

The RCGP Curriculum

The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



Sexual Health

The Role of the GP and emerging issues in primary care

- Providing contraceptive services, sexual health screening, testing and treatment of STI. Assessing STI risk
- Opportunistic sexual health promotion
- Awareness of legal and ethical issues relevant to sexual health including safeguarding issues
- Awareness of issues relating to gender and gender identity
- Care and support for women with unwanted pregnancy

Knowledge and Skills Self-Assessment Guide

Symptoms and Signs

- Abnormal vaginal bleeding including post-coital and intermenstrual 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 (for example, reactive arthritis, rash)
- Vaginal discharge
- Vulval pain or irritation.

Common and Important Conditions

Infections:

- Bacterial vaginosis
- Candida
- Infestations
- Sexually transmitted infections

Female genital mutilation

Gender identify, gender dysphoria and gender reassignment

Genitourinary skin disorders

Sexual abuse and assault including FGM and child sexual exploitation

Sexual dysfunction - male and female

Unwanted pregnancy and termination of pregnancy

Examinations and Procedures

- Male and female intimate genital examinations
- pH testing of vaginal discharge
- Taking of vaginal swabs

Investigations

- Investigation of STI including swabs, urine and blood tests

Other important content

- Contraception all methods female and male
- Prescribing for patients on HIV medications
- Screening for sexually transmitted infections
- Sexual health promotion

How this might be tested in MRCGP

AKT

- Appropriate use of LARCs
- Investigation of vaginal discharge
- HIV exposure prophylaxis

RCA

- Advice to the parent of a 12 year old boy with concerns about gender identity
- 25 year old man with unilateral painful testis
- 31 year old mother of two with low libido

WPBA

- COT for contraception for a teenager with infant twins who is having unprotected intercourse
- CEPS for intimate genital examinations for men and women
- Learning log on health promotion in a patient under 25 years of age for STIs

How to learn this topic

This section describes *examples* of opportunities for learning.
We recognise that Covid-19 restrictions have significantly affected their accessibility



Other relevant specialties:

- Genito-urinary medicine
- Gynaecology
- Obstetrics
- Fertility Services
- HIV / Infectious diseases
- Public Health

Acute

- Acute gynaecology
- Pelvic infection
- Complications of early pregnancy
- Medical or surgical complications from contraception
- Safeguarding and acute psychological or social presentations
- Domestic Violence and assault

Core Themes

Communication and Consultation - Risk-benefit conversations e.g. contraception (e.g. screening, testing, travel, immunisation); Cultural and language issues.

- **Prescribing** – safety, and cost-effective management
- **Co-morbidity** – interactions and contraindications between contraception and systemic health
- **Teamworking – Other specialties** – eg. gynae, learning from health professionals and counsellors who have trained sexual health; role of public health
- **Ethical and medico-legal** - confidentiality/disclosure, data protection, informed consent, safeguarding and special at-risk groups

Primary Care

- Day to day practice
- OOH
- Community secondary care specialists
- Specialist clinics such as family planning, menopause
- Fertility Services

Community/MDT

- Community/specialist teams e.g. Public Health; Infectious disease; GUM.
- Specialist nursing teams, district midwives, health visitors
- Safeguarding services and social services
- Third sector organisations

Tips

- Audit
- Significant Event Analysis
- Clinical governance
- Risk Assessment
- Dr as teacher
- Leadership
- BNF
- NICE guidelines