

# **Sexual health and Blood Borne Virus (BBV)**

## **Training brochure 2017**

Delivering effective training and education to improve knowledge, skills and awareness of sexual health and BBVs



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## Introduction

Welcome to the 2017 Sexual Health and BBV training brochure.

Sexual Health and BBVs continue to be a high priority for the Scottish Government. The Sexual Health and BBV Framework Update (2015) sets out the national agenda in relation to sexual health, HIV, hepatitis B and hepatitis C.

NHS Ayrshire & Arran is committed to the development, delivery and ongoing evaluation of training and education to improve knowledge, skills and awareness of sexual health and BBVs. Through education, training and continual professional development, we can work toward supporting sexual health and BBV prevention, diagnosis, treatment, care and support.

We offer a tiered and varied approach to our learning to ensure both departmental and individual learning needs are catered for.

All of our training links to the outcomes below as stated within the Sexual Health and BBV Outcomes Framework Update (2015):

1. Fewer newly acquired BBVs and sexually transmitted infections, fewer unintended pregnancies.
2. A reduction in the health inequalities gap in sexual health and BBVs.
3. People affected by BBVs lead longer, healthier lives with a good quality of life.
4. Sexual relationships are free from coercion and harm.
5. A society where the attitudes of individuals, the public, professionals, and the media in Scotland towards sexual health and BBVs are positive, non-stigmatising and supportive.

## **Participant information**

The sexual health and BBV team offer a well established programme of training and education initiatives over a variety of platforms.

All of our courses are open to anyone who lives, works or studies in Ayrshire and are provided free of charge. Training will be delivered, where possible, on NHS premises.

## How to book

NHS delegates can book a place on any of our courses by using eManager or by email or telephone using the details below.

Non-NHS delegates can book a place by telephone or email using the details below.

Places for each course are limited so early booking is advised. Confirmation of booking will be sent by email. Please let us know as soon as possible if you have to cancel your place.

## Contact details

Health Improvement Team

NHS Ayrshire & Arran

Public Health Department

Afton House

Ailsa Hospital Campus

Dalmellington Road

Ayr, KA6 6AB

Telephone 01292 885872 or 01292 885845

Email [Joanne.Beck@aapct.scot.nhs.uk](mailto:Joanne.Beck@aapct.scot.nhs.uk)

## Training options

### Sexual health and BBV training calendar

Please see the enclosed calendar for planned course dates. Detailed information and course information can be found in this brochure.

### Courses available on request

The following courses are available on request (please note a minimum of six participants are required). Details of these courses can be found in this brochure

- BBV Level 1 – Introduction to Blood Borne Viruses (BBVs)
- Opening doors
- Sexual Health and relationship education (SHARE)
- Sexual Health and relationship education (SHARE) CPD session
- Condom card (C-Card scheme)
- Traffic light toolkit

### Bespoke / ad hoc training

If your team, department or organisation has a specific training requirement, we can deliver a session tailored to meet your needs (please note a minimum of six participants are required). Please contact the sexual health and BBV team for more information. Contact details can be found on page 5.

## eLearning

NHS staff can access the following e-modules available on learnPro (link available on Athena).

- HIV basic awareness
- Hepatitis C awareness
- Hepatitis B basic awareness
- Sexually transmitted infections
- Introduction to contraception
- LGBT good practice (Stonewall Scotland)

# Sexual health and BBV training calendar 2017

## **BBV Level 1 – Introduction to Blood Borne Viruses**

Date – Available on request

Please note that there are three modules available on Learnpro that provide the same level of information as BBV Level 1- Introduction to Blood Borne Viruses. These modules include HIV Basic Awareness, Hepatitis C Awareness and Hepatitis B Basic Awareness.

BBV Level 1 can also be offered upon request.

