So you think you need more training in Sexual Dysfunction?

Jane Nicholls
ABC of Sexual Dysfunction
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More Training....

• Do you need it?
• Why do you want to do it?
• What resources will you need?
• Which organisations provide it?
• Who can you ask for more information?
Background

• Service provision for patients with sexual dysfunction (SD) in the UK varies by locality
• Training opportunities +/-
• The professionals who provide the service come from a range of training backgrounds
• Many SD services are under threat with tendering etc.: “Value for money” may be more important. Qualifications may help you defend your position as the expert.
Do you need it?

Survey of new GUM Consultants and Senior Registrars
Survey of Sexual Dysfunction Training in New Consultants and Senior Registrars

Aims

• to establish whether new consultants feel adequately equipped to manage patients with sexual dysfunction

• to ask if any additional training is currently being undertaken

• whether additional training opportunities would be welcome and could be developed
How would you describe your interest in sexual dysfunction?

- Very interested (4)
- Interested (18)
- Neutral (6)
- Not interested (0)
- Not interested at all (1)
In your opinion, how important is it as a GUM physician to have training in sexual dysfunction?

93% (28/30) of respondents felt this training was important 50% (15/30) or very important 43% (13/30)
What, if any, educational events or training opportunities in SD have you experienced during the course of your general GUM training?

Number of trainees

- Informal Teaching: 26
- Departmental Teaching: 20
- Regional study days: 11
- e learning: 8
- BASHH ABC Study Day: 7
- IPM seminars: 3
- Other: 1
- BSSM study day: 1
- ESSM conference: 1
- ESSM summer school: 1
- COSRT training: 1
- NONE: 1

Number of trainees from 0 to 30.
To what extent do you feel your training has equipped you to manage sexual dysfunction?

Only 10% (3/30) of respondents felt their training had adequately equipped them to manage SD. 33% (10/30) felt not adequately or not at all equipped.
How confident do you feel managing patients with the following problems?

<table>
<thead>
<tr>
<th>Problem</th>
<th>Very confident</th>
<th>confident</th>
<th>Neutral</th>
<th>Not confident</th>
<th>Completely Unprepared</th>
</tr>
</thead>
<tbody>
<tr>
<td>Premature Ejaculation</td>
<td>3</td>
<td>5</td>
<td>9</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td>Delayed Ejaculation</td>
<td>0</td>
<td>4</td>
<td>4</td>
<td>16</td>
<td>5</td>
</tr>
<tr>
<td>Erectile Dysfunction</td>
<td>3</td>
<td>6</td>
<td>15</td>
<td>5</td>
<td>1</td>
</tr>
<tr>
<td>Pain with Sex (female)</td>
<td>2</td>
<td>14</td>
<td>5</td>
<td>8</td>
<td>1</td>
</tr>
<tr>
<td>Low libido / female sexual arousal disorder</td>
<td>0</td>
<td>4</td>
<td>8</td>
<td>12</td>
<td>6</td>
</tr>
</tbody>
</table>
Survey Conclusions

• The majority of respondents (93%) feel that training in sexual dysfunction is important
• Only a minority (10%) of respondents felt their training had been adequate
• Most (87%) felt they would benefit from further training: preferred options were study day, clinical teaching and regional masterclass

More training in sexual dysfunction is required for new consultants
Speciality Training Curriculum for Genitourinary Medicine 2016

Syllabus Contents

GUM competencies

1. Sexual and Medical History
2. Examination of the Genitals, Anus, Rectum and Systems – Decision Making and Clinical Reasoning
3. Complaints and medical error
4. Principles of medical ethics and confidentiality
5. Valid consent
6. Legal framework for practice
7. Pathology of sexually transmitted infections
8. Bacterial genital infections
9. Genital ulceration and syphilis
10. Genital lumps, cancer and human papillomavirus infection (HPV)
11. Genital infestations
12. Sexual dysfunction
13. Sexual assault/sexual abuse
14. Genital infections in pregnancy
15. Genital infections in newborn, infants and children
16. Infective causes of vulvovaginitis and balanitis
17. Contraception
18. Gynaecology and Obstetrics for GUM trainees
19. Dermatology for GUM
20. Ethical research
21. Teaching and training

jrcptb.org.uk > specialties > GUM > 2016 curriculum
Why?

• To help you identify patients with sexual difficulties and refer them on...... (to someone else)
• To run a sexual dysfunction service
• To practice independently or as part of a team
• What is your background and skill set (doctor, nurse, physio, therapist) and
• How could you contribute to an already established team/service in your area?
What will you need?

