gender & sexuality, values & beliefs, consent, the law, safer sex, pleasure, sexually transmitted infections and the impact of the digital world. Course material and activities draw on a range of examples from practice to illustrate the varying needs of vulnerable groups (e.g., adults with learning disabilities, men who have sex with men (MSM) and individuals who experience poverty, homelessness, drug and alcohol addictions, etc.).

Learning outcomes:

- Improved understanding of the holistic nature of sexual health.
- Increased knowledge and confidence in raising and discussing sexual health and relationships with service users.
- Develop a greater awareness of the sexual health needs of vulnerable populations.
- Improved awareness of different types of contraception available and most common sexually transmitted infections (STIs).
- Develop a working knowledge of the current legislation relating to sexual health.

Who should attend?

This is an introductory course for people working with adults or vulnerable groups in the statutory or voluntary sector who require practical information on sexual health and wellbeing. This course is intended to help attendees work more effectively in their current post or volunteering role, and/or those who require a refresher course to update their knowledge and skills.

Sexual Health Workshop: Working with Vulnerable Groups

Pre-requisites:

Individuals new to the field may find Sexual Health for Adults & Vulnerable Groups helpful

Course length:

½ day

Date(s):

TBA

Facilitated by:

Chalmers Sexual Health Centre Staff

Cost:

Free

Registration:

Contact Nicola Smithson
nicola.smithson@nhslothian.scot.nhs.uk

Aim:

This bite-size training aims to equip NHS and third sector staff with the 'sexual health essentials' for working with vulnerable groups (e.g., men and women involved in sex work, individuals who experience poverty, homelessness, drug and alcohol addictions, etc.). Participants will be introduced to a range of topics by practitioners working in the field.

Learning outcomes:

- Confidence in linking clients to the range of services available for sexual health care in Lothian.
- Improved understanding of available contraception methods, testing options and vaccinations.
- A basic knowledge of STIs and high-risk sexual health practices.
- Improved knowledge and skills in identifying trafficking, coercion and vulnerable groups.
- Improved understanding of the impacts of trauma and the importance of trauma informed care.

Who should attend?

NHS and third sector staff working with vulnerable groups who require practical information on sexual health and wellbeing.

Making Choices Keeping Safe: Understanding Sexual Health and Learning Disabilities

Aim:

This training programme is intended to support the implementation of the Making Choices Keeping Safe guidelines. It aims to provide those supporting people with learning disabilities with an opportunity to become familiar with the guidelines in order to increase their confidence when discussing sexual health and relationships with this client group. The training will explore values and attitudes, the law, how to put the guidelines into practice and sources of support.

Learning outcomes:

- Improved understanding of the holistic nature of sexual health.
- Increased knowledge and understanding of sexual health and the Making Choices Keeping Safe guidelines.
- Increased awareness of values and attitudes relating to the sexual health and wellbeing of people with a learning disability.
- Increased awareness around sources of support, information and resources available.
- Increased confidence and skills for discussing sexual health with service users.

Who should attend?

Anyone working directly with people with learning disabilities. This may include support workers, local area coordinators, primary care staff, sexual health service staff, voluntary sector staff and parents/carers of adults with learning disabilities.

Course length:
1 day

Date(s):
TBA

Facilitated by:
Health Promotion
Service & Community
Learning Disabilities
Nursing Team

Cost:
Free

Registration:
Visit [HPS Capacity
Building Programme](https://services.nhslothian.scot/healthpromotion/service/Training/Pages/default.aspx)

<https://services.nhslothian.scot/healthpromotion/service/Training/Pages/default.aspx>

Motivational Interviewing for Sexual Health and HIV (MISHH)

Aim:

Motivational Interviewing (MI) is an evidence based person centred communication approach that supports behaviour change. The course aims to facilitate a culture of MI in Lothian Sexual Health and HIV Services across Health, Social Care, and the Third Sector and provides a framework for practising in a person centred way. This helps practitioners see the world from the service user's perspective and better understand the barriers to change for that person. MI has been found to be an effective way of supporting change in a wide range of behaviours relevant to people's sexual health and wellbeing.

