

Sexual Health Training and Resource List

2023

WELCOME

to the Lothian Sexual Health training and resource list.

This resource has been developed through the NHS Lothian Sexual and Reproductive Health Service to support Lothian-based staff and volunteers to increase their confidence in providing sexual health information, advice and services at a foundation level.

This document lists a variety of foundation level options to gain knowledge and understanding in regards to sexual health and wellbeing. We are in the process of adding more in-depth, specialist and clinically based opportunities.

The list is not exhaustive, but we hope that there is something for everyone, regardless of their experience or existing knowledge. The training is suitable for staff and volunteers working across a variety of sectors, with a mix of online and in-person opportunities as well as links to some useful video resources.

The document will be regularly updated and we welcome any suggestions for new training to be added. The majority of the sessions are free, but will require registration on the designated platform.

The next page is a quick reference, with the pages following providing more information that might be helpful.

Tammy Rudduck - Senior Health Promotion Specialist - Inclusion Health (October 2023)

ONLINE MODULES

LearnPro	• Blood Borne Virus Infections (page 4) • Transgender Equality and Inclusion (page 4) • Gender-Based Violence (page 8) • Postpartum contraception (page 13)	NHS https://nhs.learnprouk.com Non-NHS https://community.learnprouk.com - Log in or Create an Account - See Page 18 for further instructions
TURAS	• Introduction to Sexual Health (page 4) • HIV, Stigma and You (page 8) • Developing your Trauma-Informed Practice (Levels 1 and 2)(page 12)	https://learn.nes.nhs.scot/ - Sign in or Register/Create Account
e-LFH	• LGBTQIA+ Awareness (page 5) • Menopause Awareness (page 5) • Cultural Competence (page 5) • e-Learning for Sexual and Reproductive Healthcare (e-SRH) (page 6)	https://www.e-lfh.org.uk/programmes/ - Log in or Register https://www.e-lfh.org.uk/programmes/sexual-and-reproductive-healthcare
UK-CAB	• An introduction to HIV treatment, research and treatment advocacy (page 7)	https://ukcab.net/training/
RCGP	• Introduction to Inclusion Health (page 9) • Screening Issues in the LGBT population (page 9)	https://elearning.rcgp.org.uk/course/index.php - Log in as member, or Register as a non-member

IN-PERSON TRAINING

• c:card provider training (page 10)	• Email info@ccard.org.uk
• HIV/Syphilis POCT training (page 10)	• enquiries@roam-outreach.com
• Sexual Health Workshop: Working with Vulnerable Groups (page 11)	• nicola.smithson@nhslothian.scot.nhs.uk / katie.humphries@nhslothian.scot.nhs.uk
• Healthy Respect training - for working with young people (pages 14-16)	• https://www.healthyrespect.co.uk/professionals/training-events/ - Register

Introduction to Sexual Health

e-learning module

~60 minutes

This includes modules on:

1. Sexual Health and relationships
2. Contraception
3. Sexually Transmitted Infections

These modules aim to help learners to gain knowledge to support them to incorporate key messages for improving relationships and sexual health into practice with individuals or groups of service users in order to contribute to their health and wellbeing.

Learning outcomes:

- Describe healthy relationships and sexual health using consistent key messages.
- Identify opportunities to have positive conversations around healthy relationships and sexual health with individuals and groups.
- Identify where to access basic information on healthy relationships and sexual health.
- Signpost individuals and groups to appropriate services and resources.

Free to all

This course is aimed at non-specialist staff and volunteers across all agencies, and anyone who has an interest in relationships and sexual health and recognises that they may be able to offer support in their role.

Sign In or Register at <https://learn.nes.nhs.scot> and search title

Blood Borne Virus (BBV) Infections

e-learning module

~20 minutes

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.

Free to all

These courses are suitable for all staff in all sectors.

Transgender Equality and Inclusion

e-learning module

~25 minutes

This e-learning module aims to increase awareness of transgender issues to improve the experiences of transgender service users, employees and partners of NHS Lothian.

