



THE UNIVERSITY OF
MELBOURNE

Centre for
Excellence in
Rural Sexual
Health

Rural Sexual & Reproductive Health Skills

Training Guide



Acknowledgement of Country

The University of Melbourne acknowledges the Traditional Owners of the unceded land on which we work, learn and live: the Wurundjeri Woi-wurrung and Bunurong peoples (Burnley, Fishermans Bend, Parkville, Southbank and Werribee campuses), the Yorta Yorta Nation (Dookie and Shepparton campuses), and the Dja Dja Wurrung people (Creswick campus).

The University also acknowledges and is grateful to the Traditional Owners, Elders and Knowledge Holders of all Indigenous nations and clans who have been instrumental in our reconciliation journey.

We recognise the unique place held by Aboriginal and Torres Strait Islander peoples as the original owners and custodians of the lands and waterways across the Australian continent, with histories of continuous connection dating back more than 60,000 years. We also acknowledge their enduring cultural practices of caring for Country.

We pay respect to Elders past, present and future, and acknowledge the importance of Indigenous knowledge in the Academy. As a community of researchers, teachers, professional staff and students we are privileged to work and learn every day with Indigenous colleagues and partners.

In making this Acknowledgment of Country we commit to respectful and responsible conduct towards all others according to the Traditional lores of this land, particularly at times of formal ceremony.

Abbreviations

AMS	Australasian Menopause Society
CST	Cervical Screening Test
DoxyPEP	doxycycline post-exposure prophylaxis
GP	General Practitioner
HEP B	Hepatitis B
HIV	Human Immunodeficiency Virus
IUD	Intrauterine Device
MBS	Medicare Benefits Schedule
Ms2Step	Mifepristone and Misoprostol
NP	Nurse Practitioner
PrEP	Pre-exposure Prophylaxis
RANZCOG	Royal Australian and New Zealand College of Obstetricians and Gynaecologists
s100	Section 100 of the PBS
SHV	Sexual Health Victoria
SRH	Sexual and Reproductive Health
STI	Sexually Transmissible Infection

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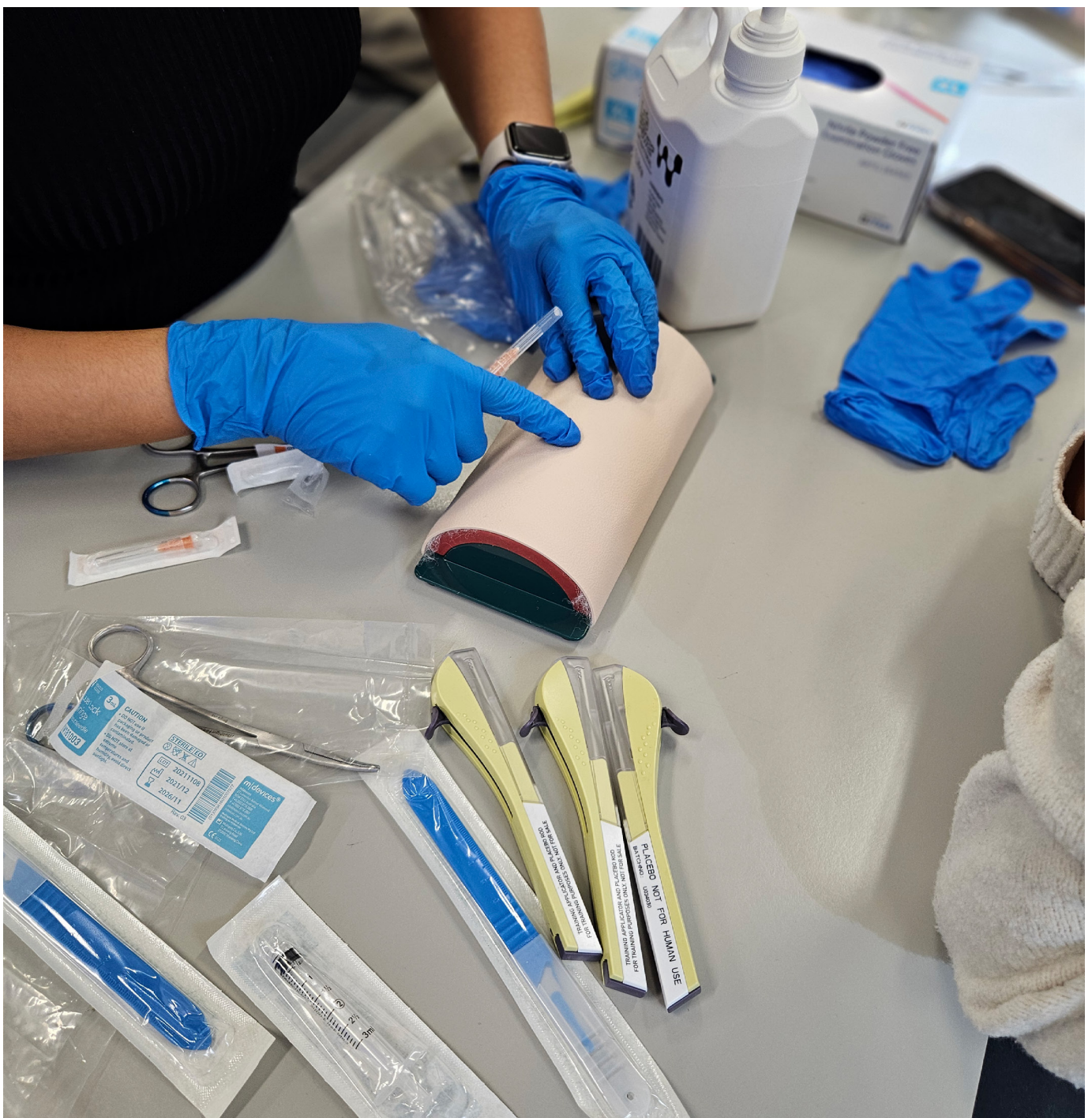
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Introduction