Our training is designed to complement existing skills and enable staff in different settings to adopt an MI style of working with service users, alongside the everyday requirements of their roles. It is hoped that this will help staff address challenging issues and maximise opportunities for helpful conversations about behaviour change, to improve service users' sexual health and other health outcomes. Coaching workshops will be open to all MI trained staff working in Sexual Health and HIV, including current training cohort.

Learning outcomes:

- Increased knowledge and understanding of the Motivational Interviewing approach, and of specific behaviour change tools and techniques.
- Increased confidence and competence in using MI as a style of communication during general interactions with service users – and as an intervention for behaviour change and risk reduction during consultations with a sexual health and/or HIV focus.
- Integration of MI into standard practice through engagement with coaching.

Who should attend?

Practitioners in Lothian across Health, Social Care and the Third Sector who have direct contact with service- users, and therefore have the opportunity to support behaviour change that would improve service users' Sexual Health, Reproductive Health and HIV-related health and wellbeing outcomes.

Course length:

Blended learning programme, e learning & workshops - 3.5 days in total

Date(s):

Training workshop 1:
21st April (full day)
Training workshop 2:
19th May (afternoon)
Training workshop 3:
23rd June (afternoon)
Coaching workshops
monthly from June 2020
(dates TBA)

Venue:

Nancy Loudon Room,
Chalmers Health Centre

Facilitated by:

MISHH Team- Dr Ellie Caldwell, Clinical Psychologist, Chalmers
ellie.caldwell@nhslothian.scot.nhs.uk
Jayne Churchill, Specialist Mental Health Nurse, Regional Infectious Diseases Unit
jayne.churchill@nhslothian.scot.nhs.uk
Marianne Shopland, Senior Health Advisor, Chalmers
marianne.shopland@nhslothian.scot.nhs.uk

Cost:

Free

Registration:

Will be available from Jan/Feb 2020 at:
www.lothiansexualhealth.scot.nhs.uk

For more information visit
Lothian Sexual Health's Motivational Interviewing

section

4

Testing Skills

HIV & Syphilis Point of Care Testing (POCT)

Aim:

To equip participants with the knowledge and skills to be able to undertake Point of Care Testing (POCT) for HIV and Syphilis.

After the training day, you will then undertake a minimum of 3 tests on your own clients supervised by your mentor to demonstrate your competency.

Learning outcomes:

- Achieve an understanding of the routes of transmission of HIV and Syphilis, who is at risk of infection and treatments available for HIV and Syphilis.
- Understand the limitations for both the HIV and HIV/Syphilis combined POCT.
- Be able to undertake a pre-test discussion and achieve informed consent.
- Increase knowledge about the principles and processes involved in testing for HIV and Syphilis alongside other BBVs and STIs.
- Be able to interpret results.
- Understand the procedures for informing a client of a test result.
- Be able to refer clients for HIV/Syphilis treatment and support in addition to additional STI & BBV testing where indicated.

Who should attend?

This training is for staff in the third sector, local authority, and NHS who wish to provide point of care testing for HIV and Syphilis for their clients.

Pre-requisites:

Blood Borne Virus (e-module) & Pre-Course Workbook

Course length:

1 hour practical session & clinical supervision

Date(s):

On request

Facilitated by:

ROAM Team

Cost:

Free

Registration:

Contact

enquiries@roam-outreach.com

Please note:

Delivering HIV/Syphilis POCT must be undertaken by departments that have a validation process in place for Pasante Insti HIV/Syphilis POCT kits. The ROAM Team can support the development of this process.

section

5

Training for Health Professionals

Sexual & Reproductive Health Update

Date:

Tuesday 10th March 2020

Course length:

1 day (10.00am – 16.30pm) - *registration from 9.30am*

Location:

Shirley Hall Lecture Theatre (Auditorium A), Chancellor's, Royal Infirmary of Edinburgh

Facilitated by:

NHS Lothian Education & Training

Aim:

An opportunity to reflect on own practice and be updated on developments in the area of sexual and reproductive health.