- Time
- Money
- Support from your department
- A training course locally
- Determination
- Headspace
3 Routes to Training

• European Society for Sexual Medicine (ESSM)
• College of Sex and Relationship Therapists (COSRT)
• Institute of Psychosexual Medicine (IPM)
European Society of Sexual Medicine

ESSM

• Established in 1995, has >1800 members
• Educational programme from basic to extend knowledge and skills.
• Runs a 10 day course “the Oxford Course” next in Budapest 26th Oct to 5th Nov 2017
• €2300 (~£2110) inclusive of accommodation & meals
• Course open to “persons with post-graduate experience in any relevant clinical specialism doctors, psychologists, nurses and physiotherapists”
ESSM Exams- Doctors

- To become Fellow of the European Committee of Sexual Medicine (FECSM) exam called MJCSM
- Log book 20 cases & MCQ exam (100 in 3 hours)
- Exam Fee € 400* (~£367)
- The ESSM Manual of Sexual Medicine (everything you need to know)
- Estimated preparation time 18 months
- Pre exam preparation course associated with the annual congress in Lisbon Feb 2018
ESSM Exams - Psychologists

• Psychologists Welcome!
• A different exam EFS and ESSM certified psycho-sexologist (ECPS)
• Exam Fee € 300* (~£275)
• 100 MCQs in 3 hours
• Eligibility criteria
  – Psychology degree
  – Psychiatry degree
  – MD degree with additional psychotherapy training
  – *Plus* 2 years clinical training in sexology
What’s different about ESSM?

- Strong evidence base
- Good on medical management
- Predominantly undertaken by urologists and andrologists but increasingly attracting a wider group of medical specialists
- A bio-psycho-social model
ESSM – Will this suit me?

Advantages
• Structured
• Medical management discussed
• Good preparation for exams
• Welcomes psychologists

Disadvantages
• Expensive
• Involves travel to Europe
• No supervision or clinical assessments
• Nurses and physios not able to take exams
• Less focused on psychological processes
College of Sex and Relationship Therapists COSRT

- The UKs leading organisation for therapists specialising in sexual and relationship issues
- Involves supervised clinical work (450 hours, 1:6 supervised) for accreditation in addition to the course – potentially 2 years
- List of accredited supervisors
- For therapists but “open to other professionals”
COSRT courses

• Vary in length from 2 to 4 years (Diploma and MSc) and cost around £6000

Courses in London:

• London Diploma Psychosexual and Relationship Therapy (with University Middlesex) *Finchley*
• MSc Psychosexual and Relationship Therapy *Tavistock Relationships, Warren Street*
• Diploma in Integrative Psychosexual Therapy *Spiral Centre, Islington (new)*
COSRT courses

Courses outside London:

• Post Graduate Diploma/ MSC psychosexual therapy *University of Central Lancashire, Preston*

• Post Graduate Diploma in Psychosexual Therapy & Relate Professional Certificate 1 year £4000 (already need to be a relationship therapist) *Doncaster*

• Diploma in Clinical Sexology (2 year) *Cambridge*

• Relationship Scotland’s Diploma in Sex and Relationship Therapy *Edinburgh*
What’s different about COSRT?

• Strong preference for couple to attend
• Holistic approach taking into account the relationship and sexual issues
• Problem orientated, behavioural
• Uses cognitive behavioural therapy (CBT)
• “Homework” set
• Treatment could involve
  – sensate focus with intercourse ban
  – self focus
  – relaxation exercises
COSRT – Will this suit me?

Advantages
- Structured, practical
- Clinical focus
- Good for couples training
- Likely to be a COSRT supervisor locally
- Welcomes “other professionals”

Disadvantages
- Training courses vary in length and accreditation will take longer
- Courses OK if you live near a centre
- Cost commitment
- No medical management
Institute of Psychosexual Medicine
IPM

- Established in 1974, by Tom Main a psychiatrist and psychoanalyst
- Seminar based case discussions
- Training is open to doctors, nurses and physiotherapists
- 12 hours per term (e.g. 6 x 2 hours or 4 x 3 hours) £260 for doctors and £160 for allied health professionals
IPM Exams

• **Diploma** of the Institute of Psychosexual Medicine
  – After 2 years of seminars
  – Basic skills in psychosexual medicine
  – Costs £300

• **Membership** of the Institute of Psychosexual Medicine
  – After a further 2 years of seminars
  – To assess specialist skills and competence to work in specialist referral settings
  – Costs £400

• Both exams assessed on cases from log book

• Open to clinicians who examine (doctors, nurses and physiotherapists)
Introductory Term IT

• Throughout the year, many locations, flexible
• Suitable for clinicians who examine and other professionals who don’t examine health advisers, therapists and counsellors (6-10 per group)
• Teaching, discussion, case presentations
• **Duration:** a total of twelve hours arranged over 3 - 6 sessions.
• **Fees:** Doctors: £260 Allied Health Professionals: £200
What’s different about IPM?

• Looks for underlying causes of sexual dysfunction (SD) including the unconscious
• Looks at the whole patient rather than at a problem to be solved
• Uses the “here and now” of the consultation
• Genital examination is used to examine the psychological as well as physical
• “Psychodynamic model”
IPM – Will this suit me?

**Advantages**
- Looks at the whole patient
- Will improve consultation skills in all areas
- Skills used in day to day practice
- No written work or separate study
- Likely to be a seminar group locally

**Disadvantages**
- Challenging in the early stages
- Requires regular commitment to seminars
- Takes time to develop new skills
- No direction in terms of medical management
- 4 years to independent practice
Conclusions

- Every training offers something different
- Think about the time and money you can commit to it and what opportunities are available locally
- Think about your end game (your dream job, services locally, your team)
- A combination of the above is likely to provide you with the most comprehensive training