## **BBV Level 2 – BBV Awareness and social issues**

Friday 3 March 2017, 9.30am – 5pm

Training Centre, Room 1, Ayrshire Centre Hospital

Thursday 8 June 2017, 9.30am – 5pm

Alexander Fleming Education Suite, Room 1,  
University Hospital Crosshouse

Tuesday 19 September 2017, 9.30am – 5pm

MacDonald Education Centre, Common Room 2,  
University Hospital Ayr

## **BBV Level 3 – Identification, Diagnosis and Management of BBVs**

Thursday 23 November 2017, 1pm – 5pm

Alexander Fleming suite, Room 2BC,  
University Hospital Crosshouse

## **Lesbian, Gay, Bisexual and Transgender (LGBT) Who am I, Who are you?**

Thursday 23 February 2017, 9.30am – 1pm

MacDonald Education Centre, Skills Lab,  
University Hospital Ayr

## **Introduction to Sexual Health & Learning Disabilities**

Wednesday 8 March 2017, 9.30am – 1pm

MacDonald Education Centre, Skills Lab,  
University Hospital Ayr

## **SMART Sex**

Monday 15 May 2017, 9.30am – 1pm

Department of Public Health, Rooms 2 and 3,  
Afton House, Ailsa Campus

Wednesday 4 October 2017, 1pm – 5pm

Alexander Fleming Education Suite,  
Room 2A, University Hospital Crosshouse

## **Sex- It's Healthy to talk about it**

Monday 6 November 2017, 9.30am – 5pm

MacDonald Education Centre, Common Room 2,  
University Hospital Ayr

## **Sexually Transmitted Infections and Contraception**

Friday 8 September 2017, 9.30am – 5pm

Training Centre, Room 1, Ayrshire Central Hospital

## **Sexuality, Learning Disability and Sexual Health (three day)**

Thursday 26, Friday 27 October and

Thursday 2 November 2017, 9.30am – 5pm

Training Centre, Room 1, Ayrshire Central Hospital

## Calendar course information

### BBV Level 2 – BBV awareness and social issues

Please note - staff are encouraged to complete BBV Level 1- Introduction to Blood Borne Viruses (BBVs), available on request or modules on learnPro before attending BBV Level 2 or 3.

### Aims

To enable participants to identify the three main BBVs.  
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 NHS and non-NHS staff who may work with people who are likely to exhibit potential risk-taking behaviour or have complex lifestyles and issues. You do not need to have a specialist role in the day-to-day management of BBVs.

**Duration** - 7 hours, approximately.

“Very knowledgeable trainers delivering training, made training extremely informative”

(Participant, February 2016)

## **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 BBV levels 1 and 2.

### **Aims**

This level aims to provide an enhanced understanding of the BBV testing guidelines and subsequent treatment and referral pathway for those affected by BBV.

### **Who should attend?**

This level is suitable for staff that 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** – 3 hours and 45 minutes, approximately.

“Mix of facilitators, informed and interesting, open to questions.”

(Participant, March 2016)

## 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).

#### **Who should attend?**

NHS and non-NHS staff and professionals who have little or no knowledge of LGBT.

**Duration** – 3 hours 30 minutes, approximately.

“Very friendly and informed, very informative and stayed interesting all day.”

“Know better how to sign post to other services. Better empathy with drug users now.”

(Participant, February 2016)

## Introduction to sexual health and 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** – 3 hours 30 minutes, approximately.

“Really enjoyed this session, would like to attend the second part of training, enjoyable and informative”

(Participant, May 2016)

## Sex – It's healthy to talk about it

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 increase awareness of your own sexual identity, personal values and attitudes, and how they influence the way 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 NHS and non-NHS staff working with individuals and groups.

**Duration** – 7 hours, approximately.

“Very interesting, informative and very relaxed”

(Participant, November 2014)

## Sexually transmitted infections and contraception

### Aims

This course aims to increase awareness of sexually transmitted infections including signs, symptoms and how to access treatment services. The course will provide information on available contraception methods so staff can provide health information, signpost patients to relevant services, and provide support for patients and clients.

### Who should attend?

Suitable for both NHS and non-NHS staff who are working with individuals or groups and who have an interest in sexual health and wellbeing and who are looking to promote the health of their client group, for example nursing staff, youth workers, social workers, and voluntary organisation staff.

**Duration** – 7 hours, approximately.

## Sexuality, learning disability and sexual health training – three days

### Aims

To explain the current thinking on learning disability, sexual health and sexuality and its implications for the lives of individuals with a learning disability. To encourage self-advocacy and empowerment for sexual health through a person centered approach to practice and planning care. To demonstrate awareness of the main barriers and issues in relation to abuse which affects 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?

NHS and non-NHS staff, parents and carers who are working with individuals or groups with a learning disability and who have an interest in sexual health and wellbeing and who are looking to promote the health of their client group, for example nursing staff, youth workers, social workers, voluntary organisation staff. Participants would be expected to have a basic understanding of learning disability.

