

# Sexual Health and Blood Borne Virus Training Programme



April 2018 - March 2019



**SH&BBV**  
TAYSIDE

## Dates for 2018-2019

<p><b>April 2018</b></p> <p><b>Pilot - 25<sup>th</sup> Sex, Drugs and BBV Training,</b> Dundee</p> <p><b>23<sup>rd</sup> Making Choices Keeping Safe Update Day,</b> Whitehills, Forfar 9 am – 4 pm</p> <p><b>24<sup>th</sup> Making Choices Keeping Safe Update Day,</b> Kings Cross, Dundee 9 am – 4 pm</p>	<p><b>May 2018</b></p> <p><b>21<sup>st</sup> &amp; 22<sup>nd</sup> Making Choices Keeping Safe (Days 1 &amp; 2),</b> Kings Cross, Dundee 9 am – 4 pm</p>	<p><b>June 2018</b></p> <p><b>20<sup>th</sup> Safe Relationships &amp; The Law on Sex for the Under 16s,</b> University Teaching Room 3, Ninewells, Dundee 10 am – 3.30 pm</p> <p><b>18<sup>th</sup> &amp; 19<sup>th</sup> Making Choices Keeping Safe (Days 3 &amp; 4),</b> Kings Cross, Dundee 9 am – 4 pm</p> <p><b>12<sup>th</sup> Condom Distribution Scheme for Young People,</b> Room B, Improvement Academy, Ninewells, Dundee 9.15 am – 1 pm</p> <p><b>27<sup>th</sup> Introduction to Sexual &amp; Reproductive Health</b> Room A, Improvement Academy, Ninewells, Dundee 10 am – 3.30 pm</p>
<p><b>July 2018</b></p>	<p><b>August 2018</b></p> <p><b>10<sup>th</sup> BBV/Harm Reduction Awareness Session,</b> Committee Room 2, Level 10, Ninewells Hospital, Dundee, 1.30-4.30pm</p> <p><b>24<sup>th</sup> Young People Online: Sex, Relationships &amp; Technology,</b> Room A, Improvement Academy, Level 5, Ninewells, Dundee 9.30 am – 4.30 pm</p>	<p><b>September 2018</b></p> <p><b>11<sup>th</sup> Safe Relationships &amp; The Law on Sex for the Under 16s,</b> Room A, Improvement Academy, Level 5 Ninewells, Dundee 10.00 am – 3.30 pm</p>
<p><b>October 2018</b></p> <p><b>23<sup>rd</sup> Condom Distribution Scheme for Young People,</b> Rescobie Room, Whitehills Forfar 9.15 am – 1 pm</p> <p><b>25<sup>th</sup> Condom Distribution Scheme for Young People, Perth ,</b> Seminar Room 4 tbc, Perth Royal Infirmary 9.15 am – 1 pm</p> <p><b>31<sup>st</sup> Addressing the Sexual Health Needs of the LGBT Community,</b> Room A, Improvement Academy, Ninewells, Dundee 10 am – 4 pm</p>	<p><b>November 2018</b></p> <p><b>9<sup>th</sup> BBV/Harm Reduction Awareness Session,</b> Committee Room 2, Level 10, Ninewells Hospital, Dundee, 1.30-4.30pm</p> <p><b>23<sup>rd</sup> Young People Online : Sex, Relationships and Technology,</b> Lintrathen Room, Whitehills HC, Forfar, Angus, 9.30 am – 4.30 pm</p>	<p><b>December 2018</b></p> <p><b>11<sup>th</sup> Tayside Sexual &amp; Reproductive Health Update Day –</b> time and venue tba</p>
<p><b>January 2019</b></p> <p><b>24<sup>th</sup> Introduction to Sexual &amp; Reproductive Health,</b> Room A, Improvement Academy, Level 5 Ninewells, Dundee 10.00 am – 3.30 pm</p> <p><b>30<sup>th</sup> Addressing the Sexual Health Needs of the LGBT Community,</b> Room A, Improvement Academy, Ninewells, Dundee 10 am – 4 pm</p>	<p><b>February 2019</b></p> <p><b>22<sup>nd</sup> Young People Online : Sex, Relationships and Technology,</b> Fothergill Room, PRI, Perth, 9.30 am – 4.30 pm</p>	<p><b>March 2019</b></p> <p><b>12<sup>th</sup> Safe Relationships &amp; The Law on Sex for the Under 16s :</b> University Teaching Room 3, Ninewells, Dundee 10 am – 3.30 pm</p>

