



## SEXUAL AND REPRODUCTIVE HEALTH TRAINING FOR NURSES 2012

Courses available include:

- Sexual Health Foundations (SHF)
- Sexual Health Practice (SHP)
- FPWA Certificate in Sexual and Reproductive Health (Nursing)
- FPWA Pap Smear Provider Course (PSP)

### **SEXUAL HEALTH FOUNDATIONS (SHF) – 5 day theory (35 hours)**

#### **A stand-alone course, or part 1 of Certificate in Sexual and Reproductive Health (Nursing)**

This comprehensive five day course is suitable for nurses and other health professionals wishing to develop a sound understanding of core sexual and reproductive health issues, and skills to work effectively with individuals to promote sexual health. It provides a solid foundation on which to build further skills in sexual health education or clinical practice. The interactive mode of delivery makes this post-graduate level course appropriate, accessible, challenging and engaging for professionals from a range of backgrounds.

**Before course commencement, pre-reading and activities are required – approximately 6 hrs.**

*Course outline:*

- *Day 1 - Sexuality and sexual health through the lifespan; talking about sex; diversity of personal values and experiences of sexuality and their impact on working with others*
- *Day 2 – Sexual and reproductive systems; menstrual cycle and fertility awareness; non-hormonal contraception; facilitating informed choices; sexual abuse/assault; working effectively with people in sexual health*
- *Day 3 – Sexual function; culture, gender, diversity and sexuality; hormonal contraception; facilitating informed choices*
- *Day 4 – STI/BBV PREVENTION: STIs, HIV and other blood-borne viruses; STI prevention and safe sex; adolescent sexual health; working with risk behaviours - sex, drugs and harm reduction*
- *Day 5 – Motivating healthy behaviours; working with Indigenous people; unintended pregnancy; managing challenging situations*

### **SEXUAL HEALTH PRACTICE (SHP) – 5 day theory (35 hours)**

**Part 2 of Certificate in Sexual and Reproductive Health (Nursing) Participants must attend Sexual Health Foundations (or equivalent) before Sexual Health Practice. Before course commencement, pre-reading and activities are required – approximately 6 hrs.**

*Course outline:*

- *Day 1 – CERVICAL SCREENING: HPV and cancer of the cervix; cervical cancer screening, Pap smear procedure and pelvic examination, cytology and laboratory reporting; management of women with abnormal smears*
- *Day 2 - SEXUAL HEALTH CONSULTATIONS, taking a sexual and reproductive history and brief risk assessment; Chlamydia screening; Nurse role – Pap providers, specialist and advanced practice, legal and ethical issues; gynaecological problems,*
- *Day 3 – \*PAP SMEAR CONSULTATIONS AND DOCUMENTATION; notification and management of results; common gynaecological problems; breast health*
- *Day 4 – SEXUAL HEALTH PROBLEMS:  
AM: pelvic floor and continence, midlife and menopause; clinical scenarios; scope of practice and professional practice for PSP  
PM: Men's and Women's sexual problems; Men's sexual health issues and working with men*
- *Day 5 – STI CLINICAL PRACTICE: Taking a sexual history; STI/BBV test discussion; STI testing and clinical management; managing positive results and contact tracing*

\*During the clinical practice session on Day 3 of the theory, participants are supervised by FPWA clinical instructors to perform a consultation involving taking a Pap smear (with a peer participant; or paid surrogate client - \$50 extra, only if available).

**DISTANCE LEARNING:** Family Planning Qld's *Introduction to Sexual and Reproductive Health Theory* distance learning package will be accepted as an alternative to *Sexual Health Foundations (SHF)* for entry to Part 2 - *Sexual Health Practice (SHP)*. Some extra reading from FPWA will also be required on a couple of topics. See [www.fpq.com.au](http://www.fpq.com.au). NB: This package is equivalent to a University unit of study. Please contact FP QLD directly and allow adequate time (minimum of 6-8 weeks) to enrol, receive materials and complete all modules of study prior to attending Sexual Health Practice. A copy of your Certificate of completion must be sent to FPWA prior to attending Sexual Health Practice.

