

SPECIFICATION FOR DIPLOMA IN SEXUAL AND REPRODUCTIVE HEALTH

1.0 PREAMBLE

This specification outlines the requirements for registrar training in Sexual and Reproductive Health. It is based on the curriculum developed by the Joint Committee for the Post Graduate Diploma in Sexual and Reproductive Health (DSRH).

The Members of the Joint Committee are appointed by the New Zealand Sexual and Reproductive Health Educational Charitable Trust.

This Trust is composed of representatives of the Royal Australia and New Zealand College of Obstetricians and Gynaecologists (RANZCOG), the Australasian College of Sexual Health Physicians (ACSHP) and the New Zealand Family Planning Association (FPA). The Trust will delegate the responsibility and management of the Post Graduate Diploma in Sexual and Reproductive Health to the Joint Committee who will be responsible for awarding the qualification.

Doctors who are awarded the Diploma will be qualified to apply for vocational registration in Family Planning and reproductive health, under the regulation of the Medical Council of New Zealand. The Royal New Zealand College of General Practitioners (RNZCGP) has confirmed that they will recognise it for Advanced Vocational Education and Maintenance of Professional Standards programmes. Some holders of the Diploma may wish to undertake further training and enter the training programme for the Fellowship of the ACSHP or RANZCOG, some may enter further training in Public Health or in General Practice. This Diploma is not a pre-requisite for any of the above mentioned training programmes but is a sound grounding, for further study and training.

In this specification a 'registrar/trainee' is any qualified doctor who has been registered with the New Zealand Medical Council for at least two years who wishes to undertake training in sexual and reproductive health.

Other terms are defined in the CTA Head Agreement and/or Service Agreement.

2.0 DESCRIPTION OF SERVICE

Trainees involved in this programme must follow a course of clinical training and study of the equivalent of one full-time year. The requirements of this Diploma can be met by part time work but are to be completed within 36 months of the initial registration unless, in exceptional circumstances, the Joint Committee extends that period.

The programme involves:

- 1200 hours of clinical learning as trainees interact with patients under the supervision of a recognised mentor, and attendance at case based tutorials.
- Completion of a Log book in the core topics of family planning, medical gynaecology and sexually transmitted infections.
- Attendance at two recognised residential courses of minimum length 24 hours each and 120 hours of weekly distance learning activities including private study and clinical teaching to provide a theoretical framework, as a foundation for sound clinical practice
- Special topics chosen from a specified list of options
- A final Examination

The theoretical modules will be provided by the Universities of Auckland and Otago in which each trainee will be expected to enrol. These will include Medical Gynaecology, Early Pregnancy, Sexually Transmitted Infections and Psychosexual Counselling. The overall objective of the training is to ensure competence in skills, knowledge and attitudes in sexual and reproductive health, which will involve both personal and public health perspectives, and allow the graduate to contribute to the development of policy and practice in the field.

2.1 LEARNING ENVIRONMENT

The training is based on an apprenticeship model of clinical training using sound educational models of adult learning.

The training will take place in Public settings, typically hospital wards, operating theatre rooms and outpatient clinics, primary care clinics and general practice surgeries. Learning will also take place in laboratory settings, public health and health promotion programme delivery. Academic learning environments will also be part of the service (eg, lecture theatres, tutorial rooms and suitable medical libraries).

Clinics and Tutors providing training will need to meet criteria described by the Joint Committee and approved by them for training. They will need to meet criteria around the availability of a recognised tutor, minimum numbers of patients, and minimum staffing levels, to ensure adequate supervision and support for the trainee. Supervision will be provided by doctors with vocational registration in sexual and reproductive health. Each trainee will also have a nominated mentor.

Learning in special topics can take place by observation in clinics by arrangement with the relevant specialist in most cases. Trainees will have time allowed in their service work for clinical tutorials, journal clubs and relevant grand rounds, at least fortnightly.

2.1.1 Clinical Placements

General Requirements

The learning objectives as set out in the Joint Committee Handbook of Training for the Diploma in Sexual and Reproductive Health need to be met during the clinical placements and a record of learning made in the Clinical Log book. Clinical teachers will have the experience and qualifications to ensure that good clinical learning shall take place.

