

Sexual Health and Blood Borne Virus Training Programme



April 2021 – March 2022



SH&BBV
TAYSIDE

Contents

Dates for 2021-2022	3
Introduction	4
Working Principles	4
Outcome Indicators.....	5
How to Book	5
Feedback.....	6
Bespoke Training	6
Learnpro	6
SH&BBV Training Available	7
Healthy Relationships, Consent and the Law: Supporting Young People to Make Positive Choices.....	7
cool2talk and Covid: Supporting Young People	8
Addressing the Sexual Health Needs of the LGBT Community	9
Young People Online: Sex, Relationships and Technology Training – An Introduction	11
Making Choices, Keeping Safe	12
Conversations About Condoms: It’s Not All About Condoms but It’s a Good Place to Start	14
Key Protective Messages for Children on Healthy Relationships and Consent	15
Blood Borne Virus (BBV) and Harm Reduction Training.....	17
Sexual Health: Local Context and Good Practice.....	18
Targeted Training	18
Speakeasy Parenting Programme Training.....	18
Speakeasy Course for Parents and Carers	19
Speakeasy E-Learning Units.....	20
Faculty of Sexual and Reproductive Healthcare (FSRH) Accredited Competencies.....	20
Faculty of Sexual and Reproductive Healthcare (FSRH) Diploma.....	22
E-Learning Modules.....	24

Dates for 2021-2022

April 2021	<p>May 2021</p> <p>Thursday 6th 10:00am - 13:00pm Course: Healthy Relationships, Consent and the Law: Supporting Young People to Make Positive Choices</p> <p>Tuesday 11th 15:45pm – 17:00pm Course: cool2talk and Covid: Supporting Young People</p>	<p>June 2021</p> <p>Thursday 3th - Thursday 10th 10:00am – 12:30pm Course: Addressing the Sexual Health Needs of the LGBT Community</p> <p>Thursday 17th 10:00am – 13:00pm Course: Young People Online: Sex, Relationships & Technology- An Introduction</p>
July 2021	August 2021	<p>September 2021</p> <p>Thursday 9th – Thursday 16th December 10:00am – 13:00pm Course: Making Choices, Keeping Safe</p> <p>Thursday 16th 10:30am – 12:30pm Course: Conversations and Condoms: It's Not All About Condoms but It's a Good Place to Start</p>
October 2021	November 2021	December 2021
<p>Friday 29th 10:00am to 13:00pm Course: Healthy Relationships, Consent and the Law: Supporting Young People to Make Positive Choices</p>	<p>Thursday 4th – Thursday 18th 10:00am – 12:30pm Course: Addressing the Sexual Health Needs of the LGBT Community</p> <p>Friday 19th 10:00am - 13:00pm Course: Young People Online: Sex, Relationships & Technology – An Introduction</p>	
January 2022	February 2022	March 2022
<p>Thursday 21st 10:00am - 13:00pm Course: Key Protective Messages for Children on Healthy Relationships and Consent</p>	<p>Thursday 3rd 10:30am to 12:30pm Course: Conversations and Condoms: It's not all about condoms but it's a good place to start</p>	<p>Thursday 17th 10:30am – 13:00pm Course: Young People Online: Sex, Relationships and Technology – An Introduction</p>

Please note that unless otherwise stated in the course description, **training sessions** will be delivered **online** via **Microsoft Teams**.

Introduction

The SHBBV Managed Care Network delivers training throughout the year with the aim to develop a **confident & competent workforce**. This training is available for Tayside clinical & non-clinical professionals across all agencies and where appropriate, volunteers, other members of the public and specific groups as detailed in the training course descriptions.

The safety of course participants and tutors is of great concern to us. Because of this and due to the current circumstances surrounding the pandemic, we have made the decision to deliver online most of our training courses within the SH&BBV Training Programme April 2021-March 2022.

Our courses will be delivered online via **Microsoft Teams** unless stated otherwise in the course description.

Working Principles

Our training will:

- be undertaken by skilled and confident trainers
- be based on the best epidemiological and research evidence available
- be evaluated and updated accordingly
- demonstrate gender sensitive practice
- address inequalities
- be multi-faceted and delivered through appropriate partnership working arrangements
- be re-designed wherever possible to be delivered online

Outcome Indicators

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

- Fewer sexually transmitted infections; fewer unintended pregnancies
- A reduction in the health inequalities gap in sexual health
- People affected by blood borne viruses lead longer, healthier lives
- Sexual relationships are free from coercion and harm
- 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

How to Book

Please go to <https://www.sexualhealthtayside.org/professionals/training/> to book individual training courses. **For targeted training** please book via the contact details specified within the training description.

