

RCGP Curriculum

Supercondensed Curriculum Guide

SEXUAL HEALTH

Role of the GP

- Provide contraceptive services, sexual health screening, testing and treatment of sexually transmitted infections (STIs) and support partner contact tracing
- Be able to take a concise sexual history that enables risk assessment for STI, often in the context of patients who may not consider themselves to be at risk of STI
- Offer opportunistic sexual health promotion and risk reduction advice. Provide care which is non-judgmental and holistic recognizing the physical, psychological, and social impact of good sexual health
- Be aware of the key legal precedents, guidelines, and ethical issues that influence sexual healthcare provision especially regarding patients under 16 years of age in relation to consent and confidentiality; and at all ages in relation to confidentiality, abortion, sexual assault, coercion, and female genital mutilation (FGM)
- Recognize that gender, gender identity, gender dysphoria and sexual orientation are all different facets of a person's health and that issues relating to these may present in childhood, adolescence or adulthood and have a wide influence on wellbeing
- Provide care and support for women with unwanted pregnancy and for women requesting or having undergone termination of pregnancy.

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs



- Abnormal vaginal bleeding
- Dyspareunia
- Dysuria
- Erectile dysfunction and premature ejaculation
- Feelings and behaviours related to gender dysphoria
- Genital ulcers and warts
- Pelvic and abdominal pain
- Penile discharge
- Psychosexual dysfunction including anorgasmia, loss of arousal, loss of libido and vaginismus
- Systemic manifestations of STIs (e.g., reactive arthritis, rash)
- Vaginal discharge
- Vulval pain or irritation.

Knowledge and Skills Self-Assessment Guide

Common and Important Conditions



Infections

- Bacterial vaginosis
- Candida
- Infestations (including pubic lice and scabies)
- Pelvic Inflammatory Disease (PID)
- STIs including chlamydia, genital herpes simplex, genital warts, gonorrhoea, human papilloma virus (HPV), sexually transmitted blood borne viruses (HIV, Hepatitis B and (rarely) Hepatitis C), syphilis and trichomonas.

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Knowledge and Skills Self-Assessment Guide

Common and Important Conditions Continued...



Sexual dysfunction

- Female sexual dysfunction, including anorgasmia, dyspareunia, hypo-oestrogenism, loss of libido and vaginismus
- Male sexual dysfunction, including erectile dysfunction due to organic causes (such as diabetes, drug induced (including smoking), neurological disease and vascular disease) and psychological causes. Premature ejaculation.

Other

- FGM including practical and legal aspects, reporting mechanisms, and protecting girls at risk of FGM
- Gender identity, dysphoria and reassignment including in children and young people
- Genito-urinary skin disorders including lichen sclerosus, balanitis
- Provision of, and access to, pregnancy termination services (including variation in this between the four nations of the United Kingdom)
- Sexual abuse and assault (both adult and child) including care of patients who have been abused and indicators of assault (including STI in children).
- Child sexual exploitation
- Unwanted pregnancy and termination of pregnancy (including legal and ethical aspects).

Knowledge and Skills Self-Assessment Guide

Other Important Content



- Management of vaginal discharge
- Female contraception including:
 - hormonal contraception: combined oral/patch/ring contraception, progesterone-only methods including oral, depot injection, sub-dermal implant, intrauterine systems (IUS)
 - non-hormonal contraception: cap, diaphragm, female condom, intrauterine device (IUD)
 - long-acting reversible contraception (LARC)
 - sterilisation
 - emergency contraception
- Male contraception including condoms, spermicides, vasectomy
- Methods of natural family planning
- Prescribing for patients taking HIV medications from specialist clinics, including drug interactions
- Safe sex advice, sexual health promotion and risk reduction (adults and young people)
- Screening for sexually transmitted infection including chlamydia and HIV.

Knowledge and Skills Self-Assessment Guide

Examinations and Procedures



- Male and female genital examination (including bimanual pelvic examination and speculum examination)
- pH testing for bacterial vaginosis
- Vaginal swabs: use of 'self-taken' samples (vulvo-vaginal and urine) for chlamydia and gonorrhoea; indications for clinician-taken swabs.

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Investigations



- Investigation of STI: swabs, urine, and blood tests (including timing of testing, practicalities, and interpretation of results).

How this might be tested in MRCGP

AKT



- Appropriate use of LARC for different scenarios
- Investigation of vaginal discharge
- Diagnosis of genital skin abnormality.

SCA

- Phone call: Father wants advice on how to communicate with to his 12-year-old son who has doubts about his gender identity
- 25-year- old man attends with unilateral swollen painful testis
- 31-year-old mother of two children requests help with low libido.



WPBA



- Consultation Observation Tool (COT) about contraception for a teenager who has infant twins and is having unprotected intercourse
- Observed Clinical Examination and Procedural Skills (CEPS) on genital examinations for men and women
- Learning log on health promotion in a patient under 25 years of age for STIs.

LEARNING OPPORTUNITIES (Examples)

Core Content

- **Communication and Consultation**
 - Empathic, non-judgemental communication when discussing sensitive issues or concerns
 - Risk-benefit conversations (e.g., contraception)
- **Prescribing**
 - Contraception, including contraindications and interactions
 - Drug interactions in patients taking HIV medications
 - Awareness of pre-exposure prophylaxis prescribed by specialist teams and potential drug interactions
- **Health Promotion**
 - HPV vaccination programme
 - Safe sex advice and risk reduction
- **Ethical and medico-legal**
 - Consent and confidentiality (e.g., for under 16s accessing sexual health services, considering Fraser Guidelines)
 - Termination of Pregnancy
- **Safeguarding**
 - Domestic violence
 - Sexual abuse and assault
 - Female genital mutilation.

Primary Care



- Daily practice and out-of-hours care, managing common sexual health problems
- Contraception reviews
- Coil/ contraceptive implant insertion clinics
- Sensitive record keeping, including correct use of pronouns in people with gender dysphoria.

Acute Care



- Emergency contraception
- Presentation with acute infective symptoms due to suspected STI (e.g., vaginal discharge, epididymo-orchitis)
- Assessment following sexual assault
- Acute complication of contraception (e.g., DVT).

Community

- Sexual health clinics and contact tracing
- Contraception clinics
- Pharmacist.



Other Specialties

- Genitourinary medicine
- Psychosexual counselling
- Sexual assault referral centre and forensic medical examination
- Gynaecology
- Obstetrics
- Infectious diseases
- Microbiology
- Public health
- Dermatology (e.g., scabies, lichen sclerosus).