



# **STIF** *Competency*

## Handbook

Competency-based training and assessment for providing sexual healthcare



British Association for Sexual Health and HIV

“Working within Department of Health Recommended Quality Standards  
for Sexual Health Training”

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## 1. Introduction

The STI Foundation Competency Programme is a nationally recognised training and assessment qualification in sexual health for healthcare practitioners working in primary and secondary care. It was developed and is now administered by the 'British Association of Sexual Health and HIV' (BASHH) through its educational arm, the 'Sexually Transmitted Infections Foundation' (STIF).

The STI Foundation Competency portfolio comprises:

- STI Foundation Fundamental
- STI Foundation Intermediate
- STI Foundation Advanced
- STI Foundation Integrated
- STI Foundation Combined *Intermediate and Integrated*
- STI Foundation Complete *Intermediate and Advanced for experienced sexual health practitioners*
- STI Foundation Sexual Health Advising

The STI Foundation NHIVNA Competency programme comprises

- STI Foundation NHIVNA Core
- STI Foundation NHIVNA Advanced

*All STI Foundation Competency pathways include e-learning from the e-Learning for Health programme (Health Education England). This web-based resource underpins all BASHH training programmes.*

## 2. The STI Foundation Competency Pathways – at a glance

### **STIF** *Fundamental Competency*

This is an OSCE style, half day assessment assessing the competence of health professionals who wish to deliver Level 1 sexual health services. STI Foundation *Fundamental* is primarily aimed at those who deliver asymptomatic STI care and onward referral. The assessment can take place following a STI Foundation course or as a standalone event. For more information about the assessment visit: [www.STIF.org.uk/stif\\_fundamental](http://www.STIF.org.uk/stif_fundamental)

### **STIF** *Intermediate Competency*

This is a workplace-based training package to train and assess the competence of healthcare professionals to manage patients in primary and secondary care presenting with symptomatic sexually transmitted infections. It involves intensive and tailored one-to-one clinical training and assessment (using workplace-based assessments) by specialists within a sexual health clinic setting. For more detailed information visit:

<https://www.stif.org.uk/competency-programme/intermediate-competency/>

### **STIF** *Advanced Competency*

STI Foundation *Advanced* Competency is designed for Specialist clinicians working in sexual health who are working towards advanced practice and *have already successfully completed STI Foundation Intermediate Competencies*. It is therefore suitable for nurses working at an advanced level, physician associates and SAS doctors working in sexual health who do not wish to take the DipGUM exam. The training and assessment is structured as a clinical attachment within a Level 3 sexual health service and comprises a minimum of 50 clinical sessions including reflective writing, formal assessment of competence, multi-source feedback and completion of an audit.

<https://www.stif.org.uk/competency-programme/advanced-competency/>

### **STIF** *Integrated Competency*

STI Foundation *Integrated* Competency Training and Assessment builds on STI Foundation *Intermediate* with additional workplace assessments in contraceptive care. STI Foundation *Integrated* can be completed at the same time as STI Foundation *Intermediate* or can follow on from successful STI Foundation *Intermediate* Competency certification.

<https://www.stif.org.uk/competency-programme/integrated-competency/>

**STI Foundation *Integrated* is not a standalone contraceptive qualification.**

### **STIF** *Combined Competency*

STI Foundation *Integrated* Competency can be undertaken at the same time as STI Foundation *Intermediate* Competency in one single programme (STI Foundation *Combined*)

## **STIF** *Complete Competency*

STI Foundation Complete Competency is designed for experienced sexual healthcare professionals who can complete STI Foundation Intermediate and Advanced Competency training in one pathway. STI Foundation Complete is suitable for specialist sexual health professionals managing more complex presentations <https://www.stif.org.uk/competency-programme/stif-complete-competency/>

## **STIF** *Sexual Health Advising Competency*

STI Foundation *Health Advising* Competency is a comprehensive training and assessment package developed in collaboration with a team of expert Health Advisors, encompassing skills for health advisors and nurses with significant health advising roles. This is a standalone module, however, those who have already completed STI Foundation *Intermediate* will be exempt from repeating the competencies that overlap. <https://www.stif.org.uk/competency-programme/stif-health-advising-competency/>

## **NHIVNA** *Core Competency*

### **NHIVNA** *Advanced Competency*

*STI Foundation NHIVNA CORE* and *NHIVNA ADVANCED* Competencies are clinical training package to train and assess the knowledge and competence of nurses working in HIV services or in Integrated GUM/HIV and/or ID/HIV services. The National HIV Nurses Association (NHIVNA) and STI Foundation worked together to develop these work-based assessment programmes. The structure of the training and assessment is similar to *Intermediate*.