Places are limited so **please book early** to avoid disappointment.

You will receive confirmation of your place by **email**. If you do not receive confirmation within 24 hours please contact us tay.bbvmcn@nhs.scot to alert us and a confirmation will be sent to you.

If you have been allocated a place in one of our courses but you are no longer able to attend **please notify us as soon as possible** so that your place can be re-allocated to another participant.

Feedback

Your feedback is of great value to us. We use it to monitor and improve the quality of our courses and their delivery. It helps us to ensure our courses remain relevant and meet the needs and expectations of participants.

Besides attendance to all course sessions, we have now made the completion of a feedback form compulsory to receive the course certificate. The feedback form may be an online survey.

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.bbvmcn@nhs.scot for more information.

Learnpro

NHS Tayside provides a range of mandatory and topic specific e-Learning modules for NHS Staff. Please note that only NHS Staff can access those modules.

Mandatory e-Learning modules for NHS staff include "Equality & Diversity" and "Gender Based Violence", both of which are relevant to this training programme and can be accessed via [Learnpro](#)

SH&BBV Training Available

Healthy Relationships, Consent and the Law: Supporting Young People to Make Positive Choices

Facilitated by	Sexual Health and BBV MCN
Method of Delivery	Online, via Microsoft Teams.
Course Assessment	Post-course survey
Target Group	Professionals working with young people.

Maximum Number of Participants 15

Aim

- To introduce the Scottish Government resource: "Key Messages for Young People on Healthy Relationships and Consent"
- To highlight how this document can be used to enhance practice with young people

Learning Outcomes On completing the training participants will:

- Have increased knowledge and comprehension on consent, the law and healthy relationships
- Have increased knowledge of key messages that support young people to have positive healthy relationships and will be able to identify opportunities to apply this to practice
- Have explored young people's experiences around consent, the law and healthy relationships and gained confidence in applying this knowledge to practice.

Pre-Session Tasks

This training will be based on pre-course tasks sent out to participants at least 2 weeks before the session. To engage fully with this training please ensure that you take the time to review these and come along ready to discuss them. It should take no more than a maximum of 2 hours to complete the tasks.

Frequency

This course will be delivered twice during this programme. Dates are 6 May 2021 and 29 October 2021.

To reserve a place on this course please [click here](#)

cool2talk and Covid: Supporting Young People

Facilitated by	cool2talk team and SH&BBV MCN
Method of Delivery	Online, via Microsoft Teams.
Course Assessment	Post-course survey
Target Group	Anyone who is working with young people (teachers, youth workers, third sector organisations, volunteers)

Maximum Number of Participants 20

Aim

This online session will look at some of the themes around young people's experiences over the last year, both nationally and locally on cool2talk and introduce a session plan for promoting cool2talk to young people.

Pre-Session Tasks

Pre-session participants will be requested to spend some time having a look at some of the questions and think about their own experience with young people over the last year.

Frequency

This course will be delivered on 11 May 2021. If there is sufficient demand we will consider delivering an extra session at a later date.

To reserve a place on this course please [click here](#)

Addressing the Sexual Health Needs of the LGBT Community

Facilitated by Terrence Higgins Trust Scotland

Method of Delivery Online, via **Zoom**. This course will be delivered over two days, with one 2.5 hour session each day. Please note that in order to receive the course certificate you need to attend both sessions.

Course Assessment Post course survey

Target Group All practitioners whose services support LGBT people.

Maximum Number of Participants 15

Aim

To increase awareness of practitioners to the issues faced by the LGBT Community when accessing health and social care services and how to support their needs. This training will also highlight best practice examples from across Scotland, using current resources and toolkits.

Learning Outcomes

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

Frequency

This course will be delivered twice during this programme. Dates are as follows:

- June 2021: Thursday 3rd (session 1) and Thursday 10th (session 2)
- November 2021: Thursday 4th (session 1) and Thursday 18th (session 2).

Please note

- The training will contain some sensitive material. Please ensure you have a safe and private space to access it where you won't be interrupted.
- Due to the nature of this training it is advised that all participants have access to an individual computer or mobile device, use headphones and have a private space where they can engage without any interruptions

To reserve a place on this course please [click here](#)

Young People Online: Sex, Relationships and Technology

Training – An Introduction

Facilitated by	Sexual Health & BBV MCN
Method of Delivery	Online, via Microsoft Teams.
Course Assessment	Post-course survey
Target Group	Professionals working with young people

Maximum Number of Participants 15

Aim

To raise awareness of pornography and technology as it relates to young people, sexual health and relationships

Brief Description

- This is a condensed version of our training about young people's use of technology and pornography
- We will look at local data, how young people use technology around sex and relationships and the possible impacts of this
- There will be information about useful resources, activities and further reading. There will be an opportunity to ask questions and engage with other participants
- Due to the nature of this training, it is advised that all participants have access to an individual computer or mobile device, use headphones and have a private space where they can engage without interruptions.

