Public Health Department

Sexual Health & Blood Borne Virus
Training Brochure

January – December 2016
Introduction

Welcome to the Public Health Department’s Sexual Health and Blood Borne Virus Training Brochure for the period January – December 2016.

All our courses are provided free of charge and will be delivered, where possible, on NHS premises. Please note, we only provide tea and coffee at midsession breaks. Canteen facilities are available at NHS sites where delegates can purchase their own snacks or lunch, or bring along your own.

NHS delegates can book a place on any of our sessions by using E-manager, full contact details on the back page. Non NHS delegates must contact the telephone number direct. All places must be booked prior to attending.
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BBV Level 1 – Introduction to Blood Borne Viruses

**Aim**
To provide a basic level of information on issues surrounding Blood Borne Viruses (BBVs)

Please note that there are 3 modules available on Learnpro that provide the same level of information.
- Basic HIV Awareness
- Basic Hepatitis B Awareness
- Basic Hepatitis C Awareness

NHS Staff can access these modules via AthenA.

**Who should attend**
This level is suitable for statutory and non-statutory staff who have an interest in gaining a basic knowledge of issues pertaining to BBVs. This course is recommended for those who may come into contact with people affected by BBVs but for whom it is not considered to be part of their day to day role.

**Duration**
Half day training. 3 hours 45 minutes approx.

**Learning Outcomes**
By the end of the course you will be able to:
- identify the 3 main Blood Borne Viruses
- demonstrate a basic knowledge of each BBV
- demonstrate a basic knowledge of transmission routes for each virus
- identify and signpost to the BBV Specialist Team

**KSF Dimensions**
Core 1, 4 & 6  
Specific HWB 1, 2 & 4

**Next available course**

**Dates:** Wednesday 20th January 2016

**Time:** 13.00 – 17:00

**Venue:** Lister Centre, Seminar Room, University Hospital, Crosshouse

**Dates:** Friday 10th June 2016

**Time:** 09:00 – 13:00

**Venue:** Public Health, Afton House, Ailsa Hospital Campus, Room 2
BBV Level 2 – BBV Awareness & Social Issues

Aims
To enable participants to identify the three main BBV’s, to be able to identify routes of transmission for each virus and to identify support needs and signpost to the BBV Specialist Team.

Who should attend
This level is suitable for statutory and non-statutory staff who may work with people who are likely to exhibit potential risk taking behaviour or have complex lifestyles and issues. Individuals do not need to have a specialist role in the day to day management of BBVs.

Duration
Full day training. 7 hours approx.

Learning Outcomes
By the end of the course you will be able to:

- have an increased knowledge of the different viruses
- have an increased knowledge of national and local perspectives
- demonstrate a knowledge of transmission routes and risk behaviors
- identify basic BBV prevention strategies
- demonstrate a basic knowledge of treatment and referral pathway
- have an increased awareness of stigma and discrimination for those affected by BBVs
- have an increased awareness of BBVs and the law

KSF Dimensions
Core 1, 4 & 6
Specific HWB 1, 2 & 4

Next available course

Dates: Friday 12th February 2016
Time: 09:00 – 17:00
Venue: Alexander Fleming Suite, University Hospital, Crosshouse, Room 1

Dates: Wednesday 7th September 2016
Time: 09:00 – 17:00
Venue: Training Centre, Room 2, Ayrshire Central Hospital
BBV Level 3 – Identification, Diagnosis and Management of BBVs

People who attend this level should be able to demonstrate knowledge of the information provided in levels 1 & 2.

**Aims**

This level aims to provide an enhanced understanding of the BBV Testing Guidelines and subsequent treatment and referral pathways for those affected by BBV.

**Who should attend**

This level is suitable for staff who engage with service users who may have risk factors, who provide testing or who undertake exposure prone procedures. This level is also recommended for any member of staff who may provide post exposure prophylaxis.

**Duration**

Half day training. 3 hours and 45 minutes approx.