**Duration** – 21 hours over three days, approximately.

“Having the opportunity to carry out a teaching session and get feedback was helpful. There was a good range of participants from different organisations”

(Participant, October 2016)

## SMART sex

### Aims

To explore the law in relation to sex. To gain an understanding of the influence of digital technology and the potential impact.

### Who should attend?

This course is suitable for both NHS and non-NHS staff that are working with individuals or groups and who have an interest in sexual health and wellbeing and who are looking to promote the health of their client group, for example nursing staff, youth workers, social workers, voluntary organisation staff etc.

**Duration** – 3 hours 30 minutes, approximately.

## Courses available on request

Please contact the Sexual Health and BBV Team for booking details.

### BBV Level 1 – Introduction to BBVs

#### Aims

To provide a basic level of information on BBVs.

#### Who should attend?

This level is suitable for NHS and non-NHS staff who have an interest in gaining a basic knowledge of 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** – 3 hours 45 minutes, approximately.

“Raised awareness of myths and facts, great knowledge learned. Well informed about BBV, great basic knowledge”

(Participant, June 2016)

## Opening doors

### **Aims**

The aim is to increase awareness of issues concerning people involved in prostitution in Ayrshire and Arran.

### **Background**

The training was developed as a result of a needs assessment carried out on behalf of NHS Ayrshire & Arran by Judith Connell of the Terrence Higgins Trust. The training was recognised with a WISH (Wellbeing in Sexual Health) Award in 2011/12.

### **Who should attend?**

This course is suitable for both NHS and non-NHS staff who are working with individuals who may be at risk of being involved in prostitution and who have an interest in sexual health and wellbeing and are looking to promote the health of their client group, for example addictions staff, nursing staff, youth workers, social workers, voluntary organisation staff.

**Duration** – 7 hours, approximately.

## 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?

Teachers, support staff, school nurses and youth workers. Staff working where education takes place.

**Duration** – delivered over an agreed agenda, based on training needs.

### 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 BBVs;
- an understanding of the choices of contraception that are available, including condoms;
- an awareness of the impact STIs 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 have on sexual health and wellbeing; and
- an opportunity to utilise the SHARE resource and look at ways of incorporating it into the Personal, Social and Health Education (PSHE) programme.

“Great, informative and fun training, I have learned a lot of information and this has allowed me to become more confident in the delivery of Sexual Health and relationships”

(Participant, June 2015)

## **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 the use of the resource, the opportunity to receive updates in relation to the teaching resource, local services and support available. The resource pack was revised in 2014 and is now mapped to Curriculum for Excellence.

### **Who should attend?**

This CPD session will only be for staff already trained in SHARE.

**Duration** – 3 hours 45 minutes, approximately.

### **Session content**

- Quick sexual health quiz allowing participants to review the foundations of sexual health.
- Sex and the law update.
- Local services update – new services that are in place within NHS Ayrshire & Arran 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.

## Condom Card (C-Card 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, for example Chlamydia, gonorrhoea and HIV.

### Aim

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.

### Who should attend?

This training is for those who wish to take on the role of C-Card sign-up or collection point facilitator.

**Duration** – 3 hours 45 minutes, time can vary pending your request.

“Group work, info given, in fact all, good balance of learning styles”

(Participant, January 2016)

“Trainers were very good at making us feel at ease”

(Participant, January 2016)

## Traffic Light Toolkit

### Aim

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 NHS and non-NHS staff that are working with individuals or groups and who have an interest in sexual health and wellbeing and who are looking to promote the health of their client group, for example nursing staff, youth workers, social workers, and voluntary organisation staff.

**Duration** – 7 hours 30 minutes, approximately.

“Informative, relaxed and fun session with ready-to-use materials”

(Participant, June 2016)

## **Substance misuse Prevention in Community Education (SPiCE)**

The NHS Prevention and Service Support team have developed the SPiCE (Substance misuse Prevention in Community Education) pack around the curriculum for excellence, health and wellbeing experiences and outcomes for substance misuse for S1 to S6 pupils. The resource provides teachers and education providers with clear topic lesson plans including PowerPoint presentations with additional notes, reading materials and extension activities. Resource topics include interactive lesson plans around alcohol, substance use and misuse, BBVs and attitudes and behaviours.

This resource has been reviewed by the BBV Workforce and Education Subgroup.

**For further information about the resource please call 01294 322 339:**



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of Sex?



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for all you need to know about  
sexual health and  
blood borne viruses



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