

# FSRH essential contraception following childbirth course

Are you a healthcare professional involved in care following childbirth and interested in developing your sexual and reproductive healthcare knowledge and skills? Then the FSRH Essential Contraception following Childbirth course is for you. This is an interactive half day course with scenario-based learning, presentations, time for discussion, questions and role play.

Run by Spectrum Community Health CIC, this course is relevant for all practitioners working with patients following birth who need an introduction to Contraception and provides a useful update for more experienced staff. There are no assessments, but it is a useful foundation for further training such as the FSRH Diploma.

At the end of the course, you will be able to:

- Describe the currently available contraceptive methods
- Discuss the main advantages and disadvantages of these contraceptive methods
- Identify contraindications to contraceptive methods by using the UKMEC
- Understand when contraception can be started after pregnancy
- Introduce contraception into consultations with pregnant and recently delivered women
- Understand the use of "Bridging Contraception"

**Date:** Friday 15 November 2024 9am - 1pm

**Venue:** Spectrum Community Health CIC,  
One Navigation Walk, Hebble Wharf,  
Wakefield, WF1 5RH

**Cost:** £50