For more information visit here: <https://www.stif.org.uk/competency-programme/stif-nhivna-core/> and <https://www.stif.org.uk/competency-programme/stif-nhivna-advanced/>

### 3. Timeframes for STI Foundation Competency Pathways

Pathway	Suggested Timeframe (months)*	Maximum Timeframe (months)*
Intermediate	4-6	12
Integrated	4-6	12
Advanced ✦	12	24
Complete	18	24
Sexual Health Advising	4-6	12
NHIVNA Core	4-6	12
NHIVNA Advanced	6-9	12

\* from date of first assessment

#### For External Trainees:

Pathway	Suggested number of clinical sessions	Maximum number of clinical sessions
Intermediate	10 - 15	15
Advanced	24 (over 6-9 months)	
Complete	24 (over 6-9 months)	

#### **Doctors in Training Grades:**

Doctors in Training Grades may carry out all assessments in one block (e.g., one week) or use specifically allocated clinical sessions each week; FY2 – can combine with core curriculum assessment

✦ The training period for STI Foundation Advanced must include a minimum of 50 four-hour clinical sessions over a period of 6-24 months.

#### **Training Extensions**

We recognise that many events (including SARS-CoV-2) can cause disruption to training. The timeframes remain unchanged, but training extensions are possible on application. A training extension request form is available for trainees in the e-portfolio.

The trainee should complete a training extension request if the reason they have not been able to complete the training is out of their control e.g. because of difficulties accessing sessions with the trainer, or sick leave. The Registered Competency Trainer will be required to substantiate the claim. If the trainee has not completed the required assessments within this timeframe without evidence of extenuating circumstances, then they will have to reapply to undertake the qualification with a covering e-mail of support from a Registered Competency Trainer.

#### 4. Setting up the Training

##### **Complete your Learning Needs Questionnaire**

The questionnaire should be completed as accurately as possible (on the e-portfolio) prior to your initial meeting with the Registered Competency Trainer.

Trainee then needs to set up a meeting with the Registered Competency Trainer who will review the completed Learning Needs Questionnaire and discuss how the training will be organised.

Each clinical encounter during the designated sessions can be used for training. In the early stages the trainee may observe the trainer carrying out a consultation or is closely supervised carrying out a consultation themselves. In the assessment, the trainee carries out a consultation which the trainer assesses using the relevant assessment form on the e-portfolio.

**Doctors:** should plan and arrange times with the Registered Competency Trainer when they can be assessed carrying out the prescribed tasks. These can be added onto sessions when they are already being assessed for their core curriculum e.g., FY1 – ST2.

**External trainees:** should arrange an honorary contract, Disclosure and Barring Service check (previously Criminal Records Bureau), and Occupational Health clearance as per Trust's procedures/policies.

## 5. Training and Assessment Resources

All resources for the trainee are hosted on the STI Foundation Website and the NHS e-portfolio system. Access is granted following payment of the registration fee

	STIF Website	NHS e-portfolio
<b>For All Pathways</b>		
<i>Handbook</i>	✓	✓
<i>Learning Needs Assessment</i>		✓
<i>eLfH (e-learning) curriculum</i>	✓	✓
<i>Assessment documentation</i>		✓
<i>Patient consultation feedback form</i>		✓
<i>Training extension request form</i>		✓
<b>For SHA, STI Foundation Advanced and NHIVNA Advanced Pathways</b>		
<i>Audit guidance and documentation</i>		✓
<b>For STI Foundation Advanced and NHIVNA Advanced Pathways</b>		
<i>Multi source feedback form</i>		✓
<i>Reflective accounts documentation</i>		✓

### E-learning (all pathways)

In addition to the e-portfolio competency assessments, the trainee needs to complete the specified e-learning sessions. We recommend completing at least 50% of the e-learning before starting the assessment stage of the training. All sessions need to be completed by the final sign off meeting at the end of the training. Detailed information about the e-learning to be completed is provided in the training materials.

### Patient Feedback (all competency pathways except Fundamental)

The trainee should ask patients to complete this feedback form. You need to ask enough patients to ensure you have at least 5 completed forms (not all will complete it).