Learning outcomes:

- Recognise the appropriate terms and definitions relating to transgender people.
- Explain the legislation and rights of transgender people.
- Apply the learning to your work.

Registration for these modules is required through your NHS role or as a non-NHS community partner.

(See Appendices (page 18) for instructions on how to Create an Account)

NHS

<https://nhs.learnprouk.com>

Non-NHS

<https://community.learnprouk.com>

LGBTQIA+ Awareness

e-learning module

This session will raise awareness of the equality, diversity and inclusion (EDI) issues that lesbian, gay, bisexual, trans, queer, intersex, asexual and other (LGBTQIA+) colleagues might face. It explores what you can do to mitigate against them in a proactive manner and support a more inclusive culture.

Whilst the session is not mandated, we anticipate that staff across the whole sector will be encouraged to complete the session to support cultural changes in the workplace, as well as safer, more effective personalised patient care. It is hoped that future sessions will be developed to complement this introductory one.

Whilst this session is targeted for the health and social care workforce, the increase of understanding of the challenges and barriers that the LGBTQIA+ community face, will also positively impact patients when accessing services.

There are many other topic areas in the Programme covering all aspects of health.

Menopause Awareness

e-learning module

~30 minutes

This session aims to raise awareness of the menopause and to support colleagues in the workplace. You will consider the reasons why this training is needed and how to support colleagues as an individual or as a line manager.

Learning outcomes:

- Discover more about the menopause, how the menopause can impact work and typical symptoms experienced.
- You will also explore what you can do to raise awareness of the menopause.
- Check out some useful resources, links to websites, videos and guidance.

This e-learning is designed for all colleagues in the workforce. Whether you are a person transitioning through the menopause, or if you are looking for information to help you support a colleague, employee, friend or relative who is experiencing symptoms of the menopause.

Cultural Competence

e-learning module

~20 - 30 minutes each

The purpose of the tool is to support healthcare professionals in the NHS to gain knowledge and understanding of the issues around culture and health; and how this might influence health care outcomes.

Completing this e-learning tool will enable you to gain insight and confidence in navigating and responding to the varied needs of your patients. This tool can support continued professional development and can be included in your portfolios for revalidation.

The Cultural Competence e-learning tool has been developed by Health Education England e-learning for healthcare and is provided free to all healthcare professionals.

Free to all

Log in or Register at:

**<https://www.e-lfh.org.uk/programmes/>
and search title**

e-Learning for Sexual and Reproductive Healthcare (e-SRH)

e-learning modules
~20 - 30 minutes each

The programme supports a range of healthcare professionals to gain the necessary knowledge to successfully support patients with their SRH needs. The programme comprises of 32 sessions organised around 15 different topics.

Sessions include:

- Basic anatomy and physiology
- Consent and history taking
- Contraceptive choices
- Emergency contraception
- Contraception: complications/side effects
- Planning pregnancy
- Unintended pregnancy and abortion
- Early pregnancy
- Sexually Transmitted Infections (STIs)
- Needs for specific groups
- Adult and children/young person (CYP) safeguarding / child protection
- Psychosexual medicine
- Cervical screening
- Additional Training in Subdermal Implants (SDIs)
- Additional Training in Intrauterine Contraception (IUC)

Free to all

This course is suitable for healthcare professionals, however some modules may be suitable more broadly.

Log in or Register at:

<https://www.e-lfh.org.uk/programmes/sexual-and-reproductive-healthcare>

Non-NHS staff may require an Open Athens account to register (found on Log in / Registration page).

An introduction to HIV treatment

e-learning modules

~60 minutes each

Modules can be accessed at: <https://ukcab.net/training/>

Section 1 of the training programme focusses on HIV treatment – how it was developed, what it is today, and how we access it.

Section 1 includes six one-hour modules:

- HIV treatment.
- HIV History.
- HIV Testing.
- HIV Treatment (Parts 1 and 2).
- HIV Treatment in practice in the UK.
- HIV Cure and Vaccine.

