

# Contraception Learning Resources for Health Care Professionals

---

## Background

A recent survey asked over **2000** service users in Hertfordshire about their contraception experience. Overall, **78%** said they were either satisfied or very satisfied with the services they received, with **4%** being dissatisfied or very dissatisfied. Suggested improvements were to increase overall contraception knowledge and contraceptive counselling skills in a Primary Care setting, as well as increasing contraception knowledge in service users.

## Aim and purpose

- To demonstrate the contraception training resources available.
  - To promote and circulate information on contraception training resources.
- 

## Summary of Provision for Health Care Professionals (HCPs)

Free online training is available to ensure that professionals, working in delivering contraception services, increase their knowledge and skills to provide the right support for all service users using contraception across Hertfordshire.

### Benefits for HCPs

Professionals who utilise this training will be able to:

- Increase their knowledge of contraceptive choices.
- Develop and deliver effective contraceptive care and sexual health services across Hertfordshire.
- Learn and adapt key skills for effective contraceptive counselling and consultations.

## Sexual & Reproductive Health e-learning Programme (e-SRH)

This e-Learning programme developed by the FSRH and e-Learning for Healthcare (e-LfH) covers 13 modules. However, 3 of the modules are contraception specific and divided into further sections. Each section contains case studies and a knowledge check at the end.

- **E-SRH Module 3- Contraceptive choices**: A comprehensive overview of the different types of contraceptive methods, their associated complications, and how to start and switch between them. Also covers the UKMEC.
- **E-SRH Module 4- Emergency Contraception**: Detailed overview of the 3 methods available, and how to appropriately choose one, depending on the clinical situation.
- **E-SRH Module 5- Contraception: managing side-effects and complications**: Explains the common side effects associated with certain types of contraceptive and describes ways in which to manage and counsel patients.

Access the training here: [link](#)

**NB:** For those undertaking/ renewing their FSRH letters of competence (LoC) in SDI or IUT, e-SRH modules **17** or **18** may be required to be completed.

# Contraception Learning Resources for Health Care Professionals

---

## **FSRH- Contraceptive Counselling Course**

A free, 2-hour e-Learning course on how to deliver an effective contraception consultation. It is divided into 3 categories: Theory, Skills and Practice, and features a range of case studies, video content and additional reading material.

Access the training here: [link](#)

## **RCGP- Contraception course (accessible to GPs only)**

This is a 60-minute e-Learning course developed by FSRH and PHE. The course includes a pre- and post-course assessment and covers contraception basics and contraception in practice. The course gives summary information on contraception methods, debunks contraception myths, and utilises case studies to address the issues presented when offering contraceptives in different scenarios.

Access the training here: [link](#)

## **Bayer Women's Health Matters IUC Counselling**

Webpage containing resources on how to assist HCPs in counselling on intra-uterine contraception specifically. Videos and downloadable resources available.

Access the training here: [link](#)

## **Useful App – Health-i-note**

Health-i-note is an App that provides clinically approved, visual health information and digital tools. If you search contraception, it signposts you to different contraception resources such as videos and the NHS website content. It has an interactive contraception module by BAYER called 'your contraception your choice' that users can download to the app to walk them through different types of **LARCs**. Click the attached link to download a **Prescription Pad** or **A4 Waiting Room Poster** to use in your practice. For more information on how to communicate the app to service users contact: [medical.information@bayer.co.uk](mailto:medical.information@bayer.co.uk)

---

## **Further information**

The [Health in Herts](#) and [Sexual Health Hertfordshire](#) professional pages also outline a range of sexual health support in Hertfordshire.

April 2021  
Felicity Antwi-Adjei & Jennifer Dhingra,  
Sexual Health, Public Health,  
Hertfordshire County Council