Ideally, a different staff member will give the form to consecutive patients who have been seen by the trainee as they leave the consultation. The form should be accompanied by an envelope and a pen (and ideally a clipboard).

Patients should be advised that completion of the form is voluntary but that it is confidential and an important part of Quality Improvement for both the clinician and the clinic as a whole. Once completed they should place the form in an envelope and hand it to the receptionist.

Once enough forms have been returned, the receptionist can advise the trainee/ staff member to stop handing out any more.

Completed forms should be passed to the registered clinical trainer for discussion with the trainee at the earliest opportunity.

### **Audit – (STI Foundation Sexual Health Advising, STI Foundation Advanced and STIF-NHIVNA Advanced pathways)**

The trainee is required to complete an audit. The choice of topic should ideally be within the audit programme of your department and should use the auditable outcome measures stated in the relevant BASHH guidelines.

The audit should be written up and presented at a departmental (or similar) audit meeting. A summary of the audit should be included in the paperwork which is reviewed in the final session. The audit summary must be submitted in line with the guidance provided to the trainee. See Appendix 7 for more information

### **Multi-source Feedback (colleagues) – STIF Advanced and STIF-NHIVNA Advanced**

The Multi-Source Feedback (MSF) tool is used to collect colleagues' opinions on your trainee's clinical performance and professional behaviour. It provides data for reflection on their performance and self-evaluation and should be one of the topics they write about in the reflective practice. They should choose a range of colleagues – nursing, medical, admin/secretarial, manager, someone they are supervising....and we require a minimum of 5 (ideally between 7 and 10). The form is under 'information' on the e-portfolio

## 6. Competency Assessment

The STI Foundation Competency assessments on the e-portfolio are designed as far as possible to reflect the natural flow of a consultation, tailored to a patient attending a clinic rather than as a check list of what a clinician should know.

**We expect the majority of assessments to be undertaken using direct observation of clinical practice.**

For each task the Registered Clinical Trainer (or a designated colleague) needs to complete one competent assessment on the e-portfolio with the trainee. You may complete more than one assessment if the earlier one(s) are assessed 'needs improvement'. Most of the assessments are based on direct observation of your trainee's clinical practice followed by discussion. A small number of assessments may be better suited to case-scenario discussions, mainly to cover those areas which are knowledge-based and / or when a suitable patient is not available.

For each element of assessment, the trainer is expected to mark 'requires improvement' or 'competent' and at the end of the assessment, the trainer rates the trainee overall by marking either 'REQUIRES IMPROVEMENT' 'COMPETENT' or 'ABOVE EXPECTED' which you will find towards the end.

Every element of each assessment must be assessed as 'competent' for the trainee to pass.

The trainer should also give feedback to the trainee. This should be used to identify particular strengths, suggestions for improvement and any agreed action for the trainee, particularly where there are any concerns about the trainee. A task is only completed when the trainer has signed-off the trainee overall as 'COMPETENT' or 'ABOVE EXPECTED' for that task; the trainer should be happy that the trainee is competent to do this task at the appropriate level and the trainee should feel confident that this is the case too. Where the trainee is judged to be 'ABOVE EXPECTED' we would expect this to be reflected in the comments.

### ***Other staff involved in training***

Other members of the multidisciplinary team, such as senior nurses, health advisors and Specialty Trainees depending on their experience, may be involved in much of the day-to-day clinical training and assessment of the trainees undertaking *STIF Intermediate* and *STIF Integrated*, and can contribute to *STIF Advanced* Competency training.

It is incumbent on the Registered STIF Competency Trainer to be confident that anyone involved in training and assessing within their units is competent in the use of the assessment tools and that they themselves have the required level of competence in order to provide training and oversee the assessments.

## 7. Meetings between Registered Clinical Trainer and Trainee

### **These meetings are all recorded in the e-portfolio**

The initial meeting between the Registered STI Foundation Competency Trainer and the trainee is to

- plan the clinical attachment based on the online Learning Needs Assessment Questionnaire completed before meeting by the Trainee
- plan other aspects (for example) MSF, patient feedback, audit

### Interim Meetings

For shorter pathways (for example Intermediate, Integrated) this meeting should be around the midpoint; for larger pathways, regular meetings should be scheduled

## 8. Completion of Training

When the trainee has completed all required elements of training they must go through curriculum on e-portfolio and rate their individual competencies and -e-learning and link relevant assessments/evidence to the competencies. This needs to take place before the final meeting.