The skills to be developed include but are not limited to:

General skills

- Demonstrates the ability to understand, and communicate own values & attitudes in regard to sexuality and sexual behaviour
- Demonstrates understanding of the influences of culture, age, illness, disability, class, and sexual orientation on sexuality and sexual behaviour.
- Demonstrates an understanding of the legal and ethical issues involved in sexual and reproductive health.
- Demonstrates an ability to take a sexual health history, urological history, gynaecological history, contraceptive history
- Demonstrates an ability to counsel and take a history from a sexual assault victim
- Demonstrates an understanding of the theoretical aspects of screening
- Demonstrates ability to give injections and vaccinations and to manage acute anaphylaxis including CPR

Communication and Counselling skills

- Ability to counsel with regard to pre-pregnancy issues and pregnancy choices.
- Contraceptive counselling
- Basic psychosexual counselling
- Counselling surrounding issues in relation to STIs including herpes, HIV infection and abnormal smears
- Basic grief counselling skills
- Knowledge of the principles of contact tracing
- Motivational interviewing skills around safer sex behaviour
- Communication skills with those of various cultures (eg, Maori, Pacific Island nations, Asian nations, youth).

Examination skills

Demonstrates an ability to:

- Perform a pelvic examination
- Perform a speculum examination
- Perform an examination in the first trimester and post abortion
- Take a cervical smear
- Collect appropriate specimens for screening and diagnosing STI's
- Perform a breast examination
- Perform an examination of male genitalia
- Teach testicular self-examination
- Perform prostatic massage
- 2 glass, & 3 glass test
- Fit a diaphragm
- Fit a cervical cap
- Fit a ring pessary
- Fit an IUD including the Mirena IUS
- Insert Implanon, and other hormone implants
- Give a Depo Provera injection
- Use a microscope to prepare and examine a wet mount, and Gram stain
- Use of pH tape in diagnosis and screening
- Perform a Whiff test
- Perform a pipelle examination
- Take a skin punch biopsy
- Interpret lab results

Research Skills

Demonstrates:

- Ability to evaluate clinical and epidemiological studies
- An understanding of epidemiological principles
- An understanding of audit and continuous self –evaluation

This may lead to the ability to write up results and publish a research paper.

Specific Requirements

Trainees will spend time in placements in Gynaecology departments of public hospitals, Family Planning Clinics run by the NZFPA and Sexual Health Clinics in public hospitals as follows:

Medical Gynaecology – 150 hours comprised of:

- 25 clinics- 100 hours
- Ultrasound – 5 hours
- Operating theatre sessions - as per log book – 15 hours
- Acute admissions - as per log book – 30 hours

Family Planning clinic sessions – 400 hours

Sexual Health clinic sessions – 400 hours

Special Interest Points – Trainees will spend a minimum 250 hours in completing special interest topics from the options listed below:

Sexuality	0-50	taking cases to a recognised sexuality counsellor to discuss in supervisory sessions
Dermatology	0-100	sitting in with a dermatologist/ doing a dermatology clinic
Breast	0-100	sitting in with a specialist breast clinic
Urology	0-50	sitting in with a specialist urology clinic
Public Health	0-50	completing University paper in Public health at Diploma level
Abortion medicine	0-100	sitting in with/doing Abortion clinic sessions
Adolescent Health	0-50	sitting in with a specialist clinic / one stop shop/adolescent outpatients
Sexual Abuse Medicine	0-50	attendance at DSAC course
General Practice	0-100	needs to be sessions involving sexual and reproductive health
Research topic	0-100	relevant to sexual and reproductive health

2.1.2 Formal Teaching Programme

The Universities of Auckland and Otago will provide the formal teaching. Trainees will be required to enrol in the following papers:

- Early Pregnancy 712 - 2 points
- Medical Gynaecology General 715 - 2points
- Medical Gynaecology Special topics 716 - 2 points
- Sexually Transmitted Infections - 2 points
- Sexuality/Psychosexual Counselling - 2 points

Each point is equivalent to 12 hours teaching time. This teaching will take place as weekly or fortnightly teaching by distance learning. These papers may be completed in any order but must all be completed within a maximum of three years.

Attendance at two residential courses will be expected - one introductory and one revisionary, both containing 24 hours teaching time.

The curriculum will be as developed by the Universities of Auckland and Otago staff and approved by the Joint Committee and CUAP. Delivery will be by employees of the Universities of Auckland and Otago.

There will be a minimum of 4 hours a week self directed study expected and not less than one clinical tutorial of one hour per fortnight with the approved clinical tutor.