Who should attend?

All registered nurses, in particular Practice Nurses and Family Planning Nurses.

Cost:

£30 – NHS Lothian GP Practice Nurses.

£80 – Non NHS Lothian GP Practice (cost code or purchase order required).

Places are limited so booking is essential.

To register contact GPtrainingapps@nhslothian.scot.nhs.uk

Closing date for applications: 28th January 2020

Edinburgh Napier University Graduate Certificate in Sexual & Reproductive Health

Aim:

This programme will develop your interest in and understanding of sexual and reproductive healthcare. It will provide you with the knowledge and skills to equip you to work within sexual and reproductive healthcare services, and enable you to develop an enhanced level of clinical competence in sexual and reproductive healthcare service provision.

You will develop your role as an interpersonal practitioner and become more critical and analytical in your work place, giving you the transferable skills to prepare you for working within the field of sexual and reproductive healthcare.

The programme has been designed to be flexible and is delivered as a mixture of face-to-face contact and online learning. You will complete two compulsory 20 credit modules and two 10 credit modules that best suit your practice needs. All modules may be taken on an individual basis, except (*).

Outline:

- Reproductive Health Theory for Practice (compulsory)
- Genitourinary Medicine Theory for Practice (compulsory)
- Sexual and Reproductive Health Practice*
- Sexuality & Diversity- A Contemporary Health & Social Care Perspective
- Cervical Screening

Who should attend?

This course will be suitable for registered nurses and midwives within primary care, secondary care and the voluntary sector that work in the field of sexual and reproductive health or have a desire to.

This certification is required for nurses and midwives who want to use SRH PGDs to administer and advise on contraception or prescribe contraception; undertake contraceptive implant or IUD/S training; and/or work in a specialist SRH setting.

Registration: Visit the [Edinburgh Napier University](https://www.edinburghnapier.ac.uk) site for more information.

Programme is typically offered over 1 year, though there are more flexible options of study with a staggered approach to the modules available. Course start dates available January and September.

*** To access funding & support, interested NHS Lothian General Practice Nurses must contact GPtrainingapps@nhslothian.scot.nhs.uk prior to applying.

Diploma - Faculty of Sexual and Reproductive Healthcare (DFSRH)

Aim:

The Diploma of SRH is a basic qualification covering contraception, STIs and wider issues in SRH for nurses, midwives and doctors.

Outline:

The training builds knowledge, skills and attitudes through 3 stages:

Stage 1 - The first stage is to check theory knowledge in an online test ([FSRH eKA](#)). There is an excellent, free e-learning package which supports any revision needed.

Stage 2 - Following this, training involves a 'Course of 5' day consisting of five hours of small group-assessed workshops at Chalmers.

Stage 3 - Finally, 4 clinical sessions involve direct assessment of clinical practice; holding the Diploma therefore shows that the clinician has the knowledge, skills and attitudes to provide excellent SRH care in community and hospital settings.

The Diploma represents a considerable time commitment for busy clinicians; therefore course organisers try to keep the process as efficient as possible. It is usual to offer a Course of 5 date within 2 to 3 months of your application and thereafter clinical sessions within another 2 months.

Who should attend?

Doctors- Established GPs and for GP trainees in the later stages of training, as well as Obstetrics and Gynaecology trainees.

Nurses & Midwives - This certification is required for nurses and midwives who want to use SRH PGDs to administer and advise on contraception or prescribe contraception; undertake contraceptive implant or IUD/S training; work in a specialist SRH setting; and/or become Faculty registered Trainers (e.g., able to teach and assess candidates for the DFSRH)

Registration:

Doctors- contact Kate Weaver (kate.weaver@nhslothian.scot.nhs.uk) for application forms and information about how to access this training.

