

Contraception and Sexual Health

Tier 1

Task / Activity	Self- Assessment / Date	Competency Assessed Y / N	Competency Achieved	Signed off by Clinical Assessor / Date
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<p>Knowledge and Understanding</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the holistic care of a patient with contraceptive and sexual health needs • Demonstrate an understanding of the anatomy and physiology of the male and female reproductive system • Demonstrate an understanding of the pathophysiology of pelvic, endocrine and reproductive disorders and how these may impact on contraception choices • Demonstrate an understanding of the pathophysiology of sexually transmitted infections (STIs), their prevalence and management^{194 195} 				
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¹⁹⁴ https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_44791&programmId=44791

¹⁹⁵ <https://bashh.org/guidelines>

<ul style="list-style-type: none"> • Demonstrate an understanding of consent and history taking in the context of sexual health and contraception^{196 197} • Demonstrate an understanding of safeguarding, the law and child protection in relation to contraception and sexual health¹⁹⁸ • Demonstrate an understanding of the types of female genital mutilation (FGM) and the law and safeguarding principles surrounding this¹⁹⁹ • Demonstrate an understanding of the different contraceptive choices²⁰⁰ available: <ul style="list-style-type: none"> ○ Combined hormonal contraception ²⁰¹ ○ Oral progesterone only contraception²⁰² ○ Long-acting reversible contraception (LARC)²⁰³ ○ Barrier methods ²⁰⁴ ○ Male and female sterilisation²⁰⁵ ○ Fertility awareness method²⁰⁶ 				
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¹⁹⁶ <file:///C:/Users/ClinicalUser/Downloads/fsrh-service-standards-on-obtaining-valid-consent-in-srh-services-2018.pdf>

¹⁹⁷ <https://www.nice.org.uk/guidance/qs178/chapter/Quality-statement-1-Asking-people-about-their-sexual-history>

¹⁹⁸ <file:///C:/Users/ClinicalUser/Downloads/fsrh-guideline-contraception-young-people-may-2019.pdf>

¹⁹⁹ <https://www.gov.uk/government/publications/female-genital-mutilation-resource-pack/female-genital-mutilation-resource-pack>

²⁰⁰ <https://www.contraceptionchoices.org/>

²⁰¹ <https://www.fsrh.org/standards-and-guidance/documents/combined-hormonal-contraception/>

²⁰² <https://www.fsrh.org/documents/cec-guideline-pop/>

²⁰³ <https://www.nice.org.uk/guidance/cg30/chapter/Recommendations>

²⁰⁴ <https://www.fsrh.org/standards-and-guidance/documents/ceuguidancebarriermethodscontraceptionsdi/>

²⁰⁵ <https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-sterilisation-cpd-sep-2014/>

²⁰⁶ <https://www.fsrh.org/standards-and-guidance/documents/ceuguidancefertilityawarenessmethods/>

<ul style="list-style-type: none"> • Demonstrate an understanding of the indications for, types, side effects, contraindications and limitations of emergency contraception²⁰⁷ • Demonstrate an understanding of pre-conception and pregnancy planning and the information to share with women of child-bearing age and how the needs of women taking certain medications and with certain medical conditions may have differ²⁰⁸ • Demonstrate an understanding of how to support a woman to understand her choices following unintended pregnancy – refer to local guidance for services in your area • Demonstrate an understanding of how to undertake a pregnancy risk assessment²⁰⁹ <p>Initial Consultation</p> <ul style="list-style-type: none"> • Be able to take a full contraceptive, reproductive and medical history²¹⁰ • Be able to present the full spectrum of contraceptive choices available to a woman and refer on to suitable senior prescribing clinician • For LARC's only – be able to refer patient to suitable service to have chosen LARC inserted. • Be able to teach patient self-injection techniques for injectable progesterone only contraception where appropriate²¹¹ • Be able to advise on the use of condoms to protect against sexually transmitted infections²¹² • Be able to take a full sexual health history ^{213 214} 				
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²⁰⁷ <file:///C:/Users/ClinicalUser/Downloads/fsrh-guideline-emergency-contraception03dec2020.pdf>

²⁰⁸ <https://cks.nice.org.uk/topics/pre-conception-advice-management/>

²⁰⁹ <https://www.nhs.uk/pregnancy/trying-for-a-baby/doing-a-pregnancy-test/>

²¹⁰ <file:///C:/Users/ClinicalUser/Downloads/2service-standards-for-consultations-2020.pdf>

²¹¹ <https://www.youtube.com/watch?v=hi2o-mlQJjc>

²¹² <https://www.sexwise.org.uk/contraception/condoms-external>

²¹³ <https://www.nice.org.uk/guidance/qs178/chapter/Quality-statement-1-Asking-people-about-their-sexual-history>

²¹⁴ <https://www.bashhguidelines.org/media/1241/sh-guidelines-2019-ijsa.pdf>

<ul style="list-style-type: none"> • Be able to perform swab and blood tests to screen for common STI's based on recommendations following risk assessment • Be able to direct patient to other local services to access sexual health testing, where not available on site²¹⁵ • Be able to set up a review appointment with an appropriate clinician to discuss screening results and next steps, in accordance with local and national guidance²¹⁶ • Be able to refer to suitable senior prescribing clinician when emergency contraception may be appropriate • Be able to sign post patient to appropriate services to support them with decision making about unintended pregnancy – As per local available services. <p>On Review</p> <ul style="list-style-type: none"> • Be able to carry out a contraceptive review appointment ensuring the following are included: <ul style="list-style-type: none"> ○ Blood pressure monitoring (where appropriate) ○ Weight measurement • Be able to recognise when patients need exceeds competence and refer on as appropriate 				
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²¹⁵ <https://www.shl.uk/>

²¹⁶ <https://www.nice.org.uk/guidance/ng221>