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## Introduction

Following the sexual and reproductive health (SRH) training needs analysis, the Sexual Health & Blood Borne Virus Managed Care Network is delivering training sessions throughout the year.

The aim of all sessions is to ensure that staff are knowledgeable about sexual and reproductive health and blood borne viruses and confident and competent in applying the knowledge

### WORKING PRINCIPLES

All training will be:

- undertaken by skilled and confident trainers
- based on the best epidemiological and research evidence available
- evaluated and updated accordingly

## Outcome Indicators

All training links to the undernoted Outcome Indicators from the Scottish Government Sexual Health & Blood Borne Virus Framework (2015-2020 update)

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

## Participant Information

Places are limited so please book early to avoid disappointment.

You will receive confirmation of your place by **email**.

If you receive confirmation and are no longer able to attend please notify us immediately so that your place can be re-allocated.

All participants require Line Management permission to attend training.

## How to book

If you would like to reserve a place you can email the address stated within the individual course training description.

**For targeted training** please book via the contact details specified within the training description.

### **For more information you can email:**

The email address stated within the individual course training description.

### **OR telephone:**

The number stated within the individual course training description.

## Bespoke Training

We are aware that departments/organisations are all under time pressure and find it increasingly difficult to release staff for training.

If you have a large group of staff who cannot attend scheduled sessions, we can consider bespoke training to meet the specific needs of your department.

Contact us at: [Tay-UHB.srhtraining@nhs.net](mailto:Tay-UHB.srhtraining@nhs.net)

## Learnpro

NHS Tayside provides a range of mandatory and topic specific eLearning modules for NHS Staff.

Mandatory modules for NHS staff include Equality & Diversity and Gender Based Violence both of which are relevant to this training programme

Link to [Learnpro](#)

There is a list of recommended external eLearning modules in the Additional Resources section.

# Addressing the Sexual Health Needs of the LGBT Community

**Co-Facilitated by:** LGBT Youth Scotland, Terrence Higgins Trust Scotland and SH & BBV MCN

**Course Assessment:** Post course evaluation

**Target Group:** All practitioners whose services support LGBT people

**Minimum No of Participants:** 15

**Aim:** To increase awareness of practitioners to the issues faced by the LGBT Community and how to support their needs. This training will also highlight best practice examples from across Scotland, using current resources and toolkits.

## Learning Outcomes:

- Increased confidence working with the LGBT community to support and promote their sexual health, emotional health and wellbeing
- To enable good practice and support for LGBT communities and their families
- Increased knowledge of risk taking behaviour
- Increased understanding of the barriers faced by the LGBT community accessing health services. How their experiences of discrimination may lead to increased need for additional support
- Highlight the effect that stigma can have on LGBT community looking to access services

For more information or to reserve a place on this course please contact: [Tay-UHB.srhtraining@nhs.net](mailto:Tay-UHB.srhtraining@nhs.net) Tel: 01382 424186

# BBV/Harm Reduction Awareness Session

**Facilitated by:** BBV & Harm Reduction Specialist Nurses

**Course Assessment:** Post course evaluation

**Target Group:** Staff or volunteers from any organisation with an interest in BBV and harm reduction. No previous knowledge is required.