**Learning Outcomes**

By the end of the course you will be able to:

- have an increased awareness of the BBV Testing Guidelines
- have increased confidence in patient identification
- demonstrate confidence in discussing the BBV testing process with service users
- have an increased understanding of the referral process
- have an increased understanding of treatment options
- have an understanding and be able to signpost to the social support that is available

**KSF Dimensions**

Core 1, 4 & 6

Specific HWB 1, 2 & 4

**Next available course**

**Dates:** Tuesday 22nd March 2016

**Time:** 13:00 – 17:00

**Venue:** Training Centre, room 2, Ayrshire Central, Hospital

**Dates:** Thursday 6th October 2016

**Time:** 13:00 – 17:00

**Venue:** MacDonald Education Centre, Common Room 2, University Hospital, Ayr
**Condom Card (Ccard Scheme)**

C Card is a service in Ayrshire and Arran offering access to free condoms or dental dams with minimum embarrassment or fuss. Condoms and dams offer protection against some sexually transmitted infections e.g. Chlamydia, gonorrhoea and HIV.

<table>
<thead>
<tr>
<th><strong>Aim</strong></th>
<th>To give participants the knowledge and skills to be a C Card Sign up Facilitator or Collection point facilitator and provide a service which is open, friendly, non-judgmental and confidential</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who should attend</strong></td>
<td>This training is for those who wish to take on the role of C Card Sign up or Collection point facilitator.</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>Half day training. 3 hours 45 minutes approx.</td>
</tr>
</tbody>
</table>
| **Learning Outcomes** | By the end of the course you will have improved awareness of:  
- STIs  
- How and where to access condoms and dams  
- How to signpost to sexual health services  
- Sex and the law in Scotland  
- Basic understanding of child protection and considerations in the under 16’s  
- How to demonstrate and explain the correct use of condoms and dams  
- Ccard Sign Up checklist and collection paperwork and the process of using these. |

**Next available courses**

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<th><strong>Dates:</strong></th>
<th>Tuesday 26th January 2016</th>
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</thead>
<tbody>
<tr>
<td><strong>Time:</strong></td>
<td>13:00 – 17:00</td>
</tr>
<tr>
<td><strong>Venue:</strong></td>
<td>Public Health, Afton House, Ailsa Hospital Campus, Room 2 &amp; 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Dates:</strong></th>
<th>Tuesday 14th June 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time:</strong></td>
<td>09.00 – 13:00</td>
</tr>
<tr>
<td><strong>Venue:</strong></td>
<td>MacDonald Education Centre, Common Room 2, University Hospital, Ayr</td>
</tr>
</tbody>
</table>
Introduction to Contraception

This course is not designed to equip you with the ability to prescribe specific contraception choices.

**Aims**

To increase awareness of the range of contraception currently available.

**Who should attend**

Suitable for both statutory and non-statutory 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 e.g. nursing staff, youth workers, social workers, voluntary organisation staff etc.

**Duration**

Half day training. 3 hours 45 minutes approx.

**Learning Outcomes**

By the end of the course you will:

- gain knowledge of different types of contraception
- gain an understanding of their effects and effectiveness
- gain an understanding of possible side effects
- have a basic understanding of how and where to access contraception provisions.

**KSF Dimensions**

Core 1, 4 & 6  
Specific HWB 1, 2 & 4

**Next available course**

**Dates:** Tuesday 2nd February 2016

**Time:** 13.00 – 17:00

**Venue:** MacDonald Education Centre, Common room 1, University Hospital, Ayr
# Introduction to Sexual Dysfunction

<table>
<thead>
<tr>
<th>Aims</th>
<th>To understand the male and female sexual response and identify potential causes of sexual dysfunction problems. To increase confidence in talking about sexual issues.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who should attend</td>
<td>This course is suitable for those working with or supporting people who may experience sexual dysfunction e.g. nursing staff, mental health staff etc.</td>
</tr>
<tr>
<td>Duration</td>
<td>Full day training. 7 hours approx.</td>
</tr>
<tr>
<td>Learning Outcomes</td>
<td>By the end of the course you will:</td>
</tr>
<tr>
<td></td>
<td>- be able to discuss the reasons sexual problems may present</td>
</tr>
<tr>
<td></td>
<td>- be aware of treatment regimes for sexual problems</td>
</tr>
<tr>
<td></td>
<td>- understand the importance of accurately assessing sexual problems</td>
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<tr>
<td></td>
<td>- Have a basic understanding of the barriers that prevent sexual problems being identified and treated.</td>
</tr>
<tr>
<td>KSF Dimensions</td>
<td><strong>Core</strong> 1, 4 &amp; 6</td>
</tr>
</tbody>
</table>