The Rural Sexual and Reproductive Health Skills Training Guide has been developed as part of The Centre for Excellence in Rural Sexual Health (CERSH), Rural Services Development Project. It offers an overview of available sexual and reproductive health (SRH) training opportunities for a range of healthcare professional including but not limited to General Practitioner's (GP), Nurses other healthcare providers interested in enhancing their SRH knowledge and skills.

Additionally, the guide includes information about potential grants and scholarships that may help financially support practitioners to access professional development.

This guide has been specifically designed with the rural and regional workforce in mind, addressing the unique challenges they face when accessing training.



Sexual and Reproductive Health Skills, Training and Outcomes

Figure 1: Overview of sexual and reproductive health training providers and suggested outcomes

	Understanding SRH	Sexually Transmissible Infections (STI)	Contraception	Implanon NXT	Intrauterine Device (IUD)	NonDirective Pregnancy Counselling	MS2Step & Early Medical Abortion	s100 (section 100) Prescribing	Menopause Management
Training Providers	<ul style="list-style-type: none"> Centre for Excellence in Rural Sexual Health Melbourne Sexual Health Centre Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine University of Melbourne Sexual Health Victoria 	<ul style="list-style-type: none"> Centre for Excellence in Rural Sexual Health Melbourne Sexual Health Centre Victorian HIV and Hepatitis Integrated Training and Learning Program Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine 	<ul style="list-style-type: none"> Centre for Excellence in Rural Sexual Health Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine Women's Health Victoria Sexual Health Victoria 	<ul style="list-style-type: none"> Organon NXT / Implanon Trainer Royal Womens Hospital Sexual Health Victoria 	<ul style="list-style-type: none"> Royal Australian and New Zealand College of Obsetricians and Gynaecologists/ IUD trainer Royal Womens Hospital Sexual Health Victoria 	<ul style="list-style-type: none"> Royal Australian College of General Practitioners 	<ul style="list-style-type: none"> Centre for Excellence in Rural Sexual Health MS Health Womens Health Victoria Sexual Health Victoria Sexual Health Quarters Children by Choice 	<ul style="list-style-type: none"> Victorian HIV and Hepatitis Integrated Training and Learning Program Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine 	<ul style="list-style-type: none"> Jean Hailes Australasian Menopause Society Sexual Health Victoria
Training outcomes	<ul style="list-style-type: none"> Broad understanding of SRH 	<ul style="list-style-type: none"> Understanding of STI treatment and management 	<ul style="list-style-type: none"> Understand contraception options available 	<ul style="list-style-type: none"> Implanon insertion and removal GP eligible MBS 14206 & 30062 	<ul style="list-style-type: none"> IUD insertion and removal GP eligible MBS 35503 	<ul style="list-style-type: none"> GP eligible MBS 4001 	<ul style="list-style-type: none"> Understanding of MS2Step prescribing and pregnancy options 	<ul style="list-style-type: none"> Authorisation to prescribe S100 medications 	<ul style="list-style-type: none"> Knowledge of menopause management