Final Meeting: At the end of training, Registered Competency Trainer and Trainee meet to undertake the final sign off process. Trainee contacts STIF Secretariat through e-portfolio (see 'support') to let them know training is completed

The trainee receives link to online evaluation. Once this is completed, they will be issued with a Certificate of Competence

The trainee details are entered on the appropriate STIF Competency database.

## 9. Quality Assurance

ALL first-time trainers' trainee documentation is audited

ALL STI FOUNDATION ADVANCED and NHIVNA ADVANCED Competency trainee portfolios are routinely audited.

10% of all other pathways are audited

## APPENDIX 1: STI Foundation Intermediate Competency

The STI Foundation Intermediate Competency Programme is a nationally recognised training and assessment qualification in sexual health for doctors, nurses and midwives working in primary and secondary care. STI Foundation Intermediate Competency is just one component of a wider education portfolio. It involves clinical attachments during which time the trainee/learner is observed working with patients, receives training and is assessed in practice. On successful completion of the training and assessment programme, a Certificate of STI Foundation Intermediate Competency is awarded. **The Certificate needs to be revalidated every five years.**

STI Foundation Intermediate Competency involves intensive and tailored one-to-one clinical training and assessment by Sexual Health specialists and other suitably qualified clinicians within a GUM/Sexual Health clinic setting. This is usually delivered on a part-time basis, depending on trainer and trainee preferences. It is not 'sitting in' with a trainer or 'doing clinics unsupervised' (i.e., the trainee should not be doing any unsupervised 'service' work during the sessions.) Essentially each clinical encounter during the designated clinical sessions is used for either

- Training - in the early stages a trainee may observe the clinical trainer carrying out a consultation or be closely supervised carrying out a consultation  
or
- Assessment- the trainee carries out a consultation while being assessed by the clinical trainer using the assessment proforma on the e-portfolio.

The training allows trainees to take graded responsibility within a situated learning and legitimate peripheral participation model of learning (after Lave & Wenger, 1991). Scenario based mini-CEx instruments are used to provide both assessment of competence and detailed structured formative feedback to the learners.

Prior experience will be assessed via a formal learning needs assessment and discussed with the trainer at the start of your training. The trainee is required to prepare for the clinical sessions and is expected to:

- review national clinical guidelines (e.g. [www.bashh.org](http://www.bashh.org)) and contrast these with local guidelines where appropriate, either before a session or in response to a learning gap identified within a session.
- reflect on cases, identify learning needs and develop action plans for ongoing development
- complete a portfolio of assessments during their workplace attachment, with a 'competent' score for each competence.

## Learning Outcomes:

### **Knowledge and Understanding**

When you complete your studies for this STI Foundation Intermediate Competency Training and Assessment programme, you will have knowledge and understanding of:

- |     |  |
|-----|--|
| KU1 | the principles of service provision for Sexually Transmitted Infections (STIs)   |
| KU2 | the issues relating to confidentiality and partner notification                  |
| KU3 | common STIs and related conditions, their presentation, diagnosis and management |
| KU4 | how to prevent transmission of STIs  |
| KU5 | when to refer patients to specialist services                                    |

### **Cognitive Skills**

On completion of this STI Foundation Intermediate Competency Training and Assessment programme, you will have developed the following cognitive skills:

- |      |   |
|------|---|
| CS6  | compare, evaluate and apply local and national guidelines to manage a patient within a level 2 or 3 sexual health service (England), including onward referral where appropriate. |
| CS7  | able to evaluate the ways in which the lifestyle and circumstances of patients/clients may reflect in their presentation and impact on their management                           |
| CS8  | able to analyse how the range of human sexuality, lifestyles and culture impacts on transmission and approaches to prevention and risk reduction                                  |
| CS9  | critically reflect on your experience and demonstrate a commitment to ongoing learning and development.   |
| CS10 | able to critically evaluate how personal beliefs and values of the clinician could affect the consultation  |

### **Key Skills**

When you complete this STI Foundation Intermediate Competency Training and Assessment programme, you will be able to:

- |      |   |
|------|---|
| KS11 | draw on a range of resources to provide evidence-based management to people presenting to your service with sexual and reproductive health needs  |
| KS12 | articulate your contribution to risk reduction and STI prevention in your own service   |
| KS13 | reflect on the essential role of effective partner notification when dealing with an infectious disease   |
| KS14 | demonstrate the consolidation and development of your knowledge and clinical competence to meet the needs of a diverse range of patients/clients. |

