

Contraception and Sexual Health

Tier 3

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 drug interactions with hormonal contraception²³⁹ • Demonstrate an understanding of the guidance for quick starting contraception²⁴⁰ • Demonstrate an understanding of how to switch between different methods of contraception²⁴¹ • Demonstrate an understanding of the sexual health needs of specific groups: 				
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²³⁹ <https://www.fsrh.org/standards-and-guidance/documents/ceu-clinical-guidance-drug-interactions-with-hormonal/>

²⁴⁰ <https://www.fsrh.org/standards-and-guidance/fsrh-guidelines-and-statements/quick-starting-contraception/>

²⁴¹ <https://www.fsrh.org/standards-and-guidance/fsrh-guidelines-and-statements/switching-or-starting-methods-of-contraception/>

<ul style="list-style-type: none"> ○ Patients living with HIV²⁴² ○ Men who have sex with men²⁴³ ○ Patients engaging in chem sex²⁴⁴ ○ Sex workers²⁴⁵ ○ Women who have been affected by female genital mutilation (FGM)²⁴⁶ <ul style="list-style-type: none"> ● Demonstrate an understanding of the contraceptive and sexual health needs of a patient following sexual assault²⁴⁷ ● Demonstrate an understanding of the types of termination, when these are used and support a woman to access appropriate services²⁴⁸ ● Demonstrate an understanding of the psychosexual needs of patients and the impact on sexual and reproductive health²⁴⁹ <p>Initial Consultation</p> <ul style="list-style-type: none"> ● Be able to make recommendations to a suitable prescribing clinician about a woman's contraceptive choice following history taking and risk assessment, providing rationale²⁵⁰ 				
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²⁴² <https://bashh.org/guidelines>

²⁴³ <https://www.bashhguidelines.org/media/1162/msm-2016.pdf>

²⁴⁴ [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/669676/Substance misuse services for men who have sex with men involved in chemsex.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/669676/Substance_misuse_services_for_men_who_have_sex_with_men_involved_in_chemsex.pdf)

²⁴⁵ <file:///C:/Users/ClinicalUser/Downloads/bashh-clinical-standards-for-the-sexual-health-management-of-people-involved-in-sex-work-v1.pdf>

²⁴⁶ <https://www.gov.uk/government/publications/female-genital-mutilation-resource-pack/female-genital-mutilation-resource-pack>

²⁴⁷ <https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

²⁴⁸ <https://www.nice.org.uk/guidance/NG140>

²⁴⁹ <https://www.gov.uk/government/publications/psychosocial-pathways-and-health-outcomes>

²⁵⁰ <http://ukmec.pagelizard.com/2016#sectionb>

<ul style="list-style-type: none"> • Be able to provide guidance on safe starting of one contraceptive method or switching from one contraceptive method to another²⁵¹ • Be able to provide guidance on safe 'quick starting' of all contraceptive methods²⁵² • Be able to provide a diagnosis to patients following STI screening and explain treatment options²⁵³ • Be able to liaise with a suitable prescribing clinician to ensure patient receives appropriate treatment for STI and refer on to specialist services where appropriate • Be able to advise patient on appropriate partner notification ²⁵⁴ • Recognise when patient complexity exceeds competence and refer on as appropriate 				
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²⁵¹ <https://www.fsrh.org/standards-and-guidance/fsrh-guidelines-and-statements/switching-or-starting-methods-of-contraception/>

²⁵² <https://www.fsrh.org/standards-and-guidance/fsrh-guidelines-and-statements/quick-starting-contraception/>

²⁵³ <https://bashh.org/guidelines>

²⁵⁴ <https://www.nice.org.uk/guidance/qs178/chapter/Quality-statement-6-Partner-notification>