**FPWA CERTIFICATE IN SEXUAL AND REPRODUCTIVE HEALTH (NURSING) –  
10 days theory (70 hours) - Sexual Health Foundations (SHF) and Sexual Health Practice (SHP)  
and 50 hour clinical practicum.**

This highly regarded, nationally recognised course is for registered nurses wishing to develop detailed knowledge and specialist clinical skills in sexual and reproductive health. It is a post-graduate level course for nurses with at least two years experience. The course consists of a 70 hour theory component and a 50 hour clinical practicum. The theory component is made up of two parts: Part 1 - Sexual Health Foundations (SHF) and Part 2 - Sexual Health Practice (SHP). Each part is available as a one week face-to-face educational program. They may be done in a two week block, or separately within a 12 month period.

**SEXUAL HEALTH FOUNDATIONS (SHF)**

Monday 12 – Friday 16 March 2012 **or**  
Monday 03 – Friday 07 September 2012

**COST:** \$700.00 (GST free)

Monday – Friday 9.00 to 5.00

**SEXUAL HEALTH PRACTICE (SHP)**

Monday 19 – Friday 23 March 2012 **or**  
Monday 10 – Friday 14 September 2012

**COST:** \$700.00 (GST free)

Monday – Friday 9.00 to 5.00

(all costs are GST free and only valid for 2012 courses)

**CLINICAL PRACTICUM for CERTIFICATE IN SEXUAL AND REPRODUCTIVE HEALTH**

**Both Part 1 and Part 2 of the FPWA Certificate in Sexual and Reproductive Health (Nursing) theory components including assignments due must be completed before doing the 50hr clinical practicum.**

The clinical practicum consists of 50 hours of clinical training. This usually takes two weeks to complete when done in a block at FPWA. Participants develop beginning specialist clinical skills in sexual and reproductive health nursing practice, including cervical screening. There are limited opportunities to partially complete the clinical practicum with FPWA approved external clinical preceptors. The program can be negotiated to take into account the existing skills of the participant.

**CERTIFICATE IN SEXUAL AND REPRODUCTIVE HEALTH CLINICAL PRACTICUM**

50 hours, to be negotiated. (3.5 hour sessions)

**Placements are limited - bookings need to be made early with:  
Clinic Administrator Officer [clinic.adminofficer@fpwa.org.au](mailto:clinic.adminofficer@fpwa.org.au)**

**All assignments due must be submitted before clinical prac commences.**

**COST:** \$960.00 (GST free & valid for 2012 courses)

**Rescheduling of clinical practicums, after confirmation will incur a fee of \$80.00**

## **PAP SMEAR PROVIDER COURSE (PSP) – 3.5 day theory (25 hours) and 21 hours of clinical practicum**

In response to demand from Practice Nurses, FPWA has developed a Pap Smear Provider Course. This short course focuses on developing the essential knowledge and skills required for nurses in general practice (including ENs and also AHWs with appropriate skills and experience) to provide Pap smears and preventive health checks for women on behalf of a GP. The course develops the competencies required to meet the National Standards for Nurse Pap Smear Providers. Competence in taking a women's health history, screening for chlamydia, breast awareness education, and continence advice and education will also be achieved.

It should be noted that this course is designed for working with well women only, assuming that the GP is available for immediate referral if any abnormalities are detected. Providing advice on contraception, advice on postnatal issues, and checks for sexually transmitted infection other than chlamydia and gonorrhoea are beyond the scope of this course. The full Certificate course is recommended for any nurse wishing to provide more comprehensive sexual health care. Some nurses may wish to complete the Certificate theory and only PSP practicum. Please note: During the clinical practice session on Day 3 of the theory, participants are supervised by FPWA clinical instructors to perform a consultation involving taking a Pap smear (with a peer participant; or paid surrogate client - \$50 extra, only if available).

The course consists of a theory component of 25 contact hours plus self directed learning and a clinical component of a minimum of 21 hours. The 25 contact hours are embedded in *Sexual Health Practice (SHP)* – Monday through to 1.00pm Thursday.

**Before course commencement, pre-reading and activities are required – approximately 4 hrs.**

### **PAP SMEAR PROVIDER COURSE THEORY (PSP)**

Monday 19 – Thursday 22 March 2012 **or** Monday 10 September – Thursday 13 September 2012

**COST:** \$700.00 (GST free)

Monday – Wednesday 9.00 to 5.00 and Thursday 9.00 to 1.00

### **PAP SMEAR PROVIDER COURSE CLINICAL PRACTICUM**

21 hours, to be negotiated. Only one Pap session (3.5 hrs) per day is available at FPWA.