### **Practical and/or Professional Skills**

When you complete this STI Foundation Intermediate Competency Training and Assessment programme, you will be able to:

- |       |  |
|-------|--|
| PPS15 | assess and appraise a patient through history, examination and special investigations to compile a working diagnosis.                                  |
| PPS16 | use appropriate terminology when discussing sex with patients and understand why this is important   |
| PPS17 | inform patients on reducing their risk of sexual infections and their risk of unplanned pregnancy  |
| PPS18 | optimise care pathways for patients through improved links with local GUM /sexual health (TOP, Contraception, psychosexual), and microbiology services |

## Competencies and knowledge assessed (STI Foundation Intermediate)

- Taking a sexual history
- Male and female examination
- Diagnostic testing and interpretation
- Consultations with people under 18
- Consultations with patients who have limited English proficiency
- Consulting by phone/video
- Management of female genital discharge
- Management of male urethral discharge
- Management of genital warts and molluscum contagiosum
- Management of genital herpes infection
- Management of urinary tract infections
- Management of genital infestations
- Screening and prevention of sexually acquired hepatitis
- Risk reduction and advice on safer sex
- Effective partner notification
- HIV testing
- Managing women who present with unplanned pregnancy
- Assessment and management of need for PEPSE (Post-exposure HIV prophylaxis following potential sexual exposure).
- Safeguarding Children
- Female Genital Mutilation
- Domestic violence and abuse
- Assessment of someone who reports sexual assault
- Trans awareness

Within each of the competencies, a matrix of generic competencies is also assessed, examples include:

- ✓ Respects patient choice
- ✓ Respects patient confidentiality
- ✓ Considers ethnic and sexuality issues
- ✓ Is aware of patient dignity and need for a chaperone
- ✓ Awareness, evaluation and application of national and local guidelines and policies.

**It is expected that the majority of assessments should be by direct observation wherever possible.**

## The assessment process

For each task the trainee should complete the assessment on the e-portfolio with the Registered Competency Trainer or a designated assessor. Assessments can be both formative and summative and more than one assessment can be completed and recorded in

**The majority of the assessments will be observed clinical practice with supplementary discussion with the trainer**

**For the more advanced pathways, case-based discussions are used, mainly to cover those areas which are knowledge-based and / or when a suitable patient is not available.**

the e-portfolio. More than one assessment can be made on a single patient/consultation where appropriate

The trainer must ensure that the patient knows that the trainee is being assessed. The trainer will then observe the trainee carrying out the task in question and may also explore the trainee's knowledge by further questioning where appropriate.

### **PATIENT FEEDBACK**

You are also required to obtain written feedback from 5 consultations using the standard format included with your training materials.

## APPENDIX 2: STI Foundation Integrated Competency

STI FOUNDATION INTEGRATED is *not standalone – it is undertaken having attained STI Foundation Intermediate (or at the same time)*

### Topics for Assessment

- Assessment, treatment and management of a woman wishing to start
  - Contraception
  - Combined Hormonal Contraception
  - Oral Progesterone-only Contraception
  - Injectable Progesterone Contraception
- Assessment and discussion prior to insertion of
  - contraceptive implant
  - IUD/IUS
- Assessment, treatment and management of a woman with Break Through Bleeding from Hormonal Method
- Managing nonbleeding side effects from hormonal contraception
- Assessment and management of a woman needing a routine check of IUD/IUS
- Assessment and management of a woman requesting Emergency Contraception
- Assessment and discussion of a woman seeking advice on planning a pregnancy
- Removal of IUD/IUS

*Following a joint piece of work between BASHH and Faculty of Sexual & Reproductive Health (FSRH) those individuals who successfully complete STIF Integrated are able to undertake Faculty of Sexual & Reproductive Health (FSRH) Letter of competence in Sub Dermal Implants without having to complete the OTA.*

### APPENDIX 3: STI Foundation Competency Sexual Health Advising

- Assessment and management (including giving appropriate advice on safer sex, preventing STIs & unplanned pregnancy) of
  - a woman
  - a heterosexual man
  - a man who has sex with other men (MSM)
  - young people (under 18) including assessment for indicators of exploitation.
- Partner Notification: Conducting partner notification for relevant STIs and HIV including negotiating plan, PN resolution and completing a Provider Referral
- Risk Reduction including Safer Sex Advice, using MI skills in practice and the role of alcohol, recreational/club drugs in risk-taking behaviour
- Assessment of need for Post Exposure Prophylaxis following Sexual Exposure to prevent HIV acquisition and refer / manage appropriately
- Managing an appropriate HIV pre & post-test discussion, including giving results to a patient at "High Risk"