Pre-session Tasks

This training will be based on pre-course tasks sent out to participants at least 2 weeks before the session. To engage fully with this training please ensure that you take the time to review these and come along ready to discuss them. It should take no more than a maximum of 2 hours to complete the tasks.

Frequency

This course will be delivered three times during this programme. Dates are 17 June 2021, 19 November 2021 and 17 March 2022.

To reserve a place on this course please [click here](#)

Making Choices, Keeping Safe

Facilitated by Sexual Health & BBV MCN

Method of Delivery

Online, via Microsoft Teams. This course will be delivered over four online sessions, which will start at 10:00 am and last for approximately 5 hours. Session dates are Thursday 9 September 2021, Thursday 21 October 2021, Thursday 25 November 2021 and Thursday 16 December 2021.

Please note that to receive the course certificate you must attend all four sessions.

Course Assessment Post-course survey

Target Audience

Nurses, Social Workers, Teachers, Support Staff working with people with additional support needs, as well as parents and carers.

Maximum Number of Participants 15

Aim

This course will increase your knowledge and skills around supporting 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 information on resources

Pre-session Tasks

There is a requirement for some additional self-directed learning on this course. These tasks are to be completed on your own or with other course participants. Information about this will be sent out to participants at least 2 weeks before the first session.

To engage fully with this training and get the most out of it, please ensure that you take the time to complete those tasks and come along ready to discuss them. It should take no more than one hour to complete the self-directed learning tasks prior to each session.

Frequency

This course will be delivered only once during this programme.

To reserve a place on this course please [click here](#)

Conversations and Condoms: It's Not All About Condoms, but It's a Good Place to Start

Facilitated by Sexual Health & BBV MCN and partners

Method of Delivery Online, via Microsoft Teams

Course Assessment Pre & post evaluation survey

Target Audience

- Anyone who is currently working with young people aged 13 to 25, with an interest in increasing engagement around sexual health.
- Organisations wishing to become part of the condom distribution scheme for young people should attend this session.

Maximum Number of Participants 15

Aim

- This session will provide the information and skills to demonstrate and discuss effective and safe condom support.
- We hope that by attending this session you will feel comfortable talking about condom use and other related topics, with young people. The information conveyed and skills learned in this session will alleviate anxieties and provide you with talking points for discussion during a condom demonstration.

Learning Outcomes

- Increased understanding of your role within sexual health
- Increased knowledge around young people's sexual health, including the law
- Feel more confident supporting young people to make informed choices about their sexual health

- Know how to demonstrate effective condom use
- Become familiar with the Condom Distribution Scheme for Young people

What You Will Need

- You will need access to a computer/tablet/telephone and internet for the entirety of the session
- A safe and private space to access the course where you won't be interrupted as this training will contain some sensitive material and some explicit conversations.

Frequency

This course will be delivered twice during this programme, on 16 September 2021 and 3 February 2022.

To reserve a place on this course please [click here](#)

Key Protective Messages for Children on Healthy Relationships and Consent

Facilitated by	Sexual Health & BBV MCN
Method of Delivery	Online, via Microsoft Teams
Course Assessment	Post-course survey
Target Audience	Professionals working with children and young people
Maximum Number of Participants	15

Aim

- To introduce the Scottish Government resource “Key Protective Messages for Children on Healthy Relationships and Consent (due for publication May 2021)
- To highlight how this resource can be used to enhance good practice

Learning Outcomes

On completing the training participants will:

- Have increased knowledge and comprehension on consent, healthy relationships and body autonomy in relation to children
- Have increased knowledge of key messages that support children to have positive, healthy relationships and body autonomy
- Will be able to identify opportunities to apply this to practice

Pre-session tasks

This training will be based on pre-course tasks sent out to participants at least 2 weeks before the session. To engage fully with this training please ensure that you take the time to review these and come along ready to discuss them. It should take no more than a maximum of 2 hours to complete the tasks.

Frequency

This course will be delivered only once during this programme on the 21 January 2022.

To reserve a place on this course please [click here](#)

Blood Borne Virus (BBV) and Harm Reduction Training

We are currently designing online training in partnership with Hillcrest Futures to cover the subjects of Blood Borne Viruses and Harm Reduction. This training will be available for booking towards the end of 2021, so please check our website often for more updates on this.