## Next available course

| Dates: | Thursday 1st September 2016 |
| Time: | 09:00 – 17:00 |
| Venue: | MacDonald Education Centre, Common Room 2, University Hospital, Ayr |
Introduction to Sexual Health

This training has been developed for those who recognise that sexual health is an issue in their work with clients/patients. It is designed to help staff communicate about sex, sexual health and sexuality with their client groups.

**Aims**

- To make you more aware of your own sexual identity and personal values and attitudes and how these influence the way that you communicate about sex and relationships.
- To increase awareness of the impact that language can have on the way we communicate about sexual health.

**Who should attend**

This course is suitable for statutory and non-statutory staff working with individuals and groups.

**Duration**

Full day training. 7 hours approx.

**Learning Outcomes**

By the end of the course you will:

- be more aware of your own sexual identity
- be aware of your own personal prejudices with regards to sexuality and how these impact on others
- be aware of current words used to describe sexual organs and acts and the emotions attached to using such words
- have an increased awareness of both the local and national issues around sexual health
- Have an increased awareness of local sexual health services and resources.

**KSF Dimensions**

Core 1, 2, 4 & 6  
**Specific** HWB 1, 2 & 4

**Next available course**

**Dates:** Friday 22nd January 2016

**Time:** 09:00 – 17:00

**Venue:** Training Centre, Room 2, Ayrshire Central Hospital
## Introduction to STIs

<table>
<thead>
<tr>
<th><strong>Aims</strong></th>
<th>To understand the different types of STIs, transmission rates and treatments.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Who should attend</strong></td>
<td>Suitable for both statutory and non-statutory staff who are working with individuals or groups and who have an interest in sexual health &amp; wellbeing and who are looking to promote the health of their client group e.g. nursing staff, youth workers, social workers, voluntary organization staff etc.</td>
</tr>
<tr>
<td><strong>Duration</strong></td>
<td>Half day training. 3 hours 30 minutes approx.</td>
</tr>
<tr>
<td><strong>Learning Outcomes</strong></td>
<td>By the end of the course you will:</td>
</tr>
<tr>
<td></td>
<td>• be able to identify STIs and their signs and symptoms</td>
</tr>
<tr>
<td></td>
<td>• be aware how to prevent transmission of STIs</td>
</tr>
<tr>
<td></td>
<td>• be able to understand the principles of treatments</td>
</tr>
<tr>
<td></td>
<td>• have a basic understanding of referral routes for testing and treatment</td>
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<tr>
<td></td>
<td>• to give an overview of local sexual health services.</td>
</tr>
</tbody>
</table>

### KSF Dimensions

- **Core**: 1, 2 & 6
- **Specific**: HWB 1, 2 & 4

## Next available course

| **Dates:** | Friday 25th November 2016 |
| **Time:** | 09:00 – 13:00 |
| **Venue:** | MacDonald Education Centre, Common Room 2, University Hospital, Ayr |
Lesbian, Gay, Bisexual and Transgender (LGBT) - Who am I, Who are you?

**Aims**
To increase awareness of the issues of lesbian, gay, bisexual and transgender (LGBT) health.

**Who should attend**
Statutory and non-statutory staff and professionals who have little or no knowledge of LGBT.

**Duration**
Half day training. 3 hours 30 minutes approx.

**Learning Outcomes**
By the end of the course you will:

- have an increased understanding of LGBT issues in Ayrshire and Arran
- have an increased understanding of the health and social care issues and needs of those identifying as being LGB & T
- have an increased understanding of stigma and discrimination issues
- have increased awareness of referral pathways and support available both locally and nationally.