Free to all

It is for anyone living with or affected by HIV, including if you are working in the HIV sector, except those working in the pharmaceutical sector. Sessions are presented by people from the HIV community, leading doctors and experts. It is free to register and join. The online training programme is made possible thanks to a grant from MSD, for which the UK-CAB is grateful.

NOTE: The 'HIV Treatment' section is one of three topic sections within 'An introduction to HIV treatment, research and treatment advocacy'. Other sections discuss 'evidence-based medicine and clinical trials' and 'Living with HIV, HIV treatment and advocacy' and vary from foundation level to more advanced.

Gender-Based Violence

e-learning module

~20 minutes

The aim of this module is to enhance understanding of gender-based violence, and provides a basic introduction to the issue, its impact on health, and the key principles of a sensitive and appropriate response.

Learning outcomes:

- Explain what is meant by gender-based violence.
- Define the health impact of gender-based violence.
- Describe the nature of a sensitive healthcare response to someone who has experienced such abuse.
- Explain what needs to be recorded following a disclosure of abuse.
- Identify sources of community supports for survivors of gender-based violence.

Free to all

This course is suitable for all staff in all sectors, particularly health and social care staff.

Registration for these modules is required through your NHS role or as a non-NHS community partner. (See Appendices (page 18) for instructions on how to Create an Account)

NHS

<https://nhs.learnprouk.com>

Non-NHS

<https://community.learnprouk.com>

HIV, Stigma and You

e-learning module

~30 minutes

The aim of this course is to support you to work in a person-centred, anti-discriminatory way.

Learning outcomes:

- recognise what stigma and discrimination are.
- be better informed about HIV.
- be aware of the effect of stigma and the impact on patients of stigmatising practice.
- be confident that your practice is not discriminatory or stigmatising.
- be able to recognise stigmatising behaviour and challenge it.
- know where to find information and support for HIV, stigma and discrimination.

Free to all

This course is suitable for all staff in all sectors.

Sign In or Register at <https://learn.nes.nhs.scot> and search title

HIV testing and PrEP: how to talk about it in a culturally sensitive way

Watch our video resources below, showcasing two distinct scenarios where a clinician engages in discussions about HIV testing and PrEP during a sexual health consultation. These videos aim to assist healthcare professionals in navigating culturally sensitive conversations with individuals from ethnic minority communities and encourage community members to access HIV testing and PrEP.

www.waverleycare.org/news-and-stories/hiv-testing-and-prep/

An Introduction to Inclusion Health

e-learning module

~30 minutes

This module will help you to understand what inclusion health is, the factors that cause exclusion, and the practical actions that you can take to improve care for these patients. Much of the module is based on the public health document 'Inclusion Health: applying All Our Health', a link to which is in the references section.

Learning outcomes:

- Define what inclusion health is, why it is important and the groups that are covered.
- Understand the principles of social disadvantage, risk factors for poor health, exclusion and intersectionality.
- State that any patient should be able to register with a GP and access free care regardless of status or availability of identification or proof of address.
- Describe and implement approaches to create inclusion within your practice and access resources that can support this.
- Recognise the concept of digital exclusion.
- Explore where bias and prejudice may impact on the care that you provide individually or as an organisation.
- Appreciate the principles of inclusion healthcare, including compassion and self-care.

Free to RCGP members and other healthcare professionals in the UK.

Screening Issues for LGBT

e-learning module

~25 minutes

This module will look at the issues in screening for the LGBT population. This group consistently has a lower attendance for cancer screening. Having discussions about screening and how non-attendance can be followed up is covered, along with best practice for the cervical smear process in trans men and non-binary people with a cervix. Information is provided on who needs to be screened, to ensure appropriate cancer screening is achieved in the trans population. The need for STI screening is also highlighted.

It is available for FREE to RCGP Members, Associates in Training and GP Foundation Members.

If you are not a member, you can purchase access for £25.

NOTE: This course is one of six courses within the LGBT Hub. There are also 20 other Learning Hubs with a variety of themes.