Meanwhile, if you are interested in learning more about Blood Borne Virus and Harm Reduction now, please visit the [training section](#) on the Scottish Drug Forum (SDF) website for information on their available training on this subject. Please note that to access SDF courses and e-learning modules you may be required to create a login account on their website.

Among the courses SDF offer, there is a half-day virtual course with the title "HIV and Harm Reduction". This course is free of charge and focuses mostly on HIV with some cover of other BBVs in relation to harm reduction. It aims to increase workers' understanding and knowledge of key issues related HIV, with a particular emphasis on risks associated with drug use and sexual health. For information on dates and availabilities, please visit the [Scottish Drug Forum website](#).

For participants interested in attending the course "HIV and Harm Reduction", SDF recommends completing the SDF the-learning module "HIV Preventable and Treatable". This module is free of charge and will help workers increase their understanding about HIV, how it is transmitted and how it can prevented and treated. You can find more information about this and other e-learning modules offered by SDF [here](#)

The-learning module "Hepatitis C and New Treatments" is offered by Hepatitis Scotland. This free e-learning module aims to increase awareness and knowledge about Hepatitis C and can be accessed through the SDF website [here](#)

Sexual Health: Local Context and Good Practice

We are currently designing this training and it will become available towards the end of 2021.

This new course will be based on blended training which includes the compulsory completion of a forthcoming NES (NHS Education for Scotland) e-learning module on an Introduction to Sexual Health.

NHS Tayside will provide online training that will complement the NES module and provide a local picture as well as exploring some key issues when working with sexual health.

More information about this new course will be available later in 2021. Please check [our website](#) regularly for more updates.

Targeted Training

Speakeasy Facilitators Training

Unfortunately due to current circumstances this training will not be delivered this year. If you are a professional who would like to know more about the Speakeasy programme, or would like to register your interest in becoming trained to deliver this in the future, please contact Linzi McKerrecher at linzi.mckerrecher@nhs.scot or call on 07920 503897

Speakeasy Course for Parents and Carers

Facilitated by Speakeasy Facilitators

Course Assessment N/A

Target Audience Parents and Carers

Minimum Number of Participants 6

Aim

To help parents and carers of children of any age to tackle the complex and often difficult issues of growing up, sex and relationships. The course provides information, resources and support to enable them to confidently take on the role of educators in their home.

Learning Outcome

By the end of the programme participants will have the skills, knowledge and confidence to support their children around various aspects of growing up in an age appropriate way.

NB - A condensed Speakeasy programme for parents and carers is currently being delivered online only.

If you would like to find out more about this please contact **Linzi McKerrecher (Speakeasy Co-ordinator)** on linzi.mckerrecher@nhs.scot or on **07920 503897**

Speakeasy E-Learning Units

This is a free, online resource for professionals, parents and carers to improve communication with young people about sex, relationships and growing up.

There are 3 units in total and a certificate will be issued on the completion of each. Please follow the link below to take part:

[Speakeasy E-Learning Units – NHS Sexual Health & Blood Borne Viruses | Tayside. \(sexualhealthtayside.org\)](#)

More information about the project can be found **[HERE](#)** or on our Facebook page <https://www.facebook.com/Speakeasy-1651052668445100/?ref=bookmarks>
<https://www.youtube.com/watch?v=Phntb59xN34>

**Faculty of Sexual & Reproductive Healthcare (FSRH)
Accredited Competencies:
- Letter of Competence in Intrauterine Techniques (LoC IUT)
- Letter of Competence in Subdermal Implants (LoC SDI)**

Facilitated by

Tayside Sexual & Reproductive Health Service (Ninewells Hospital and Drumhar Health Centre, Perth) is an accredited training centre supporting clinicians (nurses and doctors) who wish to obtain the Letter of Competence in Intrauterine Techniques (LoC IUT) and/or Letter of Competence in Subdermal Implants (LoC SDI). There are also programmes for removal only (SDI-RO) and insertion only (SDI-IO) if required.

Target Audience

Clinicians who already hold the DFSRH/NDSRH or who have passed the electronic knowledge assessment (eKA) of the FSRH who wish to obtain Letters of Competence in IUT and SDI: practice nurses, school nurses, family nurses, midwives, gynaecology nurses, GPs, GP trainees, obstetricians & gynaecologists and their trainees etc.

Aim

To support practitioners to achieve their Letters of Competence and associated clinical competencies through practice training by faculty registered trainers.