**Placements are limited - bookings need to be made early with:**

**Clinic Administrator Officer [clinic.adminofficer@fpwa.org.au](mailto:clinic.adminofficer@fpwa.org.au).**

**All assignments due must be submitted before clinical prac commences.**

**COST:** \$480.00 (GST free & valid for 2012 courses)

**Rescheduling of clinical practicums, after confirmation will incur a fee of \$80.00**

FPWA can also be contracted to deliver the theory component of this Pap Smear Provider course at an external location. Please contact the Nurse Educator as below to discuss this further.

## **CERTIFICATE OF COMPETENCE AS A NURSE PAP SMEAR PROVIDER**

The Certificate in Sexual and Reproductive Health (Nursing) and the Pap Smear Provider Course develop the competencies required to meet the National Standards for Nurse Pap Smear Providers. All participants completing these courses will be entitled to a Certificate from FPWA, and Registered and Enrolled Nurses are also eligible to apply for the Certificate of Competence as a Nurse Pap Smear Provider from the WA Cervical Cancer Prevention Program (WACCPP).

## **UPDATES FOR NURSES WHO HAVE PREVIOUSLY COMPLETED FPWA TRAINING**

Nurses who have previously attended FPWA nurses' courses can apply to attend supervised clinical practice as an update. Requirements must be discussed with the Nurse Educator. Casual clinics are \$80. Documentation of attendance and competence demonstrated is provided.

For registration: <http://www.fpwa.org.au/educationtraining/nurses/>  
or more information contact: Ph: 08 9227 6177  
Leza Bridges, Administration Officer [leza.bridges@fpwa.org.au](mailto:leza.bridges@fpwa.org.au) or  
Kay Morton, Nurse Educator [kay.morton@fpwa.org.au](mailto:kay.morton@fpwa.org.au)



**Sexual and Reproductive Health Training for Nurses 2012**  
Application Form

Name: \_\_\_\_\_

Present employer: \_\_\_\_\_

Briefly describe the nature of your present work: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What are your reasons for wanting to do this program? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How might your work, or the way you carry out your work, change as a result of completing this program? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please rate your current level of competence in:**

|   | Beginner | Developing | Competent |
|---|----------|------------|-----------|
| (i) Sexual Health Issues                | 1        | 2          | 3         |
| (ii) Clinical Practice in Sexual Health | 1        | 2          | 3         |

Please list in summary form, your education qualifications, your nursing and work experience (or attach curriculum vitae). Any nurse applying for a Clinical Practicum, please attach a copy of current Registration Certificate.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PLEASE NOTE:**

Pre-reading and pre-course assignment information will be emailed to you 5-6 weeks prior to course commencement. Access is via FPWA website. Please allow a minimum of 8 hours per course to complete. Pre-course assignments are due on day one of the course. Also note, during the Sexual Health Practice and/or Pap Smear Provider theories, you will be supervised by an FPWA clinical instructor to perform a consultation involving taking a Pap smear on a peer participant.

Applicants may be asked to discuss their application. Any queries, please contact:  
Kay Morton, Nurse Educator, FPWA, PO Box 141 Northbridge WA 6865 ABN 15 275 099 026  
Tel: 9227 6177 Fax: 9227 6871 Email: [kay.morton@fpwa.org.au](mailto:kay.morton@fpwa.org.au)

*Please complete other side*

**FPWA Sexual Health Services  
Sexual and Reproductive Health Training for Nurses 2012**

**Registration Form**

**THIS FORM IS A TAX INVOICE - ABN 15 275 099 026**

Please keep a copy for your records

**PLEASE READ THE DETAILED COURSE DESCRIPTIONS CAREFULLY AND TICK THE COURSE AND DATE YOU WISH TO ATTEND - (fees are GST free and only valid for 2012 courses)**