Log in or register at:

**<https://elearning.rcgp.org.uk/course/index.php>
and search these titles.**

c:card Provider Training

Course length: 1/2 day course
Date(s): Agreed on request
Facilitated by: c:card Manager
Cost: Free
Registration: Email info@ccard.org.uk

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

HIV/Syphilis Point Of Care Testing (POCT)

Course length: 1 hour practical session & clinical supervision
Pre-requisites: Blood Borne Virus (e-module) & Pre-Course Workbook
Date(s): Agreed on request
Facilitated by: ROAM Staff
Cost: Free
Registration: Email enquiries@roam-outreach.com

This training will 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.

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.

Sexual Health Workshop: Working with Vulnerable Groups

Course length: ½ day F2F or online training
Date(s): Agreed on request
Facilitated by: Chalmers Sexual Health Centre Staff
Cost: Free
Registration: Email Nicola.Smithson@nhslothian.scot.nhs.uk or katie.humphries@nhslothian.scot.nhs.uk

This bite-size training aims to equip NHS and third sector staff with the 'sexual health essentials' for working with vulnerable groups (e.g., people 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.

LGBT Awareness Training

Course length: 2 hour self-led online training
Date(s): Access granted for an agreed calendar month
Facilitated by: LGBT Youth Scotland
Registration: <https://www.lgbtyouth.org.uk/awareness-training>
Cost:

No. of participants	Price + VAT
0 - 49	£500
50 - 100	£900
101 - 200	£1600

The course contains around 2 hours' worth of content and can be completed at the pace of the learner, ideally in two sittings to be able to fully digest all information.

It features information on legislation and terminology, interactive activities, and videos from young people, as well as a wealth of downloadable resources.

This accessible training course supports individuals to:

- explore LGBTI identities and better understand LGBTI experiences,
- feel more comfortable and confident with LGBTI terminology and
- ensure that your organisation is as inclusive as it can be.

Who should attend?

An online training module for interested cohorts of staff and practitioners.

Developing your Trauma Informed Practice (Practice Level 1)

- ~ 20 minutes for videos
- ~ 90 minutes for workshop

Sign In or Register at <https://learn.nes.nhs.scot>
and search:
"developing your trauma-skilled practice"

Aim:

1. Support your understanding of the impact of trauma and trauma informed practice.
2. Support you and your colleagues to think together, or as individuals, about how the people you work with may have been affected by traumatic experiences, and how you might adapt how you work with that in mind.
3. Support the over arching aim of the national trauma training programme of:

"A trauma informed and responsive nation and workforce, that is capable of recognising where people are affected by trauma and adversity, that is able to respond in ways that prevent further harm and support recovery, and can address inequalities and improve life chances."

Workshop Learning outcomes:

- Develop an action plan, outlining the agreed areas for change to either develop or strengthen your trauma informed practice.
- Each of you will have signed the Commitment of Action pledge.

Developing your Trauma Informed Practice (Practice Level 2)

- ~ 75 mins per online module

Aim:

This is the foundational module for a set of learning resources from the National Trauma Training Program and is designed to increase your understanding of what psychological trauma is, how it can affect the people you work with, and how people can be supported to recover.

Four modules including:

1. understanding the impact of trauma and responding in a trauma-informed way.
2. trauma in children and young people.
3. understanding the impact on mental health and evidence-based pathways to recovery.
4. understanding the use of substances to cope with the impact of trauma.

Free to all

These courses are suitable for all staff in all sectors, paid and unpaid.

Level 1 should be completed before starting Level 2.

Intrauterine Contraception (IUC) - clinical procedures

Postpartum Contraception

e-learning module

This module provides an overview of all contraceptive methods and their use in the postpartum period.

Learning Outcomes

- To understand the role and importance of postpartum contraception.
- To increase knowledge of contraceptive methods with specific reference to their use in the postpartum period: mode of action, efficacy, side effects, timing of initiation.
- To increase knowledge about the background and safety of postpartum intrauterine contraception (PPIUC) provision.

Postpartum Intrauterine Contraception (PPIUC) Techniques

e-learning module

This module raises awareness and knowledge of PPIUC and provides the theoretical basis for practical training and service delivery.