The training involves both theoretical knowledge and practical training. For full information it is advised that you read the Guidance documents and learning outcomes at: <https://www.fsrh.org/education-and-training/>

Learning Outcomes

- LoC IUT – this programme will enable the learner to hold consultations, provide intrauterine contraception competently, and manage any complications or side-effects that may occur.
- LoC SDI/Loc SDI-RO/LoC SDI-IO – these programmes will enable the learner to provide and/or remove subdermal implants competently, and manage any complications or side-effects that may occur.

The LoC IUT and LoC SDI are awarded to those who successfully achieve the training. Training is organised based on local requirements and there might be a waiting time and **costs** associated with this. Currently, Bayer HealthCare might fund the practical aspect of the LoC IUT training for trainees from Primary Care. The practical training for NHS Tayside nurses and doctors is free. For more information on costs and to register and interest please contact **tay.shtraining@nhs.scot**

Faculty of Sexual & Reproductive Healthcare (FSRH)

Diploma

Facilitated by Tayside Sexual & Reproductive Health Service (Ninewells Hospital and Drumhar Health Centre, Perth)

Target Audience

The FSRH Diploma has been recently redesigned and is directed at doctors, nurses, midwives, pharmacists, physician associates or other healthcare professionals who wish to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings. Entry requirements include: registration with a UK or Irish medical professional regulatory body with a licence to practise, ability to administer intramuscular and subcutaneous injections, ability to perform a speculum examination. Full entry requirements detailed at: <https://www.fsrh.org/education-and-training/diploma--nurse-diploma/#redesigned-diploma-information>

Aim

To provide a flexible and tailored training programme to allow the learner to attain the knowledge, attitude and skills required to deliver safe and effective sexual and reproductive healthcare in community, primary and secondary care settings.

You will be assessed in the following ways to achieve the DFSRH:

1. An online knowledge assessment (OLT, done on the FSRH website at any stage of the Diploma),
2. Summative clinical assessments (at TSRHS),
3. Independent learning portfolio,
4. An Assessment Half-Day (delivered by TSRHS or by other SRH services in Scotland and the rest of the UK).

Overall learning Outcome of the DFSRH

Learning outcomes include knowledge of:

1. Basic Anatomy and Physiology
2. Health History and Risk Assessment
3. Contraceptive Choices
4. Emergency Contraception
5. Contraception: Managing Side-effects and Complications of Use
6. Planning Pregnancy
7. Unintended Pregnancy and Abortion
8. Early Pregnancy
9. Sexually Transmitted Infections (STIs)
10. Needs of Specific Groups
11. Adult and Child/Young Person Safeguarding
12. Psychosexual medicine
13. Cervical Screening

It is advisable to check availability and local waiting times for the Assessment Half-Day and Clinical Assessments 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: **tay.shtraining@nhs.scot**

Further details about the courses can be found at <https://www.fsrh.org/education-and-training/>

E-Learning Modules

Health Scotland Virtual Learning Environment

Free courses on health behaviour change, tackling inequalities and brief interventions amongst others. Available from <http://elearning.healthscotland.com/>

Scottish Drugs Forum Online Learning

Free online courses on Hepatitis C and Treatments, Drug Awareness, Overdose Prevention, Intervention and Naxolone, Bacterial Infections and Drug Use, Recovery Outcomes Tool.

Available from <https://www.sdftraining.org.uk/online-learning>

NHS Education Scotland (NES)

This NES learning programme provides background information on factors such as transmission, testing, infection progression and treatment regarding selected Blood Borne Viruses.

Available from: <https://www.nes.scot.nhs.uk/education-and-training/by-theme-initiative/public-health/health-protection/blood-borne-viruses-and-sexual-health.aspx>

International Network on Hepatitis in Substance Users (INHSU)

Online education and training programs available from <https://www.inhsu.org/education-program/united-kingdom/>

E-Learning for Healthcare (E-LfH)

Programme developed by Health Education England, NHS and professional bodies to educate the health and social care workforce. To access e-LfH programmes, you will require an E-LfH account or an Athens account. Among others, they offer courses in the following subjects:

- *Sexual & Reproductive Health* - available from <https://www.e-lfh.org.uk/programmes/sexual-and-reproductive-healthcare/>
- *Sexual Health and HIV* - available from <https://www.e-lfh.org.uk/programmes/sexual-health-and-hiv/>
- *Child Sexual Exploitation* - available from <https://www.e-lfh.org.uk/programmes/child-sexual-exploitation/>
- *Female Genital Mutilation* - available from <https://www.e-lfh.org.uk/programmes/female-genital-mutilation/>
- *Safeguarding of Children and Young People* - available from <https://www.e-lfh.org.uk/programmes/safeguarding-children/>