Understanding Sexual and Reproductive Health

These SRH courses provide a comprehensive overview of sexual and reproductive healthcare, and may focus on key topics such as contraception, sexually transmissible Infections (STI), pregnancy options, and privacy and confidentiality. Understanding SRH courses aims to equip healthcare professionals with the knowledge and skills necessary to deliver high-quality SRH services.

Table 1: Understanding of SRH training providers

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Centre for Excellence in Rural Sexual Health	Facets of Rural Sexual Health	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Melbourne Sexual Health Centre	Clinical education for General Practitioners Clinical education for Nurses	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine (ASHM)	Sexual Health Reproductive Health	All Doctors Nurse Practitioners Midwives Nurses	No cost Online
University of Melbourne	Graduate certificate in Sexual Health	Healthcare professionals with a health-related degree (or equivalent), OR an undergraduate degree in a cognate discipline (or equivalent).	Costs available on website Online/Face to face (Melbourne)
Sexual Health Victoria	FPAA National Certificate in Reproductive & Sexual Health- Evening virtual workshop series	Doctors Nurse Practitioners - contact Sexual Health Victoria (SHV)	Cost available on website Online
	Women's Reproductive and Sexual Health Course	Doctors Nurse Practitioners - contact SHV	Cost available on website Online
	Comprehensive Sexual and Reproductive Health (Nursing) Course	Nurse Practitioners Midwives Registered Nurses Enrolled Nurses- contact SHV	

Sexually Transmissible Infections

STI courses will offer the tools to confidently manage common STI screening and care, making sexual health a routine everyday part of your primary health care practice.

Table 2: STI training providers

Training providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Centre for Excellence in Rural Sexual Health	Facets of Rural Sexual Health	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Melbourne Sexual Health Centre	Clinical education for General Practitioners Clinical education for Nurses	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Victorian HIV and Hepatitis Integrated Training and Learning program	Training and education (STI essentials)	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine	Sexual Health Fundamentals	Doctors Nurse Practitioners Midwives Nurses	No cost Online
	Sexual Health in Primary Care	Doctors Nurse Practitioners Midwives Nurses	

Contraception

Contraception courses will enhance or refresh knowledge of current contraceptive methods, covering topics such as clinical consultation, different contraception options which may include long acting reversible contraception, injections and emergency contraception.

Table 3: Contraception training providers

Training providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Centre for Excellence in Rural Sexual Health	Facets of Rural Sexual Health	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine	Contraception Essentials	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Women's Health Victoria	Abortion, Contraception and Sexual Health: Supporting Client Access	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Sexual Health Victoria	Contraception	Doctors Nurse Practitioners Midwives Nurses	Cost available on website Online

Implanon NXT

Implanon NXT training provides high-quality instruction on patient positioning, as well as the insertion and removal techniques for Implanon NXT, ensuring providers gain the skills needed for effective and safe practice.

**This training is required for GP's to bill 14206 & 30062 (Hormonal Implant insertion and removal MBS item number).*

Indemnity Insurance

It's important you are covered with your medical indemnity company.

