

FSRH Letter of Competence in Subdermal Contraceptive Implant Techniques Insertion and removal (LoC SDI-IR)

Thank you for your interest in training in sub-dermal contraception implant techniques.

South Tyneside and Gateshead Sexual Health Services support free clinical training and assessments for GP's and practice nurses to obtain the FSRH Letter of Competency (LoC) in:

- **Subdermal implant insertion and removal (LoC in SDI-IR)**
- **Insertion and removal of intrauterine contraception (LoC in IUT)**

The pathway for training in subdermal implant insertion and removal and LoC SDI-IR qualification follows in this document. Once LoC SDI-IR qualification is issued and a copy is provided, your practice can claim reimbursement for any SDI insertion and removals for contraception purposes completed within General Practice.

Further details on how to claim can be found on the LARC in Primary Care specifications which can be requested from South Tyneside Sexual Health service on stsft.sexualhealthlarcs@nhs.net if a South Tyneside practice or Gateshead Local Authority if a Gateshead practice. Before you start practical training within our service, please ensure that you fulfil and can evidence the training requirements below. Further training details are outlined below, and information can be found the Faculty of Sexual and Reproductive Healthcare website. www.fsrh.org/education-and-training.

The service has received some incredibly positive feedback on the training which has been delivered. The feedback has included:

"The training involved e-learning which was helpful and easy to access".
"I really enjoyed the training and found it to be an interesting challenge where I was able to learn new skills in a very supportive environment. The training was flexible, and I was able to take as long as needed until I felt comfortable with the techniques."

Entry requirements for LoC SDI-IR

All information on the entry requirements can be found on the FSRH website:

[Letter of Competence Subdermal Contraceptive Implants Techniques Insertion and Removal \(LoC SDI-IR\) - How to apply | FSRH](#)

A further summary has been provided below:

1. Registered with a UK or Irish medical professional regulatory body and have a license to practice if that is required by your regulator.
2. Be competent in consultation skills (trainee to self-certify competence on application form).
3. Be up to date with resuscitation and anaphylaxis training – in accordance with UK guidelines and local policy (up-to-date certificates must be reviewed by Primary Trainer). abortion or any method of contraception” and agree to abide by them in practice.
4. Be competent to give intramuscular injections (trainee to self-certify competence on application form).
5. Have read the current FSRH guidance on sub-dermal implants (accessed on FSRH link above) and be conversant with its content and abide by this in practice.
6. Confirm that you have read the 6 principles of care (accessed on FSRH link above) as outlined in the “Guidance for those undertaking or re-certifying FSRH qualifications whose personal beliefs conflict with the provision of abortion or any method of contraception” and agree to abide by them in practice.
7. Have completed the free online contraceptive counselling course or hold current DFSRH, MFSRH or FFSRH. <https://www.fsrh.org/Public/Public/Education-and-Training/fsrh-contraceptive-counselling-online-course.aspx>
8. Be up to date with Levels 1-3 safeguarding children and young people and ensure that level 3 is maintained throughout training.
9. If you are a non-prescriber, your practice must have a PGD/PSD in place.

Once comfortable that the above entry requirements can be met, the following requirements must be complete before starting your practical training.

1. Have completed the e-SRH Module 14 on SDI which can be accessed on e-Learning for Health (accessed via FSRH link above). This is free for anyone with an nhs.net email address. The online learning certificate of completion must be provided to the trainer.
2. Complete the online theory assessment (OTA) or hold a current FSRH diploma, MFSRH or FFSRH. The OTA takes one hour and is a multiple-choice question assessment. As October 2024, the OTA costs £85 to complete but this may be subject to change, please find further information of current costs on FSRH website above.

Once you have fulfilled these entry requirements, please contact the sexual health service on stsft.sexualhealthlarcs@nhs.net. The service will put you in contact with our FSRH registered trainer who will act as your Primary Trainer for your practical sessions.

Practical Clinical Training for LoC SDI-IR

Your Primary trainer will conduct the practical training sessions below to support you to achieve your LoC SDI-IR. A logbook will need to be downloaded from the FSRH website and completed throughout the practical training.

1. The trainer will complete clinical assessments and scenario-based discussions to assess the trainee's ability to conduct an appropriate sexual health and contraceptive choices consultation.
2. The trainer will carry out model arm training to demonstrate insertion and removal techniques on a model arm. They will also demonstrate insertion and removal in a conscious patient.
3. The trainer will then observe and support the trainee in doing insertion and removals on conscious patients. This usually takes 4 clinic sessions at the Sexual Health Service, but this may require further training depending on the individual's confidence and competence.

Overall, we expect the practical training to be completed in 4-5 x 4-hour clinics and all training will all be delivered in the South Tyneside Sexual Health clinics.

To be signed off to apply for the LoC SDI-IR, the trainee must be observed performing at least 2 insertions and 2 removals competently.

Award of LOC SDI -IR

Once you have completed your practical training and have been signed off as competent by your trainer, you will need to complete your logbook, documents and LoC SDI application form which can be found on the FSRH website.

There is an administration fee to pay to FSRH to issue the LoC SDI-IR and further details can be found on the FSRH website.

Frequently Asked Questions

What are the estimated timescales for completing this qualification?

Every trainee has different qualifications, knowledge and skills which means there is no set time-frame for completing this training. It also depends on how quick the trainee can complete the self-directed online learning and assessments prior to commencing their practical training. Once you have completed your online learning, please contact the service to arrange your practical training.

Will I need to re-certify?

The LoC SDI require re-certification every five years and to successfully apply for re-certification you will need to demonstrate:

- Minimum of two credits of relevant CPD over the past five years
- Completion of the relevant e-SRH module (for NHS professionals) or Faculty-approved distance learning (for non-NHS professionals)
- Proof of basic life support and anaphylaxis training
- A log of SDI insertions and/or removals
- A log of insertion procedures covering a consecutive 12-month period within 24 months of the date of re-certification. This log will need to show a minimum of 6 procedures and include a minimum of 1 SDI insertion and 1 removal.

Do I need to complete the OTA if I have previously completed the eKA?

Where candidates have previously passed the eKA as part of another qualification which has been awarded within five years of starting the training, they will not be required to take the OTA.

Where candidates have previously passed the eKA (without achieving another FSRH qualification) within two years of starting the new qualification, they will not be required to take the OTA.

Is there a timeframe the LoC SDI application must be completed within after the OTA assessment?

If the trainee does not have the DFSRH, MFSRH or FFSRH, the LoC SDI application must be submitted within 2 years of passing the OTA.

If the trainee does have the DFSRH, MFSRH or FFSRH then the LoC SDI application can be made at any point if the qualification is still up-to-date, and re-certification has occurred when required.

The service hopes this document provides sufficient information for you to understand entry and training requirements for award of the LoC SDI-IR. If you have any further questions regarding the training, please contact the service on stsft.sexualhealthlarcs@nhs.net.