

Certificate in Contraception for Nurses and Midwives



SEXUALITY, INFORMATION
REPRODUCTIVE HEALTH & RIGHTS

AGENDA

Saturday 16th April 2016

Chair: Dr Caitriona Henchion, Medical Director, Irish Family Planning Association

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|--------------|---|--|
| 9.30 | Registration/Introduction: | Dr Caitriona Henchion |
| 9.45 | Hormonal Contraception 1
Combined Hormonal Contraception | Dr Caitriona Henchion |
| 10.30 | Hormonal Contraception 2
Progesterone only Contraception | Dr Catherine Corless |
| 11.15 | Break Tea/Coffee | |
| 11.30 | Crisis Pregnancy | Dr Caitriona Henchion & Ms. Evelyn
Geraghty |
| 12.30 | Emergency Contraception | Dr Caitriona Henchion |
| 13.00 | Buffet Lunch | |
| 14.00 | Natural Family Planning
Barrier methods
Permanent methods | Dr Caitriona Henchion |
| 15.00 | Break | |
| 15.30 | Intrauterine Contraception | Dr Deirdre Lundy |
| 16.15 | Menopause | Dr Deirdre Lundy |
| 17.00 | Finish | |



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|--------------|--|---|
| 9.30 | Post Natal Contraception,
Contraception MCQ | Dr Caitriona Henchion |
| 10.15 | Cervical Screening | Ms Carrie Powles
Regional Smear taker Coordinator
National Cancer Screening Programme |
| 11.15 | Break | |
| 11.30 | Sexual Transmitted Infections: | Sandra Delamere
Guide Clinic
St James Hospital |
| 12.30 | HIV Update | Gillian Farrell
Guide Clinic
St James Hospital |

13.15 Buffet Lunch

- 14.15 > 16.15 Practical Session
- 4 Work Shops
- Total group is divided into 4 subgroups
- Each group circulates through 4 workshops based on the course content.
- Each workshop lasts 30mins and will be facilitated by a FP nurse.
- Each workshop will consist of role play of clinical scenarios plus practical demonstration.

Workshop 1

STI's

- Role play of STI consult using Sexual Health questionnaire (attached)
- Demonstration of STI sampling kit – All swabs and samples used in STI consultations will be shown with instruction on how they should be used.
- Q&A

Workshop 2

POST NATAL CONTRACEPTION

- Role play of post natal consultation, focusing on contraceptive choices available to either breast or bottle feeders and timing of initiation of different contraceptives post-natally.
- Discussion of relevance of obstetric history to future contraceptive choice - parity, c-section, foetal or other factors.

Workshop 3

(L.A.R.C.) Long Acting Reversible Contraceptives

- Counselling
- Role Play- Implant request
- Role Play- IUS request

Discussion re:

- The necessary documentation of consultation
- Timing of proposed fitting
- Q&A

Workshop 4

LARC fittings

A Preparation for fitting – Demonstration of instruments required

Requirement for Pregnancy tests

Ensuring Consent

B Description of typical fitting consultation

Documentation required and care sheets for patients

C Management of vasovagal episodes during such consultations.