**Minimum No of Participants:** 10

**Aim:** To raise awareness and reduce stigma associated with BBVs and provide knowledge of harm reduction strategies utilised to assist prevention, diagnosis, treatment and support for people affected by hepatitis B, C and HIV.

## Learning Outcomes:

By the end of the session, participants will be able to describe:

- Differences between each of the viruses
- Harm reduction methods in Tayside
- Local pathways for diagnosis and support
- Treatment available for each virus

For more information or to reserve a place on this course please contact: [BBVMCN.Tayside@nhs.net](mailto:BBVMCN.Tayside@nhs.net) Tel: 01382 424186

## Condom Distribution Scheme for Young People

**Facilitated by:** Sexual Health & BBV MCN

**Course Assessment:** Pre & post evaluation

**Target Group:** Organisations wishing to become part of the condom distribution scheme for young people. Professionals wishing to improve their skills and knowledge on condom provision and sexual health and relationship support

**Minimum No of Participants:** 10

**Aim:** This training will enable you to be confident and competent to provide condoms & sexual health and relationships support in a safe and confidential environment.

### Learning Outcomes:

- Increased knowledge around consent, confidentiality and child protection
- Increased competence in providing a safe confidential space for young people to access support for sexual health and related issues
- Be competent in using risk assessment guideline and tools
- Know how to signpost to services
- Become familiar with the ordering and "CCardApp" unlocking procedures

For more information or to reserve a place on this course please contact: [Tay-UHB.srhtesting@nhs.net](mailto:Tay-UHB.srhtesting@nhs.net) Tel: 01382 424186

## Introduction to Sexual & Reproductive Health

**Facilitated by:** Sexual Health & BBV MCN

**Course Assessment:** Post evaluation

**Target Group:** For clinical and non clinical staff who are working with individuals or groups and who have an interest in sexual health & wellbeing and who are looking to promote the health of their client group

**Minimum No of Participants:** 15

**Aim:** This training will provide you with an introductory level of knowledge around Sexual & Reproductive Health

### Learning Outcomes:

- How to raise issues of sexual health & wellbeing
- Have an increased awareness of both the local and national sexual health & wellbeing issues
- Increase awareness of the range of contraception currently available
- Be aware of sexually transmitted infection signs and symptoms, how they are transmitted, prevented and understand the principles of treatments.
- Have a basic understanding of referral routes for testing and treatment

For more information or to reserve a place on this course please contact: [Tay-UHB.srhtesting@nhs.net](mailto:Tay-UHB.srhtesting@nhs.net) Tel: 01382 424186

## Sex, Drugs and BBV Pilot

**Co-Facilitated by:** SDF, Sexual Health & BBV MCN and CAIR Scotland

**Course Assessment:** Post course evaluation

**Target Group:** All professionals/community members wanting to increase their knowledge around Sexual Health and Substance Use

**Minimum No of Participants: 15**

**Aim:** To increase awareness of the associated sexual risks and dangers that substance use can have in relation to sexual health and BBV.

### **Learning Outcomes:**

Participants will have increased knowledge and awareness of:

- Understand the positive and negative impact(s) of combining sex and substances
- Substances and associated effects in the context of sexual health & BBV
- Current trends across Tayside
- Increased confidence discussing the risks associated with sexual health and substance use
- Know how to signpost to services

## Safe Relationships & the Law on Sex for the Under 16s

**Facilitated by:** Scottish Child Law Centre (SCLC)

**Course Assessment:** Post course evaluation

**Target Group:** Professionals

**Minimum No of Participants: 15**

**Aim:** To explore the law in relation to underage sexual activity and clarify the context relating to the law and the perspective and practice of professionals.