The examination will include OSCE and MCQ methods of examination and Clinical Log Books must have been submitted and signed by the clinical supervisors involved in training.

2.1.3 Access to Resources

Resources necessary for training require:

- Access to public clinical settings as workplaces in gynaecology, family planning and sexual health
- Access to clinical settings in a variety of placements for observational learning in special topics
- Access to laboratory facilities
- Access to libraries with the relevant reference books and journals
- Access to diagnostic equipment such as ultrasound
- Access to public health and health promotion programmes.

2.2 SUPERVISION

Supervision is necessary to guarantee quality of learning in the clinical context and to ensure that clinical standards and safe practice are maintained in the workplace. Supervisors will be approved by the joint committee.

Each trainee must identify a clinical tutor in the three core areas of learning.

2.2.1 Clinical Supervision

In each workplace in which the trainee is providing clinical service as their apprenticeship learning, there will be a supervisor who is identified who will hold vocational registration in the field of sexual and reproductive health. This supervisor will be required to answer questions the trainee may have about specific cases, assist in practical skills and organisational and rostering matters. The main role of the Clinical Supervisor will be to ensure clinical safety, act as a role model, and provide brief feedback and teaching.

The trainee will carry the normal responsibilities of an employee in the workplace and will follow the lines of accountability set out by that workplace.

A Clinical Supervisor will be able to supervise up to three trainees at any one time.

Each trainee shall in addition identify a clinical Mentor who will be responsible for ensuring that the trainee is having enough experience to attain the skills required, is reaching the learning objectives, is able to think critically and review his/her practice, and assist the trainee to plan and organise special topic training.

The Supervisor will be responsible for signing the Clinical Log Book as a record of skill attainment. Each trainee will have a Supervisor in each of the core skill areas. The Supervisor will ensure that clinical case-based tutorials are provided for trainees. Each mentor may have up to nine trainees at any one time. The Clinical Supervisor may be the same person as the tutor in some situations.

The Mentor will be vocationally registered in the core area of sexual and reproductive health and will hold a senior position in the service. They will be different from the Clinical Supervisor.

General Requirements

The Clinical Supervisor will supervise record keeping, time keeping and clinical situations. The Mentor will supervise skills, knowledge and attitudes and the attainment of these in the learning environment.

The first 10% of clinics in the FPA and Sexual Health runs will be directly supervised. Approximately 25% of clinical work will be directly supervised in the Gynaecology run.

Trainees will be responsible to their clinical employer whilst working in Gynaecology, Sexual Health and FPA. When doing observational learning in special topics they will be responsible to their Mentor for achieving their learning objectives. The Mentor is responsible to the Joint Committee in ensuring that the teaching and assessment requirements are fulfilled.

Specific Requirements

There are no specific situations which require supervision, apart from the accepted practice in the workplace of chaperoning for gynaecology examinations.

2.2.2 Educational supervision

The Mentor may also be the educational supervisor and provide guidance on achieving learning objectives, integrating theory with practice, giving constructive feedback, coaching for examinations, coaching for quality assurance and self-audit, monitoring progress and coaching for examinations.

The Mentor will also give guidance in organising special topic learning, and vocational guidance for ongoing career development. The Mentor will be responsible for reporting back to the Joint Committee on the progress of trainees on an annual basis.

See 7 Educational Supervision Quality Standard, for the responsibilities of the Educational Supervisor.

2.3 PROGRAMME CO-ORDINATION

The members of the Trust will be responsible for co-ordination of the programme nationally. These members will be specialists in their field and will be appointed by their College/organisation.

The Trust will ensure that:

- Information about the Diploma will be disseminated.
- The organisation and administration of the Diploma will be performed.
- Applications for training will be screened and approved or disapproved.
- Recognition of prior learning will be assessed and approved or disapproved.
- Clinical training placements will be approved.
- Mentors and Clinical Supervisors will be approved and will ensure training takes place in targeted areas, as appropriate.
- Clinical Log Books will be assessed and accepted or rejected.
- Audit and evaluation of training placements Clinical Supervisors and Mentors will take place.
- Liaison with Mentors, Clinical Supervisors and training placements will take place including those for special topics.

- CTA reporting.

2.4 EXPECTED OUTCOMES

2.4.1 Trainee outcomes

The trainee will have the knowledge, skills and attitudes recorded as attained in the Clinical Log Book. The Clinical Log Book will be completed and evaluated before entry is allowed into the final examination.