## APPENDIX 4: STI Foundation Advanced Competency

STI Foundation *Advanced* Competency training and assessment is structured as a 6-24-month clinical attachment (minimum of 50 actual clinical sessions) within a Level 3 Specialist Sexual Health / Integrated Sexual Health and Contraception service. Building on STI Foundation *Intermediate*, STI Foundation *Advanced* aims to develop the knowledge, skills, experience and competence of healthcare professionals to diagnose and manage sexually transmitted infections (STIs). This provides a framework to ensure that sufficient experience is gained to practice at an advanced level.

STI Foundation *Advanced* Competency is suitable for specialist sexual health nurses working towards independent and advanced clinical practice and for those planning to lead and deliver Level 2 standard sexual health services. It is the responsibility of the Registered Competency Trainer to determine that the trainee has the appropriate level of knowledge and practical clinical experience to undertake the STI Foundation *Advanced* Competency training and assessments. Certification at Advanced level also enables the successful trainee to become a STI Foundation *Intermediate* Competency Trainer in their own right.

**Please note trainees are expected to complete the STI Foundation *ADVANCED* training pathway within 24 months from the date of their first assessment.**

### STI Foundation *Advanced* Learning outcomes

#### Knowledge and Understanding

When you complete your studies for this STI Foundation *Advanced* Competency Training and Assessment programme, you will have knowledge and understanding of:

- KU1 the principles of service provision for Sexually Transmitted Infections (STIs)
- KU2 the specific issues relating to confidentiality and partner notification
- KU3 common, complex and recurrent STIs and related conditions, their presentation, diagnosis and management and when to refer patients to specialist services
- KU4 primary HIV infection, presentation, diagnosis and management
- KU5 how to reduce the risk of transmission of STIs, including HIV infection
- KU6 genital dermatology and common gynaecological conditions and when to refer patients to specialist services

### **Cognitive Skills**

On completion of this STI Foundation *Advanced* Competency Training and Assessment programme, you will have developed the following cognitive skills:

- CS7            compare, evaluate and apply local and national guidelines to manage a patient within a level 2 or 3 sexual health service (England), including onward referral where appropriate.
- CS8            able to analyse how the range of human sexuality, lifestyles and culture impacts on transmission and approaches to prevention and risk reduction as well as presentation and management
- CS9            able to analyse national and local trends in relation to STIs and clinical presentations and be able to apply them locally to own practice
- CS10          able to critically evaluate and reflect on feedback collected from patients and colleagues
- CS11          critically reflect on your experience and demonstrate a commitment to ongoing learning and development.
- CS12          critically reflect on certain cases in a structured manner and formulate action plans for personal learning and development

### **Key Skills**

When you complete this STI Foundation *Advanced* Competency Training and Assessment programme, you will be able to:

- KS13            draw on a range of resources to provide evidence-based management to people presenting to your service with sexual and reproductive health needs
- KS14            demonstrate the consolidation and development of your knowledge and clinical competence to meet the needs of a diverse range of patients/clients including common, complex, and recurrent STIs
- KS15            describe the management pathway for a patient who reports non-consensual sex
- KS16            reflect on the essential role of effective partner notification when dealing with an infectious disease

### **Practical and/or Professional Skills**

When you complete this STI Foundation *Advanced* Competency Training and Assessment programme, you will be able to:

- PPS17          assess and appraise a patient through history, examination and special investigations to compile a working diagnosis, using appropriate language
- PPS18          competently conduct a consultation by phone/video
- PPS19          appropriately utilise and competently undertake advanced clinical assessment skills, including bimanual pelvic examination and abdominal examination
- PPS20          describe the audit process and its role in healthcare

PPS <sub>21</sub>	optimise care pathways for patients through improved links with local GUM /sexual health (TOP, Contraception, psychosexual), and microbiology services
PPS <sub>22</sub>	demonstrate leadership skills
PPS <sub>23</sub>	assess, raise and discuss legal and ethical impacts of behaviours that may present within a sexual health service