Figure 2: Steps of contraceptive implant (Implanon NXT) training



Table 4: Implanon NXT training providers

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode	Notes
Organon Implanon NXT (clinical placement with Implanon trainer)	Theory education	Doctors Nurses Midwives Enrolled nurses (Must have relevant experience)	No cost Theory online Simulation component-cost and delivery mode may vary.	Must complete simulation and assessment with Implanon trainer post theory training (online or face to face). Find local Implanon trainer on Organon website: organonpro.com/en-au
Royal Women's Hospital	Practical workshops	Doctors Nurses Midwives Enrolled nurses (Must have relevant experience)	No cost Face to face (Melbourne)	Limited spots available
Sexual Health Victoria	Contraceptive Implant (Implanon NXT) Education and Simulation Course – Online modules and live virtual simulation	Doctors Nurses Midwives Enrolled nurses (Must have relevant experience)	Costs available on website Online and virtual simulation session	

Intrauterine Devices

Intrauterine Device (IUD) training combines theoretical learning with hands-on clinical experience, providing the knowledge needed to become a skilled IUD inserter. This training is ideal for GP's and Nurse Practitioner's (NP) who can offer IUD services to at least 10 patients annually.

**This training is required for GP's to bill 35503 (IUD insertion MBS item number).*

Indemnity Insurance

It's important you are covered for IUD insertions with your medical insurance company prior to training.

Please be aware that medical insurance companies will have different requirements for IUD insertion within your practice.