The trainee will pass the examination set by the Joint Committee of the Diploma. This examination will be devised and set by the Joint Committee of the Diploma in conjunction with the Universities of Auckland and Otago.

2.4.2 Client/Service Outcomes

The service and its clients will benefit by having culturally appropriate care from a graduate who has been trained to have not only knowledge and skills but also a high level of sensitive communication skills in the area of sexual and reproductive health.

3.0 ELIGIBILITY

3.1.1 Trainee eligibility

In order to be admitted to this programme of study a trainee needs to:

- Have held a medical qualification as approved by the Diploma committee for at least two years,
- Hold current general registration with the New Zealand Medical Council, and be a member of a recognised Medical Insurance Society,
- Satisfy the Diploma committee that the trainee has appropriate training and experience to undertake the programme of study,

A trainee must show that they are able to obtain employment in a recognised FPA clinic, Sexual Health clinic, and Gynaecology Department for at least the required number of hours during the year following registration for the Diploma.

A trainee should be a New Zealand resident, but exceptions may be possible on a case by case basis, at the discretion of the Joint Committee and the Clinical Training Agency.

3.1.2 Provider eligibility

The Joint Committee must approve all providers of training as meeting the criteria set out in the Joint Committee Handbook of training for the DSRH.

4.0 LOCATION AND SETTING

Training will take place in public hospital and community clinics and laboratories, and in some public health and health promotion programmes. Any secondment of a trainee to another location for further training experience must comply with Part 9 of the CTA Head Agreement.

5.0 ASSOCIATED LINKAGES

The Joint Committee and the training providers will have established links with:

- Professional associations such as - Colleges of General Practice, Public Health Medicine, Independent Nurse Practitioners Association
- Accrediting body – the Colleges of Sexual Health Physicians and Obstetrics and Gynaecology and FPA.
- Medical Council
- Maori
- Auckland, Dunedin, Christchurch and Wellington Schools of medicine
- Canterbury health sciences, Auckland and Otago universities
- Patient Advocates for Code of Health and Disability Services Consumer Rights and Privacy issues.
- District Health Boards in which the clinical training units are set.

6.0 PURCHASE UNIT AND REPORTING UNIT

A training unit trainee formally enrolled in the training programme. Part time trainees will be funded on a pro-rata training unit basis.

7.0 QUALITY STANDARDS: PROGRAMME SPECIFIC

*This section should be read in conjunction with Schedule 1 Part 3 of the CTA Head Agreement, which specifies **generic** quality standards for all programmes provided under the contract.*

Learning Environment Quality Standard

Each provider will demonstrate their commitment to training by:

- Having policies in place, which detail the roles, responsibilities and limitations for the trainees in the organisation.
- Having written and implemented policies on cultural safety
- Assessing and monitoring of the standards of supervisors
- Provide placement appropriate to the trainees' knowledge and experience, so that the training can be graduated and ongoing.
- Invite trainees to give feedback on their experiences annually
- Regularly reviewing care to ensure it is in line with currently accepted practice including knowledge of bi-culturalism, ethics, informed consent, complaints and disciplinary procedures
- Monitor that access to clinical resources are adequate and initiate action when appropriate.

Clinical Supervision Quality Standard

- Log books are signed and regularly reviewed to ensure a specified range of clinical experience is obtained and to report any corrective action necessary including depth and breadth of clinical experience available
- Clear lines of clinical accountability for patient care at all times, with backup available that is appropriate to the level of experience of the trainee.

Educational Supervision Quality Standard

Educational supervision will:

- Ensure that all training requirements are met
- Processes are in place to identify and take appropriate action for trainees who require additional support, including advice on future options for that trainee
- Ensure that all trainees are able to have direct contact with the Joint Committee if necessary
- Regular meetings are held of all educational and clinical supervisors to ensure they are well trained and they understand the objectives of the training programme and supervision process

Programme Co-ordination Quality Standard

- Regular meetings are held to evaluate and critically review the training programmes.
- All training is correctly assigned to each trainee, and proper records kept
- Complaints and feedback about the programme are regularly sought and received from trainees.

8.0 REPORTING REQUIREMENTS: PROGRAMME SPECIFIC

This section should be read in conjunction with Schedule 1 Part 1 of the CTA Head Agreement, which specifies **generic** reporting requirements for all programmes provided under the contract