Nurses & Midwives - contact Claire Nicol (claire.nicol@nhslothian.scot.nhs.uk) for application forms and information about how to access this training.

See the Faculty of Sexual and Reproductive Health [website](#) for full details.

Insertion of IUD/IUS & Contraceptive Implant (Nexplanon)

Pre-requisites:

To ensure good baseline SRH knowledge, clinicians must either hold the Diploma of FSRH or just pass the online [FSRH eKA](#).

Date(s):

Upon Request

Facilitated by:

Chalmers Sexual Health Centre

Aim:

Training for doctors wanting to fit IUD/IUS and subdermal contraceptive implants (Nexplanon).

Outline:

Practical training involves between 1 to 3 clinical sessions, prior to which, e-learning covers a thorough theoretical background to the contraceptive method.

Registration:

Contact Kate Weaver (kate.weaver@nhslothian.scot.nhs.uk) for information about how to access this training.

Contraceptive Implant (Nexplanon) Insertion & Removal

Pre-requisites:

- Accredited University Qualification in SRH within last 5 years
- FSRH e-learning Module 17 on SDI techniques
- Completion of eKA

If no previous qualification, not using your qualification in your current / recent jobs or if you might want to train others in this technique in the future, please complete [FSRH e-learning for Sexual & Reproductive Healthcare \(eSRH\)](#) and the [FSRH E-Knowledge Assessment \(eKA\)](#)

Date(s):

Upon Request

Facilitated by:

Chalmers Sexual Health Centre

Aim:

For nurses and midwives who want to be trained to insert and remove contraceptive implants. First check that you will have the opportunity to fit regularly and that you have the support of your manager.

You can either obtain a Local Certificate of Competence or opt for the Faculty Letter of Competence. Either way you will need to have met the pre-requisites for the training. If you wish to train others in this technique then you will require the Faculty Letter of Competence.

Outline:

Once you have completed the necessary learning a practical training session with a Faculty Registered Trainer will be arranged in Chalmers. You will practice on a model arm and then undertake a minimum of 2 insertions (and 2 removals where relevant). Usually one or two sessions is all that is required but you will be given time to do as many procedures as it takes for both you and your trainer to feel confident that you have achieved competence.

Registration:

Contact Claire Nicol (claire.nicol@nhslothian.scot.nhs.uk) for information about how to access this training.

IUD/IUS Insertion

Pre-requisites:

To ensure good baseline SRH knowledge, clinicians must either hold the Diploma of FSRH or just pass the online [FSRH eKA](#).

Date(s):

Upon Request

Facilitated by:

Chalmers Sexual Health Centre

Aim:

For nurses or midwives who want to be trained to fit IUD/IUS devices. First check that you will have the opportunity to fit regularly and that you have the support of your manager. We provide training for the Faculty Letter of Competence.

Outline:

This training initially involves use of a model uterus to practice insertion of mainstream devices, including an IUS and a 'gold standard' IUD, until the trainer is satisfied of your competence.

The training then moves to live volunteers: you must complete at least seven insertions competently in order to pass.

Registration:

See the Faculty of Sexual and Reproductive Health [site](#) for full details on pre-requisites, training programme and costs.

Contact Claire Nicol (claire.nicol@nhslothian.scot.nhs.uk) for information about how to access this training.

Midwifery Postpartum Contraceptive Training

Date(s):

Upon Request

Facilitated by:

Chalmers Sexual Health Centre

Aim:

Completing training in postpartum contraception will enable you to discuss and provide immediate postpartum contraception to the women in your care. You will be able to encourage and facilitate uptake of contraception before postnatal women go home from hospital or in the community following discharge. The training will enable you to use PGDs to administer postpartum contraception and you can also complete further training to insert contraceptive implants and intrauterine contraception.

Outline:

Step 1 – Complete the ‘Postpartum Contraception’ Learnpro **Module 1**. This is recommended prior to administering Depo or POP and also prior to implant practical training.

