

OVERVIEW OF “SEXUAL HEALTH” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

Sexual health is a subject of importance to the family doctor. Sexually transmitted infections cause short term and long term morbidities if they are inadequately treated. What is also needed by the family doctor is the ability to persuade at risk patients to practice safer sex practices. This family practice skills course is sponsored by Health Promotion Board (HPB) and supported by DSC (Department of STI Control) Clinic. Thanks are due to the many people, speakers, writers and chairpersons who have made the delivery of this course possible.

COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment)
- 2 Seminars (2 Core FM CME points per seminar)
- 2 Workshops (1 Core FM CME point per workshop)
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year)

Distance Learning Course

Unit 1: Empathy – The Essentials in Counselling People with HIV

Ho Lai Peng

Unit 2: The Role of the Family Doctor in HIV Medicine

Dr Lee Cheng Chuan

Unit 3: HIV/ AIDS: Who is at Risk and Why?

Samantha Bennett

Unit 4: A Review of the Epidemiology of Human Immunodeficiency Virus (HIV) and Sexually Transmitted

Infections (STI) - Globally and in Singapore

Prof Roy Chan, Dr Priya Sen, Theresa Soon

Unit 5: The Management of Patients Presenting with Genital Discharge

Dr Ellen Chan

Unit 6: A Syndromic Approach to the Management of Genital Ulcers

Dr Priya Sen

Unit 7: A Practical Approach to Genital Growths and Rashes

Dr Martin TW Chio

COURSE TOPIC DETAILS

Unit 1: Empathy – The Essentials in Counselling People Living With HIV

- Introduction
- Issues which people living with HIV face
- Definition of empathy
- The posture of empathy
- How do we empathise?
- The benefits of empathy

Unit 2: The Role of the Family Doctor in HIV Medicine

- Introduction
- HIV and AIDS defined
- Phases of clinical HIV infection
- Find – screen at risk patients and prevent HIV
- Test – early diagnosis of acute infection
- Treat – participate in shared care management with HIV specialists
- Retain – retain the wellbeing of PLHIV

Unit 3: HIV/ AIDS: Who is at Risk and Why?

- Introduction
- Current HIV/AIDS landscape in Singapore
- Who are at risk?
- Why are they at risk?
- Working with the At-Risk Groups
- Counselling individuals to adopt safer sexual practices

Unit 4: A Review of the Epidemiology of Human Immunodeficiency Virus (HIV) and Sexually Transmitted Infections (STI) - Globally and in Singapore

- Epidemiology of HIV infection
- Epidemiology of Sexually Transmitted Infections

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Director of Academic Development, Institute of Family Medicine, College of Family Physicians Singapore

- Summary

Unit 5: The Management of Patients Presenting with Genital Discharge

- Introduction
- Vaginal Discharge
- Non-sexually Transmitted Causes of Vaginal Discharge
- Sexually-Transmitted Causes of Vaginal Discharge
- Management of Women Presenting with Vaginal Discharge
- Urethritis in Males
- Indications for Referral to a Sexual Health Clinic

Unit 6: A Syndromic Approach to the Management of Genital Ulcers

- Introduction
- Diagnostic Approach
- Herpes Simplex Virus Infection
- Syphilis
- Chancroid

Unit 7: A Practical Approach to Genital Growths and Rashes

- Introduction
- Clinical History
- Examination
- Investigations
- Normal Variants
- Common Causes of Itch in the Genital Area
- Genital Dermatology – A Morphologic Approach
- Management
- Conclusion

FACE-TO-FACE SESSIONS

Seminar 1: 16 March 2013, 2.00pm – 4.00pm

Unit 1: Empathy – The Essentials in Counselling People with HIV

Ho Lai Peng

Unit 2: The Role of the Family Doctor in HIV Medicine

Dr Lee Cheng Chuan

Unit 3: HIV/ AIDS: Who is at Risk and Why?

Samantha Bennett/Felicia Everard

Workshop 1: 16 March 2013, 4.30pm – 5.30pm

Case Studies

Dr Lee Cheng Chuan

Seminar 2: 17 March 2013, 2.00pm – 4.00pm

Unit 4: A Review of the Epidemiology of Human Immunodeficiency Virus (HIV) and Sexually Transmitted Infections (STI) - Globally and in Singapore
Prof Roy Chan, Dr Priya Sen, Theresa Soon

Unit 5: The Management of Patients Presenting with Genital Discharge
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Unit 6: A Syndromic Approach to the Management of Genital Ulcers
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Unit 7: A Practical Approach to Genital Growths and Rashes
Dr Martin TW Chio

Workshop 2: 17 March 2013, 4.00pm – 5.30pm

Health Choices and STI Control

Samantha Bennett