**KSF Dimensions**
Core 1, 2, 4 & 6

**Next available course**

**Dates:**
Tuesday 16th February 2016

**Time:**
09:00 – 13:00

**Venue:**
Public Health, Afton House, Ailsa Hospital Campus, Room 2 & 3
Opening Doors

(Formerly identifying the support needs of people involved in prostitution)

<table>
<thead>
<tr>
<th>Aims</th>
<th>The broad aim is to increase awareness of issues concerning people involved in prostitution in Ayrshire and Arran.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Background</td>
<td>The training was developed as the result of a needs assessment carried out on behalf of NHS Ayrshire and Arran by Judith Connell of the Terrence Higgins Trust. The training was recognized with a WISH (Wellbeing in Sexual Health) Award for 2011/12.</td>
</tr>
<tr>
<td>Who should attend</td>
<td>This course is suitable for both statutory and non-statutory staff who are working with individuals who may be at risk of being involved in prostitution and who have an interest in sexual health &amp; wellbeing and are looking to promote the health of their client group e.g. addictions staff, nursing staff, youth workers, social workers, voluntary organization staff etc.</td>
</tr>
<tr>
<td>Duration</td>
<td>Full day training. 7 hours approx.</td>
</tr>
<tr>
<td>Learning Outcomes</td>
<td>By the end of the course you will:</td>
</tr>
<tr>
<td></td>
<td>• have an increased knowledge and awareness of prostitution in Ayrshire and Arran</td>
</tr>
<tr>
<td></td>
<td>• have an increased awareness of the health and social care issues and needs of individuals involved in prostitution</td>
</tr>
<tr>
<td></td>
<td>• have an increased awareness of the role health service providers can play in supporting people involved in prostitution</td>
</tr>
<tr>
<td></td>
<td>• have an increased awareness of referral pathways and the support available to exit prostitution.</td>
</tr>
</tbody>
</table>

KSF Dimensions

Core: 1,2, & 6  Specific: HWB 1,2 & 4

Next available course

| Dates: | Tuesday 17th May 2016 |
| Time: | 09:00 – 17:00 |
| Venue: | Alexander Fleming Suite, Room 2A, University Hospital, Crosshouse |
Sexual Health and Relationship Education (SHARE)

**Aims**

To increase awareness of your own sexuality, sexual identity and personal values; gain an understanding of how these influence the way that you communicate about sex and issues around sexual well-being; improve your practical sexual health knowledge and allow you to become more comfortable and competent in dealing with sexual health and wellbeing issues.

**Who should attend**

This course is delivered over 2.5 days to Teachers, support staff, school nurses and youth workers.

**Duration**

Two and a half day training. 19 hours approx.

**Learning Outcomes**

By the end of the course you will have:

- a better understanding of sexual identity and relationships
- an understanding of the embarrassment and discomfort that young people and adults experience when addressing the issues around sexuality and relationships
- an understanding of the impact of judging people on their risk activity or sexuality
- an awareness of your own personal attitudes towards HIV and other blood borne viruses
- an understanding of the choices of contraception that are available, including condoms
- an awareness of the impact of STI's or pregnancy can have on relationships and young people's life choices
- an understanding of how risk taking affects sexual well-being and relationships
- an understanding of the impact that self esteem and assertiveness has on sexual health and well-being
- an opportunity to utilise the SHARE resource and look at ways of incorporating it into the Personal, Social and Health Education (PSHE) programme.

**Next available course**

**Dates:** Thursday 9th, Friday 10th & Wednesday 15th June 2016

**Time:**
- 09:00 – 17:00 (9th & 10th)
- 09:00 – 13:00 (15th)

**Venue:** MacDonald Education Centre, Room 2, University Hospital, Ayr
Sexual Health and Relationship Education (SHARE) CPD Session

Aim
The aim of the CPD session is to provide those involved in delivering SHARE the chance to review use of the resource, the opportunity to receive updates in relation to the teaching resource, local services and support available. The resource pack has been revised in 2014 and is now mapped to Curriculum for Excellence. For those who have not received the updated pack there will be an opportunity to receive a revised pack.