Learning Outcomes:

- Understand the advantages, safety and efficacy of PPIUC.
- Understand the different PPIUC insertion techniques.
- Be able to provide information to women about PPIUC including aftercare advice.
- Be familiar with the PPIUC patient pathway.
- Be able to manage clinical presentations following PPIUC insertion eg. long threads, non-visible threads.

Free to all

It is intended for use by healthcare professionals involved in the care of women before, during or after pregnancy.

Registration for these modules is required through your NHS role or as a non-NHS community partner. (See Appendices (page 18) for instructions on how to Create an Account)

NHS

<https://nhs.learnprouk.com>

Non-NHS

<https://community.learnprouk.com>

NOTE these modules will be moving to TURAS in late 2023.

To access at this time, sign In or Register at <https://learn.nes.nhs.scot> and search the title.

Coil procedure for HCA

A short video to support those assisting with uterine/IUD procedures.



<https://www.youtube.com/watch?v=1QAKrjrTctl>

Intrauterine Contraception (IUC) Removal

FSRH designed two short videos to boost the skills and confidence of healthcare professionals, supporting you and your colleagues to remove IUDs and to provide better healthcare to women.

These videos are provided to support local training and best practice. It is up to the individual and their employer to assess if they are competent to do any procedure such as IUD removal.

<https://www.fsrh.org/education-and-training/fsrh-bitesize-intrauterine-device-iud-removal/>

training
videos

Healthy Respect Training

Healthy Respect offer a range of online and in-person training opportunities for staff and volunteers in Edinburgh and the Lothians.

Healthy Respect training supports staff and volunteers in Edinburgh and the Lothians:

- to meet young people's sexual health needs.
- to deliver current relationship, sexual health and parenthood (RSHP) education with confidence.

We work in partnership with a wide range of organisations to support practitioners to deliver inclusive relationship, sexual health and parenthood (RSHP) education with confidence. Our training reflects current research, legislative framework and key policy drivers such as Curriculum for Excellence, the Getting It Right For Every Child (GIRFEC) approach and consultations with young people.

See current training opportunities here: <https://www.healthyrespect.co.uk/professionals/training-events/>

Healthy Respect Network

Healthy Respect Network members are the very foundation of our work, we can't work to improve the sexual health and emotional wellbeing of young people in Lothian without you.

We invite you to join our free network to ensure you get up-to-date information relevant to improving the sexual health and wellbeing of children and young people.

Join our Network: <https://www.healthyrespect.co.uk/professionals/join-our-network/>

All Healthy Respect training is free,
but registration is required for both online and in-person courses.

Relationships, Sexual Health and Parenthood (RSHP) training for those working with primary aged children

This training is for anyone working with primary aged children so will be suitable for teaching staff, out-of-school practitioners, youth workers and children's services. It explores topics such as language, consent, and dealing with questions about sex and relationship.

For dates and to book, visit:

www.healthyrespect.co.uk/professionals/training-events/training-working-with-children/

Young People's Sexual Health: Core

Training for staff and volunteers working with young people in any context where an understanding of their sexual health needs is beneficial. On completion of this training staff will have increased confidence in supporting young people with their sexual health needs and increased knowledge of current sexual health.

Confident RSHP (Relationships, sexual health and parenthood)

Course on delivering quality RSHP (relationships, sexual health and parenthood) education. This training is for teaching staff and those delivering sessions in school or community settings. On completion of Confident RSHP participants will feel more confident to deliver RSHP education; have increased understanding of effective and engaging ways to respond to young people and create a safe learning environment and be more familiar with the national rshp.scot educational resource.

For dates and to book, visit:

www.healthyrespect.co.uk/professionals/training-events/training-working-with-young-people/

RSHP education and support for young people with additional needs

As well as in-person training, we offer a self-paced online course. There are currently five online modules available:

- Module 1: Introduction to the course.
- Module 2: Let's talk bodies and sex.
- Module 3: Key rights, laws and guidance (including all you need to know about capacity).
- Module 4: Do young people with additional needs need to know about relationships, sex, and parenthood?
- Module 5: What do young people need to know and when?