#### STI FOUNDATION ADVANCED COMPETENCY – Topics assessed:

- Assessment, diagnosis and appropriate referral of suspected pelvic inflammatory disease (PID), suspected epididymo-orchitis and suspected proctitis
- Assessment, diagnosis and initial management of urinary tract infection (UTI)
- Recognition of an abnormal cervix and appropriate referral
- Bimanual pelvic examination
- Abdominal examination
- Screening, prevention, diagnosis and appropriate referral of sexually acquired viral hepatitis
- Management of pubic lice and scabies
- Recognition of primary HIV infection and appropriate referral
- Recognition and assessment of psychosexual complications of STIs/genital conditions and appropriate referral
- Recognition of recurrent candidiasis, bacterial vaginosis and HSV and appropriate referral
- Assessment, diagnosis and treatment of enteric pathogens
- Assessment, diagnosis and appropriate referral of chronic pelvic pain syndrome and prostatitis
- Assessment, diagnosis and appropriate referral of testicular lumps
- Assessment, diagnosis and appropriate management /referral of non-herpetic genital ulceration
- Assessment, diagnosis and appropriate management /referral of gynaecological issues (including assessment of the gynaecological patient, endometriosis, fibroids, ectopic pregnancy polycystic ovary syndrome, Bartholin's gland abscess, recognition of complex gynaecological conditions)
- Assessment, diagnosis and appropriate management /referral of dermatological issues (including assessment of the skin, balanitis, tinea cruris, folliculitis, psoriasis, eczema, lichen planus, lichen sclerosus, malignant and pre-malignant dermatological disease)
- Assessment, diagnosis and appropriate management /referral of sexually acquired reactive arthritis

- Assessment, treatment and management of genital herpes (*if not assessed as part of STIF Intermediate training*)
- Assessment, treatment and management of male urethral discharge (*if not assessed as part of STIF Intermediate training*)
- Appropriate assessment, diagnosis and initial management of sexually transmitted infections and related conditions in pregnancy
- Appropriate management of PID, epididymo-orchitis and proctitis
- Syphilis including natural history and common clinical presentations, screening strategies (e.g., in sexual health clinics and ante-natal settings) and referral pathways.
- Differential diagnosis of primary HIV infection
- Knowledge of potential exacerbating factors and current management options for recurrent candidiasis, bacterial vaginosis and HSV
- Psychological support: Trans awareness
- Diagnosing and supporting patients around unintended pregnancy and abortion
- Appropriate management of issues relating to PrEP and TASP

## What does STI Foundation *Advanced* Competency training involve?

STI Foundation *Advanced* Competency training and assessment is structured as a clinical attachment within a Level 3 GUM / specialist sexual health service and comprises:

- Initial meeting between the Registered STI Foundation Competency Trainer and trainee to
  - plan the clinical attachment based on a Learning Needs Assessment Questionnaire completed in advance by the Trainee
  - select an audit topic
- Minimum of 50 clinical sessions (1 to 3 sessions per week) in which your trainee sees a full list of patients under indirect supervision.
- Interim meetings between trainer and trainee on a regular basis (at least every 2 months)
- 20 reflective practice proformas to be completed: at least 10 of these have a well-formed action plan.
- Completion of an audit
- Patient Feedback
- Multi-source feedback (colleagues)
- Final meeting between trainer and trainee once curriculum has been completed

## Setting up the training

### **Knowledge and skills required for STI Foundation *Advanced* Competency training**

Check that the trainee meets the following requirements before starting training

- registration on the STI Foundation *Intermediate* Competency database
- awarded the updated STI Foundation Certificate of *Intermediate* Competency (V2020) having undertaken additional assessments to upgrade their original certificate (if *Intermediate* was pre-2020, contact us for details of the upgrade requirements)

It is recommended that the eLfH sessions completed as part of the STI Foundation *Intermediate* Competency module are revised *if more than 2 years has elapsed since doing them*.

A full list of the e-learning sessions that need to be completed for STI Foundation *Advanced* Competency are provided in the training materials. It is not necessary for the trainee to have completed all of the sessions before starting the training, but it is recommended that they try to complete those in Table 1 (some of which they will have already done for STI Foundation *Intermediate* Competency) and it is **required** that all the sessions are completed before the trainee can be signed off as competent.

As there are many sessions to complete, we recommend that the trainee does them gradually throughout the time of the clinical attachment.

The trainer will need to make the necessary contractual arrangements for the trainee to work in or be attached to the trainer's department.