### **Learning Outcomes:**

By the end of this course participants will have:

- Basic understanding of Scottish Law as it applies to sexual activity, young people and vulnerable adults
- Increased confidence and knowledge around current issues relating to underage sexual activity
- Understanding of report mechanisms and help and support available

For more information or to reserve a place on this course please contact: [Tay-UHB.srhtraining@nhs.net](mailto:Tay-UHB.srhtraining@nhs.net) Tel: 01382 424186

# Young People Online: Sex, Relationships & Technology

**Facilitated by:** Sexual Health & BBV MCN

**Course Assessment:** Pre & post evaluation

**Target Group:** Professionals working with young people

**Minimum No of Participants:** 15

**Aim:** Raise awareness of pornography and technology as it relates to young people, sexual health and relationships

**Learning Outcomes:**

- Build confidence in communicating with young people around all aspects of sexual health and relationships by encouraging an open and honest discourse around young people's sexual behaviour and influences
- Ensure those who attend the training are equipped to answer questions from young people around sexual health, pornography and technology.

For more information or to reserve a place on this course please contact: [Tay-UHB.srhtraining@nhs.net](mailto:Tay-UHB.srhtraining@nhs.net) Tel: 01382 424186

# Targeted Training

## Speakeasy Parenting Programme Facilitators Training

**Co-Facilitated by:** R & J Consultancy and Sexual Health & BBV MCN

**Course Assessment:** Post course evaluation

**Target Group:** Anyone wishing to run the Speakeasy parenting programme in the community including parents and carers

**Minimum No of Participants: 15**

**Aim:** To train individuals who will deliver the Speakeasy Parenting Programme in the community for parents & carers on speaking to children growing up, relationships and sexual health. There must be a commitment to delivering one 8-week programme per year with support from SH & BBV MCN..

**Learning Outcomes:**

**By the end of this course Facilitators will have confidence & competence to deliver a minimum of 1 Speakeasy Programme per year.**

If you would like further information or to reserve a place please contact: [lmckerrecher@nhs.net](mailto:lmckerrecher@nhs.net) Tel: 07920 503897

## Making Choices Keeping Safe (Learning Disability & Sexuality) Update Day

**Facilitated by:** Adrienne Hannah, SDF

**Course Assessment:** Post course evaluation

**Target Group:** Previous Course Participants

**Minimum No of Participants: 8**

**Aim:** To update staff on the latest information regarding sex and relationships issues and people with ASN.

**Learning Outcomes:**

- Update knowledge of sexual health and reproduction issues
- Gain knowledge of LGBT issues
- Update knowledge of rights, legislation and policy issues
- Gain skills to equip people with ASN to be assertive in their relationships.

If you would like more information or to reserve a place on this course please contact: [Allison.stewart@nhs.net](mailto:Allison.stewart@nhs.net) Tel: 01382 424054

## Making Choices Keeping Safe (Learning Disability & Sexuality) 4 Day Course (2x2 days)

**Facilitated by:** Adrienne Hannah, SDF

**Course Assessment:** Post course evaluation

**Target Group:** Nurses, social workers, teachers, support staff working with people with additional support needs, as well as parents and carers.

**Minimum No of Participants: 12**

**Aim:**

This course, delivered over 2 x 2 days, will increase your knowledge and skills around the issues covered in Tayside's Making Choices Keep Safe: guidelines for those caring for people with learning disabilities on relationships and sexual wellbeing.

**Learning Outcomes:**

- Gain skills and awareness in addressing issues of sexuality
- Address values and attitudes and the impact these have on work
- Increase knowledge of rights ,legislation and policy issues
- Understand group work with people with additional support needs
- Highlight key content areas for sex and relationship work with people with additional support needs
- Gain awareness of sources of help

If you would like more information or to reserve a place on this course please contact: [Allison.stewart@nhs.net](mailto:Allison.stewart@nhs.net) Tel: 01382 424054

## Tayside Sexual & Reproductive Health Update Day

**Facilitated by:** Tayside Sexual & Reproductive Health Service

**Course Assessment:** Post course evaluation

**Target Group:** GPs and Practice Nurses work with patients with issues relating to sexual and reproductive health.

**Minimum No of Participants:** 50

**Fee:** *to be advised*

**Aim:** To provide an annual update that supports safe and effective delivery of sexual and reproductive health services.