Who should attend?

This course is for practitioners who work with young people with additional needs, including young people who are autistic or have a learning disability.

For dates and to book, visit:

www.healthyrespect.co.uk/professionals/training-events/training-young-people-ldan/

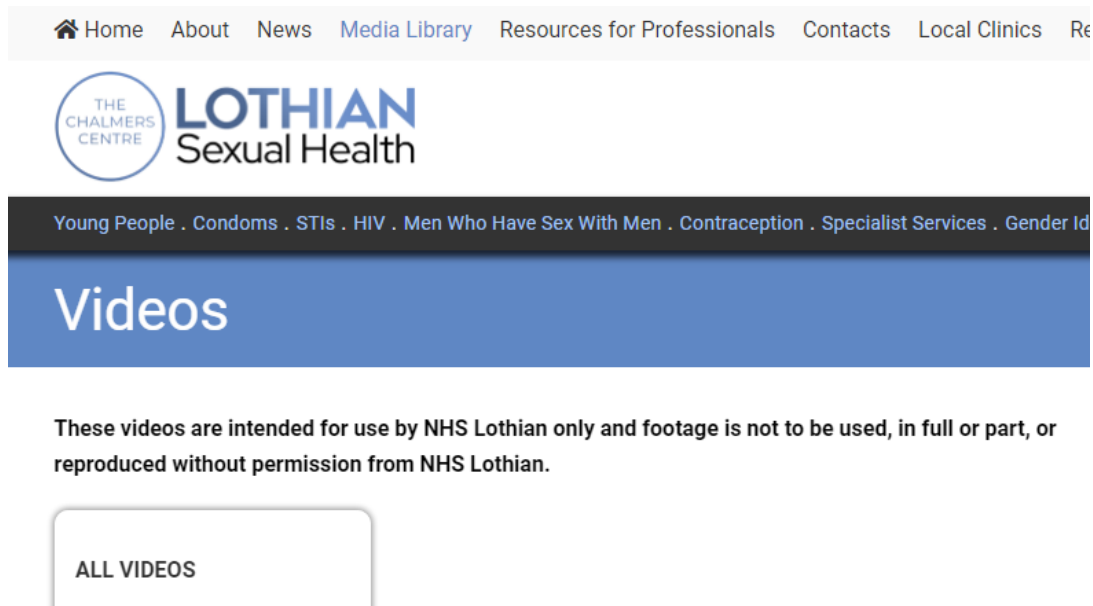
Appendices

Lothian Sexual Health (Chalmers Centre) has developed several short videos on different topic areas to provide information and support access into service.

These videos can all be found here:

Topic areas included:

- Typical and Problem Periods
- Chalmers Centre Gender Identity Clinic
- NHS Lothian PrEP videos (long and short versions)
- Vasectomy
- Chalmers Centre Tour
- Early Medical Abortion
- IUS/IUD (contraceptive coil)
- Lara's Story (about termination of pregnancy)
- Abortion
- How to take a blood sample (for SSKs)



<https://www.lothiansexualhealth.scot/video-category/all-videos/>

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. Visit <https://community.learnpro.co.uk>
2. Select 'Create Account' and review the Terms & Conditions
3. Select Sector:
 - a. Select 'Choose From List' and choose your sector (if applicable).
 - b. Otherwise, select 'Partnerships'
4. Select Organisation:
 - a. Choose 'NHS Lothian Partnership'
5. Select Department:
 - a. Select 'Continue'
 - b. Choose 'NHS Lothian'
6. Select Team/Unit:
 - a. Choose 'Admin Team'
 - b. Confirm and continue
7. Select Role:
 - a. Select 'Choose From List'
 - b. Choose 'NHS Lothian Community Portal'
 - c. Select your appropriate role (Administrator, Manager, Trainee)
 - d. Confirm and continue
8. Complete the registration form.
9. Enter activation code - LP32698 and select 'Finish'
10. Login to access the e-learning materials.

If you have any further questions or queries please do not hesitate to contact LearnPro by emailing community@learnpro.co.uk