

CSRH Training Programme in Birmingham

The post of specialist registrar in Community Sexual and Reproductive Health (CSRH) at UHB is a six year run through training programme ST1 to ST6. The training is divided in to basic training (years 1-3), intermediate training (years 4-5) and advanced training (year 6). The aim is to produce medical experts in contraception, medical/office gynaecology, menopause, unplanned pregnancy with knowledge in Public health and sexually

For the first 18months of this training programme the trainee is mostly based at Birmingham Women's Hospital under the clinical supervisor Prof. Janesh Gupta. During this initial placement the trainee will work as part of the O&G SHO rota to allow them to achieve many of the basic competencies in obstetrics and gynaecology. However the trainee will be unbanded and therefore not part of the on call rota.

During the first 18 months the trainee will spend some time working in the UHB community sexual health clinics (known as Umbrella service) to allow them to achieve the required Diploma of the Faculty of Sexual and Reproductive Health (DFSRH) and letters of competence in SDIs and IUDs.

After the initial 18 months the trainee will move to spend more time in the community and return to the hospital to maintain and achieve specific competencies as their training continues. In the Community the educational and clinical supervisor is Dr Kulsum Jaffer.

The community based sexual health experience includes: working in the integrated male and female clinics, taking sexual history, offer of screening for sexually transmitted infections STI, treatment of patients with any of the STI, identification of women at risk of unwanted pregnancies and offer of an appropriate method of contraception, management of complex presentations such as pelvic inflammatory disease, epididymorchitis, syphilis, victims of sexual assault, young persons and genital dermatoses.

The trainee will manage contraceptive clinics independently from an early stage. As training continues there will be a greater exposure to the complex contraceptive clinics and procedures including deep subdermal implants and IUC with lost threads.

Through out the programme the trainee will undergo training in leadership and management, In order to develop the skills necessary to lead and manage sexual health services.

In the intermediate part of training trainees will develop further skills necessary to manage sexual assault patients, psychosexual health problems, public health and menopause.

The advanced year of training will be for completion of outstanding competencies with opportunities for shadowing and preparing for a role as a consultant.

University Hospitals Birmingham NHS Trust

UHB is one of the largest teaching hospital trusts in England, serving a regional, national, and international population.

Our multiple sites, Birmingham Heartlands Hospital, the Queen Elizabeth Hospital Birmingham, Solihull Hospital and Community Services, Good Hope Hospital in Sutton Coldfield and Birmingham Chest Clinic allow people to be treated as close to home as possible.

We see and treat more than 2.2 million people every year across our sites and our hospitals deliver more babies than anywhere else in Europe.

We are a regional centre for cancer, bone marrow transplants, trauma, renal dialysis, burns and plastics, HIV and AIDS, as well as respiratory conditions like cystic fibrosis; thoracic surgery and have the largest solid organ transplantation programme in Europe.

We provide a series of highly specialist cardiac, liver and neurosurgery services to patients from across the UK.

We are world-renowned for our trauma care and have developed pioneering surgical techniques in the management of ballistic and blast injuries, including bespoke surgical solutions for previously unseen injuries. We are a designated a Level 1 Trauma Centre and host of the UK's only £20m National Institute for Health Research (NIHR) Surgical Reconstruction and Microbiology Research Centre (SRMRC).

We have over 20,000 members of staff and we are committed to investing in their development and their health and wellbeing.

2. Details of the Department / Service

The Sexual Health Service provided by UHB is called Umbrella and provides an innovative, holistic and fully integrated sexual health service to the population of Birmingham and Solihull (combined population approximately 1.3 million).

Umbrella provides both clinical service delivery and health promotion. The clinical service includes both sexual health clinics operated directly by UHB, all of which are fully integrated to provide both STI testing and treatment, and provision of contraception, and provision of services in primary care by general medical practitioners and community pharmacists through a formal sub-contracting process.

The clinical service is operated as a hub-and-satellite model. The hub is the purpose-built Whittall Street Clinic in Birmingham City Centre. There are seven satellite clinics and 3 community clinics.

Satellite clinics are located in:

- Boots, High Street, Birmingham City Centre (including a clinic dedicated to under 20s)
- Erdington
- Handsworth (Soho Health Centre)
- Hawthorn House, Heartlands Hospital, Bordesley Green
- Northfield Community Partnership
- Boots, Solihull Town Centre (Boots, Mell Square)
- Chelmsley Wood

Community clinics are provided at:

- Birmingham LGBT centre
- SIFA Fireside (a charity working with homeless and vulnerably-housed adults)
- SAFE clinic for female commercial sex workers

Umbrella clinics currently deal with approximately 100,000 patient visits per annum. In addition, approximately 29,000 persons return an STI/HIV self-sampling kit for testing in the UHB laboratories. These kits can be ordered on line by any resident of Birmingham or Solihull who is over the age of 16 years and can either be sent to them at home or for collection at an Umbrella clinic or participating pharmacy.

Training for the multi-disciplinary sexual health service staff and our community partners within Umbrella is considered central to providing high quality evidenced-based care. Umbrella has a dedicated training team to support provision of education for the different sexual health staff groups over multiple sites. The training team also run community partner training through the SHAPE (Sexual Health Awareness Promotion and Education) programme.

Umbrella, in partnership with the Rape and Sexual Violence Project (RSVP) and Birmingham LGBT, has developed improved support for survivors of sexual violence with the formation of the following services: Abuse Survivors Clinic (ASC), Young Person ASC (YP ASC), SAFE project and Trans clinic (at LGBT centre). There are clear referral pathways to and from adult and paediatric Sexual Assault Referral Centres (SARC) as well as comprehensive staff training on care of attendees who have experienced sexual violence.

The Trust's Communications Team leads on the Umbrella health awareness and promotion campaigns, material and shared information. Effective communication between providers and service users is essential to embed the vision of the service. Umbrella works closely with organisations who are delivering health promotion, education and advice to increase awareness for young people. These include schools, colleges and pupil referral units. A number of health promotion campaigns are run each year with support from our partners in the community to raise awareness of issues such as HIV or chlamydia testing, respect and consent, and to target key groups such as young people (including looked after children) and MSM.

Umbrella provides teaching to Birmingham University Medical School students on placement at UHB. During the one week sexual health placement, the medical students attend both sexual health and HIV clinics. Tutorials are delivered by consultants and specialist nurses. Additional student placements are provided as required for elective and student selected components of the course.

Within the department there are FY2s on rotation, Specialist Trainees in both GUM and SRH for whom educational and clinical supervision is provided which includes a dedicated teaching programme.

The department has an active clinical research and development (R&D) portfolio and programmes of service improvement and clinical audit.