Figure 3: Steps of IUD training

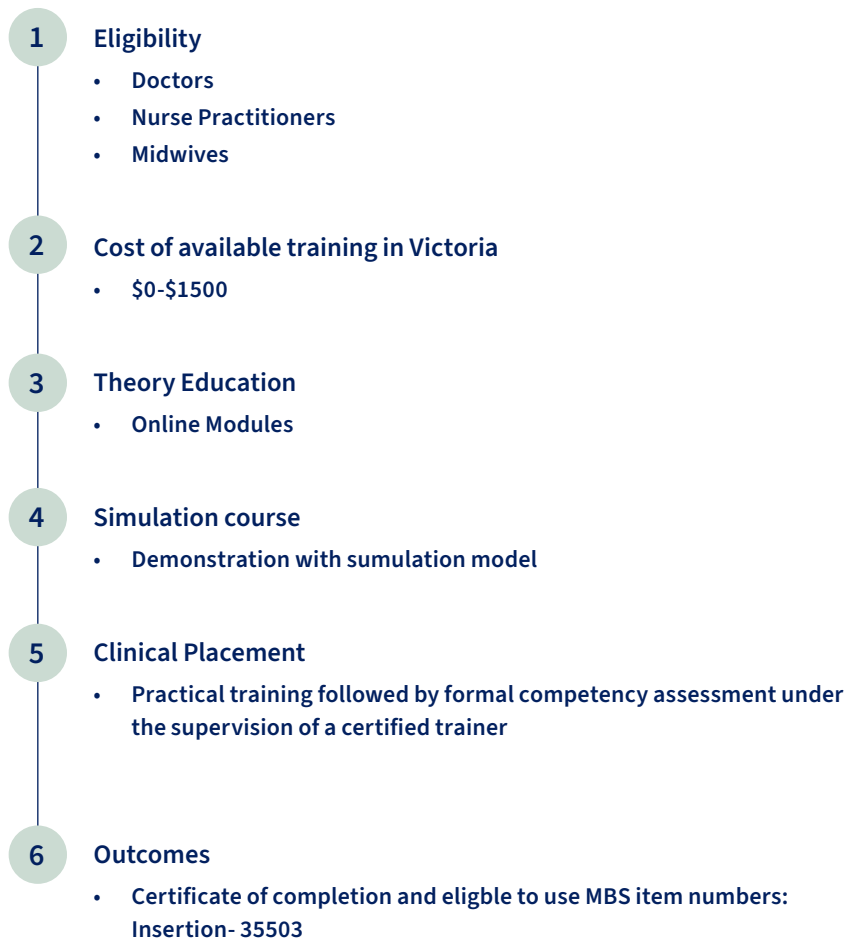


Table 5: IUD training providers

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode	Notes
Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG)	Long-acting reversible contraception	Doctors Nurse Practitioners Endorsed Midwives	RANZCOG theory: No cost & online	For IUD trainer pathway information, please contact CERSH
IUD Trainer			Practical training: cost may vary/face to face, location may vary	
Royal Women's Hospital	IUD procedure training	Doctors Nurse Practitioners Endorsed Midwives	No cost Face to face (Melbourne)	Available to government funded women's health hubs
Sexual Health Victoria	IUD insertion and removal theory	Doctors Nurse Practitioners Endorsed Midwives	Costs available on website Online	If completing theory course, must complete the clinical placement afterward.
	IUD Insertion – Online modules and clinical placement		Costs available on website Online/face to face (Melbourne)	

Non-Directive Pregnancy Counselling

The non-directive pregnancy counselling training teaches GP's how to provide confidential support, allowing patients to explore concerns about a current or recent pregnancy in a safe and non-judgmental environment.

**This training is required for GP's to bill 4001 (non-directive pregnancy counselling MBS item number).*

Table 6: Non-directive pregnancy counselling training providers

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode	Notes
Royal Australian College of General Practitioners	Log-in to Gplearning: Non-Directive Pregnancy Counselling	Doctors	No cost Online	*Nurse Practitioners can complete the training however not eligible for Non-Directive Pregnancy Counselling MBS billables

Early Medical Abortion

Mifepristone and Misoprostol (Ms2Step) training focuses on how to effectively prescribe Ms2Step to patients for early medical abortions.

Other medical abortion and unintended pregnancy support training provides the foundational knowledge and skills for delivering a comprehensive, best-practice early medical abortion care.

Table 7: MS2Step, early medical abortion and pregnancy options training providers

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Centre for Excellence in Rural Sexual Health	Facets of Rural Sexual Health	Doctors Nurse Practitioners Midwives Nurses	No cost Online
MS Health	Ms2Step	Prescribing practitioners	No cost Online
Women's Health Victoria	Early Medical Abortion	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Sexual Health Victoria	Early Medical Abortion Care	Doctors Nurse Practitioners Midwives Nurses	Cost available on website Online
Sexual Health Quarters	Unintended Pregnancy Counselling Training	Doctors Nurse Practitioners Midwives Nurses	Cost available on website Online
Children by Choice	Introduction to abortion and pregnancy options	Doctors Nurse Practitioners Midwives Nurses	Cost available on website Online

Section 100 Prescribing

These courses are designed to support GP's and NP's in managing and treating Human Immunodeficiency Virus (HIV) and Hepatitis B (Hep B) in the general practice setting, providing the opportunity to establish relationships with local specialist services for ongoing mentoring and referral. Upon successful completion of this training and the associated assessment, you may apply to your relevant state department of health for authority to prescribe section 100 (s100) drugs for the management of HIV in Australia. Note: to maintain prescribing authority, you must participate in ongoing continuing professional development education.

Table 8: s100 prescribing training providers

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Victorian HIV and Hepatitis Integrated Training and Learning program	HIV and Hep B s100 Prescriber courses	Prescribing medical practitioners and nurse practitioners	No cost Online
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine	National HIV s100 Prescriber Course	Prescribing medical practitioners and nurse practitioners	No cost Online

Menopause Management

This course is aimed at helping health professionals stay current with the latest evidence on menopause management and gain confidence in delivering patient-centered care.

Table 9: Menopause management training providers

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Jean Hailes	Managing menopause in general practice	Doctors Nurse Practitioners Midwives Nurses	No cost Online
Australasian Menopause Society (AMS)	AMS e-learning	Doctors Nurse Practitioners Midwives Nurses	Costs available on website Online
Sexual Health Victoria	Menopause Management and Mini Audit	Doctors Nurse Practitioners	Costs available on website Online

Other Relevant Training

Other relevant training courses are crucial for expanding the SRH service skill set. These courses provide valuable knowledge that supports a holistic approach to SRH, ultimately enhancing the quality and scope of care provided to patients.

