

Contraception for Practice Nurses

A comprehensive contraception training course for Practice Nurses

Key Information



Who training is for
Practice Nurses



Length of course
2 days



Per delegate cost
£300



Format of course
Live via Zoom or Face-to-Face



Dates of course
TBC



CPD Hours
14 hours



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Academy

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HealthAcademyOnline.co.uk



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Course Summary



Our 'Contraception for Practice Nurses' course provides essential training for nurses in primary care. Developed in line with national guidance, explore contraceptive choices and understand their indications and effectiveness. Learn to navigate patient-centred care, legal issues, and practical case studies for confident contraceptive management.

Course Content



Introduction to Contraception Services in the UK



Contraception Consultation



Oral Contraceptive Pill Checks



LARC (Long Acting Reversible Contraception)



Alternative Contraceptive Methods



Emergency Contraception



Sexual Health Education and STIs



Health Promotion



Legal and Ethical issues



Importance of Patient Centred Approach



Bringing it all Together

This comprehensive course is designed to equip practice nurses in primary care settings in the UK with the necessary skills and knowledge to assess and manage contraceptive services effectively. The course will focus on evidence-based practices, adherence to national guidelines, and an overview of the different contraceptive methods including oral contraceptives and injectable contraceptives and when they are indicated. Participants will also gain a thorough understanding of alternative contraception methods, emergency contraception choices and knowledge of sexually transmitted infections (STIs). Exploring health promotion, patient centred care and legal issues, participants will develop expertise in conducting contraception consultations, history taking, and comprehensive assessments. This will enable them to guide patients in making informed decisions about contraceptive choices, considering individual preferences and cultural and social needs. Through practical case studies and discussions on challenging scenarios, participants will refine their skills, ensuring they are well-prepared to address barriers to accessing contraception and uphold confidentiality, consent, and safeguarding principles in their practice. Developed in line with UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS, NICE, the Faculty of Reproductive and Sexual Health (FRSH), UK Medical eligibility criteria for contraceptive use (UKMEC) and the Family Planning Association. Upon successful completion of the course, participants earn a certificate in Contraception for Practice Nurses, providing a pathway to gain clinical competence and practice under supervision through hands-on experience and mentorship in practice.

Contraception for Practice Nurses: Core Modules

- Introduction to Contraception Services in the UK
 - Overview of the importance of contraception services in primary care
 - Overview of anatomy and physiology
 - Understand the evidence base for contraceptive methods and UKMEC
 - National guidance and clinical protocols
 - Role of practice nurses in contraceptive service delivery
- Contraception Consultation
 - History taking and assessment
- Exploration of comprehensive contraception choices and their effectiveness, indications and contraindications
- Guidance to support informed decision-making
- Documentation
- Oral Contraceptive Pill Checks
 - Comprehensive understanding of combined oral contraceptives (COC) and progestogen-only pills (POP)
 - Conducting pill checks
 - Monitoring and managing side effects
- LARC (Long Acting Reversible Contraception)
 - Safe administration of contraceptive injections
 - Understanding different types of injectable contraceptives
 - Options for self administration
 - Monitoring and managing side effects and complications
- Alternative Contraceptive Methods
 - Overview of alternative contraceptive options
 - FAM Fertility awareness methods
 - LAM Lactational Awareness methodsBarrier methods
 - Counselling patients on the selection of appropriate methods
 - Addressing patient concerns and misconceptions
- Emergency Contraception
 - Different types of Emergency contraception and their indications for use
 - Protocols and practical guidance on emergency contraception

- Sexual Health Education and STIs
 - Integrating sexual health education into contraceptive counselling
 - Discussing prevention of STIs
 - Identifying common STIs
- Health Promotion
 - Integrating health promotion strategies into contraception counselling
 - Resources and guides to support health promotion efforts
- Legal and Ethical issues
 - Legal and ethical considerations in providing contraceptive care
 - Confidentiality, capacity and consent
 - Safeguarding
 - Scope of practice
- Importance of Patient Centred Approach
 - Enhancing communication skills for sensitive discussions
 - Incorporating cultural competence and diversity in contraceptive care
 - Barriers to accessing contraception and ways to improve access
 - Addressing patient preferences and shared decision-making
 - Knowledge of when to refer to other services
- Bringing it all Together
 - Application of knowledge through practical scenarios
 - Case discussions on challenging contraceptive management situations
 - Q&A session and discussion

Course alignment

This course has been developed in line with the following bodies best practice guidelines:

Faculty of Sexual and Reproductive Healthcare <https://www.fsrh.org>

Family Planning Association (fpa) <https://www.fpa.org.uk>

UK Medical eligibility criteria for contraceptive use (UKMEC) 2016 (Amended 2019)
<https://www.fsrh.org/standards-and-guidance/documents/ukmec-2016/>

NICE CG30. Long-acting reversible contraception, 2005 (updated 2019)
<https://www.nice.org.uk/guidance/CG30>

NICE <https://www.nice.org.uk/guidance/health-and-social-care-delivery/contraception>