Step 2 – If you would like to insert Nexplanon then after completing Module 1 above, you then need to complete ‘Module 17’ via e-learning for Healthcare (eLFH).

Register with [e-Learning for Healthcare](#) for access to the free e-SRH modules. Once this has been completed you can then arrange practical implant training at Chalmers Centre.

Step 3 – If you would like to insert postpartum intrauterine contraception (PPIUC) at the time of delivery then you need to complete ‘Postpartum Contraception’ Learnpro **Module 2** (after completing Module 1 above). You would then arrange practical training within your workplace.

Registration:

Contact Claire Nicol (claire.nicol@nhslothian.scot.nhs.uk) for information about how to access this training.

Sexual Health in Primary Care (*e-module*)

Course length:

~2 hours

Self-guided e-learning facilitated by:

Royal College of General Practitioners

Aim:

This course highlights the importance of pro-active primary healthcare professionals, clinical and non-clinical, to improve the UK's sexual and reproductive health needs. It includes normalising testing for sexually transmitted infections and overcoming barriers to discussing sexual health.

Outline:

- Pre Course Assessment
- Sexual Health in Primary Care
- Sexually Transmitted Infections
- Contraception
- HIV & Primary Care

Who should attend?

This is a really useful refresher for anyone who already has a qualification. It is also a good starting point for nurses who want a good broad introduction to the topic. This course is free to all primary care professionals.

Registration:

Visit: [RCGP Learning](#)

MSM Primary Care Workshop

Course length:

1 hour

Facilitated by:

ROAM Team & Partners

Aim:

Across Scotland, gay, bisexual and other MSM (men having sex with men) face health inequalities that affect their physical, mental and sexual health. This training aims to complement existing skills and enable primary care providers to understand some of these issues and build confidence in engaging MSM. We seek to ensure all services are welcoming and inclusive spaces which meet the needs of MSM looking for support.

Learning outcomes:

- Know why it is important to identify MSM and engage with them in a welcoming and supportive environment.
- Are aware of the range of health and social issues particularly affecting MSM and the possible inter-relationship with MSM sexual health.
- Know how to raise partner gender and sexual identity.
- Know when and how to discuss and offer sexual health screening and HIV testing with MSM.
- Know how to discuss MSM specific sexual health risks and methods to reduce these risks, including the provision of appropriate immunisation, PEPSE and PrEP with appropriate referrals where required.

Cost: Free – Request a session via: [MSM Primary Care Workshop](#)

<https://msmprimarycareworkshop.wordpress.com/>

The training listed in the Lothian Sexual and Reproductive Health Training Programme is not an exhaustive list. If there are other sexual and reproductive health training opportunities that would like to be included in the programme, please email the details to eleonor.eaton@nhslothian.scot.nhs.uk for inclusion.

The programme is updated twice yearly and changes may be made by the facilitators without notification.

Additional training opportunities:

Further to the training opportunities listed in the programme, staff and volunteers may be interested in other non-sexual and reproductive health-related training opportunities relevant for:

- Working with targeted populations
- Skills development
- Specific areas of interest
- Working more effectively with service users, colleagues and services

NHS Lothian Health Promotion Service provide a wide range of capacity building covering core health promotion skills and approaches across a variety of topics relevant to tackling health inequalities and improving health:

<https://services.nhslothian.scot/healthpromotionservice/Training/Pages/default.aspx>

The **NHS Lothian Substance Misuse and Harm Reduction Training Programme** for 2020 is now available online. Training is responsive to the changing trends in drug use and the diversity in the local population in Lothian. The programme can be found at:

<https://services.nhslothian.scot/harmreductionteam/TrainingDocs/HRTTraining.pdf>

Health Opportunities Team (HOT) have been providing high quality training for those working with young people around sexual/emotional/mental health and risk taking behaviours for over 15 years throughout North East, South East and South West Edinburgh and in other areas of Scotland. HOT aims to be a centre of excellence for trauma-informed services and the skilled and experienced team have a great deal of knowledge to share, working with the most vulnerable young people and those who find services difficult to access. See upcoming training information at: <https://www.health-opportunities.org.uk/for-professionals/training/> or contact HOT to find out about their bespoke training programmes for your team – email info@health-opportunities.org.uk or call 0131 468 4600.