- |                          |  |           |    |
|--------------------------|--|-----------|----|
| <input type="checkbox"/> | <b>SEXUAL HEALTH FOUNDATIONS – SHF (theory 5 days)</b>   | \$ 700.00 | \$ |
|                          | <input type="checkbox"/> 12 to 16 March 2012 (SHF) (registrations close 10 February 2012)  |           |    |
|                          | <input type="checkbox"/> 03 to 07 September 2012 (SHF) (registrations close 3 August 2012)   |           |    |
| <input type="checkbox"/> | <b>SEXUAL HEALTH PRACTICE - SHP (theory 5 days)</b>  | \$ 700.00 | \$ |
|                          | <input type="checkbox"/> 19 to 23 March 2012 (SHP) (registrations close 17 February 2012)  |           |    |
|                          | <input type="checkbox"/> 10 to 14 September 2012 (SHP) (registrations close 10 August 2012)  |           |    |
| <input type="checkbox"/> | <b>PAP SMEAR PROVIDER COURSE – PSP (theory - 3.5 days)</b>   | \$ 700.00 | \$ |
|                          | <input type="checkbox"/> 19 to 22 March 2012 (PSP) (registrations close 17 February 2012)  |           |    |
|                          | <input type="checkbox"/> 10 to 13 September 2012 (PSP) (registrations close 10 August 2012)  |           |    |
| <input type="checkbox"/> | <b>CLINICAL PRACTICUM IN SEXUAL AND REPRODUCTIVE HEALTH - (50 hours)</b>   | \$ 960.00 | \$ |
|                          | To obtain Certificate in Sexual and Reproductive Health - after completing both SHF and SHP theories. Full payment required on or before booking clinical sessions |           |    |
| <input type="checkbox"/> | <b>CLINICAL PRACTICUM - PAP SMEAR PROVIDER COURSE - (21 hours)</b>   | \$ 480.00 | \$ |
|                          | To obtain Pap Smear Provider Certificate after completing PSP theory, or both SHF and SHP theories. Full payment required on or before booking clinical sessions   |           |    |
| <input type="checkbox"/> | <b>PRECEPTOR CLINICAL PRACTICUM - PAP SMEAR PROVIDER COURSE ONLY</b>   | \$ 120.00 | \$ |
|                          | Note: for specific regions only, must discuss with Nurse Educator before ticking this option   |           |    |

*Please confirm your theory placement with Leza before booking travel arrangements.*      **GST free**      **TOTAL**      **\$**

**Note:** Clinical practicum to be done after completion of theory and assignments – generally not immediately. Dates are subject to negotiation with the Clinic Administration Officer, please email – [clinic.adminofficer@fpwa.org.au](mailto:clinic.adminofficer@fpwa.org.au)

**REGISTRATION DETAILS**

|                                 |                              |
|---------------------------------|------------------------------|
| Name: _____                     | Name for id badge: _____     |
| Home Address: _____<br>_____    | Work Place: _____            |
| Suburb _____ Post Code _____    | Work Address: _____<br>_____ |
| <b>*E-mail required:</b> _____  | Suburb _____ Post Code _____ |
| Home Phone: _____ Mobile: _____ | Work Phone: _____ Fax: _____ |

Are you Aboriginal or Torres Strait Islander? \_\_\_\_\_ yes or \_\_\_\_\_ no

Please read FPWA course bookings, fees and refunds policy either attached or on our website:  
<http://www.fpwa.org.au/educationtraining/courseinfo/>

I have read the FPWA course bookings, fees and refunds. Signature \_\_\_\_\_ Date \_\_\_\_\_

**To reserve your placement, please send this form together with full payment to:**

Leza Bridges, FPWA PO Box 141 NORTHBRIDGE WA 6865  
PH: 9227 6177 OR FAX to 9227 6871 or [leza.bridges@fpwa.org.au](mailto:leza.bridges@fpwa.org.au) or you may ring with credit card details for payment.

***Please keep a copy for your records - This registration form is a Tax Invoice ABN 15 275 099 026***

Cheques to be made payable to "FPWA" OR please circle: Bankcard/Mastercard/Visacard payments accepted.

Credit Card Number \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ Exp \_\_\_\_ / \_\_\_\_

Name as appears on Card \_\_\_\_\_ Signature \_\_\_\_\_

I (please circle) agree/do not agree to FPWA using any photos taken of myself during this course/workshop for the purposes of positive promotion (eg; website, annual report).

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Agreement from Employer or Manager to attend this course**

Name of Employer or Manager \_\_\_\_\_ Email \_\_\_\_\_

Signature of Employer or Manager: \_\_\_\_\_ Phone No \_\_\_\_\_

I have agreed that \_\_\_\_\_ (name of participant) can attend this course.

*Please complete other side*