Who should attend
This CPD session will only be for staff already trained in SHARE and will be a joint Pan Ayrshire session.

Duration
Half day training. 3 hours 45 minutes approx.

Session content
- Quick sexual health quiz – allowing participants to review the foundations of sexual health
- Sex and the law update – there have been several changes in the law that participants require to be updated on
- Local services update – new services that are in place within NHS A&A for young people
- Parental involvement
- Discussion around the use of SHARE in your school/youth setting and sharing of good practice and experience
- Update on local guidance in relation to sexual health and young people.

Next available course

Dates: Thursday 28th April 2016
Time: 13.00 – 17.00
Venue: MacDonald Education Centre, University Hospital, Ayr, Common Room 2
Introduction to Sexual Health & Learning Disabilities

Aims
To increase awareness of the issues around sexual health and learning disabilities.

Who should attend
This awareness session is suitable for learning disability nurses and support workers working in resource centers or for those working in the community.

Duration
Half day training. 3 hours and 30 minutes approx.

Learning Outcomes
By the end of the course you will:

- have a greater awareness of sexual health and learning disabilities
- have increased confidence to communicate on issues around sexual health
- have an understanding of referral pathways
- have an awareness of relevant policies and guidelines
- gain information regarding sexual health & relationships.

KSF Dimensions
Core 1, 2 & 6  Specific HWB 1, 2 & 4

Next available course

Dates: Thursday 12th May 2016

Time: 13.00 – 17:00

Venue: Training Centre, Ayrshire Central Hospital, Irvine, Room 2
# Sexuality, Learning Disability and Sexual Health 3.5 day Training

## Aim
To explain the current thinking on learning disability, sexual health and sexuality and its implication for the lives of individuals with a learning disability. To encourage self-advocacy and empowerment for sexual health through person centred approaches to practice and planning care. To demonstrate awareness of the main barriers and issues in relation to abuse affecting the sexual health of those with a learning disability. To equip trainers with the appropriate knowledge, skills and resources to plan and deliver a programme of sexual health and relationship education for people with learning disabilities.

## Who should attend
Statutory and non-statutory staff, parents and carers who are working with individuals or groups with a learning disability and who have an interest in sexual health & wellbeing and who are looking to promote the health of their client group e.g. nursing staff, youth workers, social workers, voluntary organisation staff etc.

**Participants would be expected to have a basic understanding of learning disability.**

## Duration
Three and a half days, approximately 25 hours

## Learning Outcomes
By the end of the course you will be able to:

- have awareness of current values and attitudes in relation to learning disability and sexual health
- have increased awareness of policy and strategy context and content in relation to sexual health and learning disability
- be able to demonstrate the ability to plan holistic person centered care by adopting an appropriate model of sexuality
- discuss and raise awareness of barriers affecting sexual health, identify indicators of sexual abuse and demonstrate knowledge of role of self and the organization
- be familiar and comfortable with the training resource course content and resource materials
- be able to identify appropriate participants
- be familiar with the identified pre and post assessment tools
- Prepare and deliver 1 session from the 30 week course.

## KSF Dimensions
**Core** 1, 2 & 6  
**Specific** HWB1, 2 & 4

For Dates and Venues please see page 18
## Next available course

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<tr>
<th>Dates:</th>
<th>Tuesday 8th, Wednesday 9th, Tuesday 15th &amp; Wednesday 16th (Half Day) March 2016</th>
</tr>
</thead>
</table>
| Time: | 8th, 9th & 15th March 2016 - 09:00 – 17:00  
16th March 2016 - 9:00 – 13:30 |
| Venue: | 8th, 9th & 15th March 2016 - Common Room 2, MacDonald Education Centre, Ayr  
16th March 2016 - Common Room 1, MacDonald Education Centre, Ayr |