Scottish Drug Forum delivers general and specialist training on drug-related issues for a range of agencies and through a number of approaches:

<https://www.sdf.org.uk/training/>

LAYC (Lothian Association of Youth Clubs) training includes a broad range of topics including mental health, emotional wellbeing, sexual health, and play and physical activity as well as substance use awareness, understanding autism and working with parents/carers:

<https://www.layc.org.uk/wp-content/uploads/2019/09/LAYC-Training-2019.pdf>

Gender-Based Violence and Domestic Abuse training has been developed through a multi- agency partnership and is run on a monthly basis in Lothian. Booking for NHS Lothian staff can be done through Empower / emanager. For non-NHS staff, please contact Training.ChildProtection@nhslothian.scot.nhs.uk for bookings. Alternatively, for setting specific training options, please contact lesley.johnston@nhslothian.scot.nhs.uk. More guidance can be found for NHS Lothian staff at <http://intranet.lothian.scot.nhs.uk/Directory/gbv/Pages/default.aspx>.

The **Transforming Psychological Trauma Framework** is designed to support the development of the workforce in both recognising existing skills and knowledge and also helping them and their organisations to make informed decisions about the most suitable evidence based trauma training to meet training needs. It is advised that first contact in regards to trauma training be directed to Line Managers / Service Leads. Please contact TraumaInformedLothian@nhslothian.scot.nhs.uk with regards to queries around accessing training resources and trainers for people working with children or adults.

As part of the National Trauma Training Programme, NES have now launched a new e-module for all sectors of the workforce - *Developing your trauma skilled practice*. In line with the Trauma Skilled practice level of the Scottish Transforming Psychological Trauma Framework, *Developing your trauma skilled practice* is designed to:

- Increase learners' understanding of traumatic events and the different ways that people can be affected by them and
- Help learners recognise where the impact of trauma might influence their work with people affected by trauma

There are 5 learning units plus assessment, and the module is designed to take 1-2 hours to complete.

If you are registered with Turas Learn, *Developing your trauma skilled practice* can be accessed via: <https://learn.nes.nhs.scot/24384/elearning-psychology/developing-your-trauma-skilled-practice>

It is simple and free to register an account with Turas Learn here: <https://turasdashboard.nes.nhs.scot//User/PersonalDetails/Create?openIdApplicationId=e8c7cbb9-34fd-4c87-8c6c-7232cf6786d7>

Appendix

Accessing learnPro

NHS staff can access learnPro e-modules using their assigned login details.

Non-NHS staff can make arrangements to access learnPro modules via their organisation (if registered) or by following the instructions below.

1. Email support@learnpro.co.uk and request a Health Promotion Service activation code. **It can take up to 48 hours for a response.**
2. Once you receive your code visit <https://community.learnprouk.com>
3. Select 'Create Account' and review the Terms & Conditions
4. Select Sector:
 - Select 'Choose From List' and choose your sector (if applicable).
 - **Otherwise**, select 'Partnerships'
5. Select Organisation:
 - Choose 'NHS Lothian Health Promotion Service'
6. Select Department:
 - Choose 'NHS Lothian Health Promotion Service'
7. Select Team/Unit
 - Choose your appropriate sector (Local Authority, NHS, Private, Voluntary)
8. Select Role:
 - Select 'Choose From List'
 - Choose 'NHS Lothian Health Promotion Service'
 - Select your appropriate role (Administrator, Manager, Trainee)
9. Complete the registration form.
10. Enter your activation code and select 'Finish'
11. Login to access the e-learning materials.