During the pilot for *STI Foundation Advanced* Competency some of the trainees needed to arrange clinical attachments at neighbouring clinics in larger centres in order to see some of the less common presentations. Although this does entail work in setting up Honorary contracts, we certainly encourage trainees to do this.

## Reflective practice (STI Foundation Advanced)

Using the Reflective Practice document/proforma provided on the e-portfolio ('Reflection on Clinical Event', 'Reflection on Learning Event'), the trainee should complete at least 20 reflections; a minimum of 15 of these should be based on clinical encounters (some may be reflections on learning events). We suggest one or two cases per clinic. At least 50% of their reflections should include an Action Plan. We advise that the trainer reviews the reflections alongside the notes reviews by talking with the trainee about some of the cases they have reflected on as they progress. **Do not leave review of the reflections until the end of the training.** It might be helpful to specifically ask '*What have you learnt from this clinic?*' using the relevant Reflective Practice proforma as a basis for discussion. We would suggest that the trainer might discuss at least the first five reflections, and then from time to time to ensure that the trainee is collecting them as they go along. Please note that it is completely acceptable for these reflections to be brief and focused, so long as the trainee follows the proforma.

Reflections (with action plans) should include these topics:

- 1) The multi-source feedback (MSF) following discussion with registered trainer
- 2) The audit process
- 3) Complex clinical presentations
- 4) A case involving pregnancy
- 5) Syphilis (any stage)
- 6) Sexual dysfunction (male)
- 7) Sexual dysfunction (female)
- 8) Genital Dermatology

At the end of the training/assessment period please ensure that there are 20 reflections with 10 having Action Plans included.

## APPENDIX 5: STI Foundation NHIVNA CORE

- Assesses health and well-being needs of an HIV-positive patient
- Triage and assessment of minor illness
- Supporting people taking ARV medications
- Routine monitoring for clinically stable patients (sample results for discussion included in Trainer's manual)
- Support for vulnerable patients
- Psychological Support: a recently diagnosed patient
- Legal and Ethical Issues: Criminalisation of transmission (CBD)
- Mental Capacity and Safeguarding
- Health promotion
- Risk Reduction: Using Motivational Interviewing (MI) skills in practice
- Risk Reduction: recreational/Club Drugs and ChemSex
- Risk Reduction: Alcohol and Unsafe Sex
- Identifying Psychological and Emotional issues facing people living with HIV
- Risk Assessment: Self-harm and Suicide
- Working in partnerships including clinical networks and multidisciplinary working
- Women living with HIV
- Working with Young People and Adolescents living with HIV

## APPENDIX 6: STI Foundation NHIVNA ADVANCED

- Triage and assessment
- Supporting people taking ARV medications (more emphasis on Toxicity and Interactions)
- Routine monitoring for clinically stable patients
- Mental Capacity and Safeguarding
- Support for Vulnerable Patients
- Psychological Support: a recently diagnosed patient
- PEPSE Assessment
- Risk Reduction: Using Motivational Interviewing (MI) skills in practice
- Risk Reduction: Recreational/Club Drugs and ChemSex
- Risk Reduction: Alcohol and Unsafe Sex
- Identifying Psychological and Emotional issues facing people living with HIV
- Risk Assessment: Self-harm and Suicide
- Working in partnerships including clinical networks and multidisciplinary working
- Women living with HIV – to include contraception, preconception advice and pregnancy
- Working with Young People and Adolescents living with HIV

## Appendix 7: Audit/Quality Improvement

### STI Foundation Competency (Sexual Health Advising)

### STI Foundation Advanced Competency

### STIF-NHIVNA Advanced Competency

For the three pathways above, the trainee needs to complete an audit. The choice of topic should ideally be within the audit programme of the local training department and should use the auditable outcome measures stated in the relevant BASHH guidelines (a list of suggested topics is included below). The audit should be written up and presented at a departmental (or similar) audit meeting.

A summary of the audit must be included in the paperwork presented by your trainee which is reviewed in the final session. This **must** be structured as follows:

#### Executive summary

- Background
- Objectives
- Key findings
- Recommendations

#### Clinical audit report

- Project title
- Project lead
- Other staff members involved
- Background
- Objectives
- Standards
- Sample
- Data source(s)
  
- Methodology
- Results
- Presentation/discussion
- Recommendations (including recommendations for re-audit)
- Conclusions