**Learning Outcomes:** One day update includes a variety of presentations on topics related to Sexual & Reproductive Health Care.

If you would like more information or to reserve a place on this course please contact: [Val,machir@nhs.net](mailto:Val.machir@nhs.net) Tel: 01382 425533

**Facilitated by:** Tayside Sexual & Reproductive Health Service (TSRHS) is an accredited training centre supporting clinicians (nurses and doctors) who wish to obtain the DFSRH.

**Target Group:** The Diplomate Assessment of the FSRH (DFSRH) is for doctors, nurses and midwives who wish to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

**Aim (of the clinical experience/ assessment at TSRHS):** To support practitioners to achieve their DFSRH and associated clinical competencies through practical training and assessment at Tayside Sexual & Reproductive Health Service (TSRHS) or by GP faculty registered trainers.

### **Overall learning Outcome of the DFSRH:**

To attain the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

Please note that the 3 stages of training build on each other:

- the online knowledge assessment (eKA) (done on the FSRH website),
- the Course of 5 (one day of small group workshops) (delivered by TSRHS or by other SRH services in Scotland and the rest of the UK)
- the clinical experience/assessment (at TSRHS).

It is advisable to check on local waiting times and availability of the third step (clinical experience/assessment) before deciding when to embark on DFSRH training.

Training is organised based on local requirements and there are **costs** associated with this.

For more information on costs and to register an interest please contact: [shtraining.tayside@nhs.net](mailto:shtraining.tayside@nhs.net)

Further details about the courses can be found at <http://www.fsrh.org/pages/Training.asp>

## Faculty of Sexual & Reproductive Healthcare (FSRH) Diploma

**Training Centre: Faculty of Sexual & Reproductive Health.** Contact [www.fsrh.org](http://www.fsrh.org) for further information.

**Target Group:** The Diplomat Assessment of the FSRH (DFSRH) is for doctors, nurses and midwives who wish to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

**Aim (of the clinical experience/ assessment at TSRHS):** To support practitioners to achieve their DFSRH and associated clinical competencies through practical training and assessment at Tayside Sexual & Reproductive Health Service (TSRHS) or by GP faculty registered trainers.

**Overall learning Outcome of the DFSRH:** To attain the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

Please note that the 3 stages of training build on each other:

- the online knowledge assessment (eKA) (done on the FSRH website),
- the Course of 5 (one day of small group workshops) (delivered by TSRHS or by other SRH services in Scotland and the rest of the UK
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It is advisable to check on local waiting times and availability of the third step (clinical experience/assessment) before deciding when to embark on DFSRH training.

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## E-Learning Modules

### **Hepatitis**

RCGP - Hepatitis B and C: Detection, Diagnosis and Management

Available from: <http://www.rcgp.org.uk/courses-and-events/online-learning/ole/hepatitis-b-and-c.aspx>

### **Health Scotland Virtual Learning Environment**

<http://elearning.healthscotland.com/>

Courses in health behaviour change, tackling inequalities and brief interventions amongst others. Anyone can access this and courses are free.

For nurses, doctors or anyone working for the NHS and/or Social Care:

#### **Sexual & Reproductive Health:**

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

#### **Sexual Health/ HIV:**

<https://www.e-lfh.org.uk/programmes/sexual-health-and-hiv/>

#### **Child Sexual Exploitation:**

<https://www.e-lfh.org.uk/programmes/child-sexual-exploitation/>

#### **Female Genital Mutilation:**

<https://www.e-lfh.org.uk/programmes/female-genital-mutilation/>

#### **Safeguarding of Children and Young People:**

<https://www.e-lfh.org.uk/programmes/safeguarding-children/>

# Map to Improvement Academy, Ninewells

