

Contraception and Sexual Health

Tier 2

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 modes of action, interactions and contraindications²¹⁷ of the different contraceptive choices²¹⁸ available, <ul style="list-style-type: none"> ○ Combined hormonal contraception ²¹⁹ ○ Oral progesterone only contraception²²⁰ ○ Long-acting reversible contraception (LARC)²²¹ ○ Barrier methods ²²² ○ Male and female sterilisation²²³ 				
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²¹⁷ <http://ukmec.pagelizard.com/2016#sectionc>

²¹⁸ <https://www.contraceptionchoices.org/>

²¹⁹ <https://www.fsrh.org/standards-and-guidance/documents/combined-hormonal-contraception/>

²²⁰ <https://www.fsrh.org/documents/cec-guideline-pop/>

²²¹ <https://www.nice.org.uk/guidance/cg30/chapter/Recommendations>

²²² <https://www.fsrh.org/standards-and-guidance/documents/ceuguidancebarriermethodscontraceptionsdi/>

²²³ <https://www.fsrh.org/standards-and-guidance/documents/cec-ceu-guidance-sterilisation-cpd-sep-2014/>

<ul style="list-style-type: none"> ○ Fertility awareness method²²⁴ ● Demonstrate an understanding of the management of contraceptive side effects and complications (see contraceptive specific footnotes above) ● Demonstrate an understanding of the association of contraception with medical conditions²²⁵ ● Demonstrate an understanding of the contraceptive needs of specific groups including but not limited to²²⁶: <ul style="list-style-type: none"> ○ Patients who are overweight or obese ○ Patients with inflammatory bowel disease ○ Young people ○ Patients over 40 ○ Patients with cardiac disease ○ Patients with an eating disorder ○ Patients taking teratogenic drugs ○ Patients who identify as trans or non-binary ○ Patients post-pregnancy ○ Patients taking anticoagulant drugs ○ Patients with a learning disability ○ Patients with communication needs <p>Patient Management Initial Consultation</p>				
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²²⁴ <https://www.fsrh.org/standards-and-guidance/documents/ceuguidancefertilityawarenessmethods/>

²²⁵ <https://www.fsrh.org/standards-and-guidance/fsrh-guidelines-and-statements/association-of-contraception-with-medical-conditions/>

²²⁶ <https://www.fsrh.org/standards-and-guidance/fsrh-guidelines-and-statements/contraception-for-specific-populations/>

<ul style="list-style-type: none"> • Be able to elicit patients understanding of and have a shared decision-making conversation about contraception choices – providing information about side effects, how they are used and the contraindications^{227 228 229} • Be able to provide patient with clear instructions on how to take chosen method of contraception^{230 231} • Be able to provide patient with clear safety netting advice relating to side effects and red flags and action to be taken²³² • Be able to provide patient with clear safety netting advice relating to missed doses of contraception and what action to take²³³ • Be able to set up an appropriate follow up appointment to review chosen contraceptive method and consider suitability of ongoing use²³⁴ • • Be able to advise, based on a thorough risk assessment, what sexual health screening may be needed – providing information about risk, windows for testing and how to obtain results²³⁵ 				
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²²⁷ <https://www.contraceptionchoices.org/>

²²⁸ <http://ukmec.pagelizard.com/2016#sectionc>

²²⁹ <https://cks.nice.org.uk/topics/contraception-assessment/>

²³⁰ <https://www.contraceptionchoices.org/>

²³¹ <https://www.sexwise.org.uk/contraception/which-method-contraception-right-me>

²³² <https://bnf.nice.org.uk/>

²³³ <https://www.sexwise.org.uk/resources>

²³⁴ <https://cks.nice.org.uk/topics/contraception-assessment/>

²³⁵ <https://bashh.org/guidelines>

<ul style="list-style-type: none"> • Be able to recognise when emergency contraception may be needed and explain the available choices to the patient, taking the limitations of individual methods in to account²³⁶ <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"> ○ Revisit needs of the women and plans for future pregnancy ○ Revisit and update medical history and review suitability of chosen method of contraception²³⁷ • Be able to discuss when a change in contraceptive method would be appropriate²³⁸ • Be able to reiterate side effects and red flags • Be able to reiterate missed dose advice and action to be taken. 				
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²³⁶ <https://www.fsrh.org/standards-and-guidance/documents/ceu-clinical-guidance-emergency-contraception-march-2017/>

²³⁷ <http://ukmec.pagelizard.com/2016#sectionb>

²³⁸ <http://ukmec.pagelizard.com/2016#sectionb>