Cervical Screening

To achieve formal clinical competency in cervical screening testing (CST) within Victoria:

- Complete a Cancer Council-accredited cervical screening training course.
- Upon successful completion of the accredited course, individuals are eligible to apply for Nurse Cervical Screening Provider Certification with Cancer Council Victoria.

Below there are 2 courses that give a good understanding of the national cervical screening program to enhance service delivery.

Nurse Cervical Screening Provider Certification

Nurses who have completed a cervical screening course are eligible and encouraged to apply for Certification with **Cancer Council Victoria**.

Note:

VCS Pathology is only able to bill Medicare for CST requests that are signed by a practitioner with a Medicare provider number (e.g. GP or NP).

Table 10: Cervical screening and national cervical screening program training providers (as of March 2025)

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Centre for Excellence in Rural Sexual Health	Facets of Rural Sexual Health	All rural healthcare professionals	No cost Online
Australian Centre for the Prevention of Cervical Screening	National Cervical Screening Program eLearning modules	All healthcare professionals	No cost Online
Sexual Health Victoria	Cervical Screening Course	Nurse Practitioners Midwives Registered Nurses Enrolled nurses – contact SHV	Costs available on website Face to face and online
University of Melbourne	Graduate Certificate in Sexual Health	Healthcare professionals with a health-related degree (or equivalent), OR an undergraduate degree in a cognate discipline (or equivalent).	Costs available on website Face to face (Melbourne)

Point of Care Ultrasound

Point of care ultrasound training is recommended for practices that have a point of care ultrasound. It can help confirm an intrauterine pregnancy, estimate gestational age, assess IUD placement, and identify the cause of a patient's pain and bleeding.

Table 11: Point of care ultrasound training providers (as of March 2025)

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
ZEDU	MTOP Ultrasound Course	Doctors Nurse Practitioners Midwives Nurses - contact ZEDU	Costs available on website (Melbourne)

PrEP and Doxycycline Post-Exposure Prophylaxis (DoxyPEP) Prescribing

This training is designed to equip clinicians with essential knowledge about PrEP and DoxyPEP. It covers patient suitability assessment, prescribing practices, and ongoing monitoring for individuals using PrEP or DoxyPEP to prevent or respond to HIV transmission.

Table 12: PrEP prescribing training providers (as of March 2025)

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Victorian HIV and Hepatitis Integrated Training and Learning program	PrEP and HIV essentials for Primary Care	Prescribing medical practitioners and nurse practitioners	No cost Online
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine	Introduction to PrEP Prescribing	Prescribing medical practitioners and nurse practitioners	No cost Online
	DoxyPEP decision making tool		

Mpox

This module provides information on Mpox (monkeypox) and Mpox vaccine for approved immunisation providers delivering the vaccine in Victoria.

All health professionals involved in Victoria's Mpox vaccination program are strongly encouraged to complete this training.

Nurse immunisers and pharmacist immunisers approved to provide the Mpox vaccine must complete this training prior to administering mpox vaccination within Victoria, as a condition of their authorisation.

Table 13: Mpox vaccination administration training providers (as of March 2025)

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Department of Health Victoria State Government	Mpox (Monkeypox) module	All immuniser healthcare professionals	No cost Online

Point-of-Care Testing

Point of-care tests provide an opportunity for providing testing to people who may not otherwise seek testing from medical settings and can enhance linkage to care.

Table 14: Point-of-care testing training providers (as of March 2025)

Training Providers	Courses	Eligible healthcare professionals	Cost & delivery mode
Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine	Point of care testing for Hepatitis C, Hepatitis B, and HIV Infections	All healthcare professionals	No cost Online
	HIV point of care testing training		
Atomo	Atomo HIV Self-Test Pharmacy training	All	No cost Online



Scholarships and Grants

- Cancer Council Victoria – Hepatitis B s100 Prescriber Course Scholarship
- Cancer Council Victoria – Cervical Screening Scholarship
- Rural Workforce Agency Victoria – Grants

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