

LONG-ACTING REVERSIBLE CONTRACEPTION (LARC)

A guide for those accessing Letter of Competence training.

Long Acting Reversible Contraception Funded Training

Thank you for registering your interest in the above training. In partnership, with Derby City Council, Bayer and Organon, The Hub Plus Derbyshire is delighted to support this important area of workforce development, which seeks to increase choice and improve access to Long Acting Reversible Contraception (LARC) in Derby City.

It is expected that the practice ensures dedicated delivery of LARC and promotes the uptake of LARC as part of this training offer. Please be aware that only practices contracted by Derby City Public Health will be funded for LARC activity.

Funding

Funding is as follows:

- Online Theory Assessment (OTA) fee £80 (payment for **one** attempt only), clinicians will be responsible for covering the cost of further attempts.
- Letter of Competence (LoC) (5 years membership fee) either for;
 - Letter of Competence Subdermal Contraceptive Implants Techniques Insertion and Removal (LoC SDI-IR) subdermal implant training **OR**
 - Letter of Competence Intrauterine Techniques (LoC IUT).

LoCs will be funded up to the non-member cost of £450 per LoC for 5 years. It is expected that future costs will be met by the individual practice.

Costs of practical training are incorporated through Bayer and MSD (Organon). (Contact details on Page 4)

Suitability assessment

Please be aware, that not all clinicians who have registered their interest may be successful in their application for this opportunity. This is because we need to ensure that the resources available best meet the need of the population (e.g., expand coverage in areas of deprivation/low uptake); that we manage demand, and that it supports ongoing competency requirements. Suitability will be reviewed on a case-by-case basis and we may request to speak with you to support this.

Training information

All details of the training can be found on the FSRH website:

<https://www.fsrh.org/education-and-training/>. Additional information is attached in **Appendix 1**.

This project works with faculty registered trainers. You will need to contact the trainers directly, **prior** to taking the Online Training Assessment (OTA)

Intrauterine Technique Practical training: Jamila Dol, Key Account Manager Women's Health, Bayer. Mob: 07385 948447 Email: jamila.dol.ext@bayer.com

Subdermal Contraceptive Implant training: Donna Harris, Nexplanon Nurse Trainer, Mob: 07779 706470 Email: Donna.Harris1@organon.com

How long will the training take?

Duration of training varies due to experience. However, this will require 15 modules to prepare for the Online Theory Assessment to establish an overview of good sexual health knowledge. The OTA itself lasts 1 hour and is made up of 50 multiple choice questions. Then clinic time to undergo the practical training. Generally practical training is one day for implants and two days for coil. Further information regarding the training requirements can be found in Appendix 1

NB additional study time is required for nurses to complete the RCN Genital Examination in women competencies.

APPENDIX 1 – Training process

For training in either subdermal contraceptive implants or intrauterine techniques the process of registration & completion of the Online Training Assessment (OTA) with the FSRH is the same. You will need to complete the following:

- Received your confirmation email from Thew Hub Plus, Derbyshire
- Log on to www.fsrh.org : Click on education and training along the top
- You will see various options, depending on which training you wish to complete click on Letter of Competence sub-dermal insertion and removal or Letter of competence intrauterine techniques. **This gives you information about the entry requirements, the e-learning modules and the practical aspects.**
- You will then need to register with the FSRH (free at this stage). You will also need to register with 'e learning for health' (also free) and revise from the sexual and reproductive healthcare modules. There are 15 in total, you don't need to complete them all but they are a really useful resource for revision. Number 14 and 15 are the modules relating to sub dermal implants and intrauterine techniques which you **must** complete.
- **Prior** to taking the OTA, please contact the appropriate faculty registered trainers (details on page 4)
- **You need to be aware that once you have registered for the OTA you have 28 days to complete the OTA exam. You need to consider when you will be ready to do this before registration**
- When you feel prepared, you need to complete the OTA online exam.
- Practice nursing staff must complete the RCN Genital examination workbook they can be supported through this by a mentor within their practice. When you have passed, the trainer will set up a training clinic in your practice. Depending on which training you complete will depend on how many insertions/removals need to be completed but the trainer will explain this process.
- On completion you can apply for the letter of competence - this lasts for 5 years.

This one-off funding offer is subject to regular monthly review based on demand, population health need and budget availability.