<table>
<thead>
<tr>
<th>Dates:</th>
<th>Tuesday 18th, Wednesday 19th &amp; Monday 24th &amp; Tuesday 25th (Half Day) October 2016</th>
</tr>
</thead>
</table>
| Time: | 18th, 19th & 24th October 2016 - 09:00 – 17:00  
25th October 2016 = 9:00 – 13:30 |
| Venue: | Alexander Fleming Suite, Room 2A, University Hospital, Crosshouse. |
Sexuality, Learning Disability and Sexual Health – Train the Trainers Update Session

**Aims**
To provide those involved in delivering education on relationships, sexuality and sexual health to clients with a learning disability the chance to review use of the resource, the opportunity to receive updates in relation to the teaching resource, local services and support available. It will also provide the opportunity to network, share good practice and gain peer support.

**Who should attend**
Those staff who have already completed the 3 day training for trainers in sexuality, learning disability and sexual health.

**Duration**
Half day training. 3 hours 45 minutes approx

**Session content**
The session will include:

- Quick sexual health quiz - allowing participants to review the foundations of sexual health
- Sex and the law update - there have been several changes in the law that participants require to be updated on
- Local services update - new services that are in place within NHS A & A
- Discussion around the use of the resource and sharing of good practice experience
- Update on local guidance in relation to sexual health, learning disabilities and young people.

**Next available course**

**Dates:** Wednesday 25th May 2016  
**Time:** 13.00 – 17.00
**Venue:** Department Public Health, Afton House, Ailsa Hospital Campus
Sexual Rights and the Law

**Aims**
To explore the law in relation to sex, especially the Sexual Offences Bill and clarify the context in which the law applies from a laypersons perspective.

**Who should attend**
This course is suitable for both statutory and non-statutory 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 e.g. nursing staff, youth workers, social workers, voluntary organization staff etc.

**Duration**
Half day training. 3 hours 30 minutes approx.

**Learning Outcomes**
By the end of the course you will:

- have a basic understanding of Scottish law as it applies to sex, young people, adults and vulnerable adults
- have an understanding of the context in which the law applies
- have an understanding of report mechanisms and the help and support available.

**KSF Dimensions**
Core 1, 4 & 6    Specific HWB1, 2 & 4

**Next available course**

**Dates:** Tuesday 15th March 2016

**Time:** 09:00 – 12:30

**Venue:** Alexander Fleming Suite, University Hospital, Crosshouse, Room 1
Traffic Light Toolkit

Aims
To ensure that all participants are familiar with and can use the Brook Traffic Light Toolkit

Who should attend
This course is suitable for both statutory and non-statutory 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 e.g. nursing staff, youth workers, social workers, voluntary organization staff etc.

Duration
7 Hours 30 Minutes

Learning Outcomes
By the end of the course you will:

- increased awareness on the law and sexual behavior
- explored values relating to sexuality and understand how these can affect decision making
- practiced skills in rating different scenarios as green, amber or red

Next available course

Dates: Wednesday 4th May 2016

Time: 09:00 – 16:30

Venue: Public Health, Afton House, Ailsa Hospital, Room 2 & 3
Bespoke

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

If your department or organisation has a number of staff wishing to attend any of the training we can arrange a suitable date to deliver this to your workforce to meet the specific needs of the department or organisation.

For further information on Sexual Health and Blood Borne Virus visit [www.shayr.com](http://www.shayr.com)

[SEXUALHEALTH AYRSHIRE]

Thinking of sex?

Click first...
Contact us

If you are interested in attending any of the sessions, please contact:

Training & Information Assistant
NHS Ayrshire and Arran
Public Health Department
Afton House
Ailsa Hospital Campus
Dalmellington Road
Ayr
KA6 6AB
Tel: 01292 885816
Email: PublicHealthPracticeDevelopmentTeam@aapct.scot.nhs.uk

For further information on Sexual Health and Blood Borne Virus visit www.shayr.com

thinking of sex?

SEXUALHEALTH
AYRSHIRE

Click first...