

American Medical Student Association AMSA Academy
Sexual Health Leadership Course
October 2018 - March 2019

Course Director: Hytham Rashid, MPH/M4

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Grading: Pass/Fail (Completion Requirements below)

I. Course Description

AMSA firmly believes in comprehensive sexual education for people throughout the life cycle. As such, it is crucial that medical students be taught about sexual health and sexual dysfunction in order to effectively treat and teach their patients. An article in the Journal of the American Medical Association (JAMA) reported 43% of women and 31% of men in the United States experience sexual problems. Sexual problems included issues with desire, arousal, orgasm, or pain and were often secondary to other medical conditions. Left untreated, sexual problems often have an association with decreased quality of life, depression, interpersonal conflicts, and frequently lead to patient noncompliance with medications. Despite the high prevalence of sexual dysfunction among individuals in the US, many physicians feel inadequately prepared to manage sexual problems and support healthy sexuality. In fact, our course has found that 85% of medical students report receiving less than five hours of medical education dedicated to sexual health.

In 2009, AMSA launched the Sexual Health Leadership Course (formerly known as the Sexual Health Scholars Program) to begin to address the lack of knowledge and skills training of American medical students in sexual health.

II. Course Objectives

By the end of the Scholars Programs, scholars will be able to:

Knowledge

- Become leaders in the Sexual Health community
- Develop a network of colleagues and mentors within the Sexual Health community.

Skills

- Develop an understanding of sexual health and sexuality, and related topics.
- Apply skills learned during the course (such as sexual history-taking) in real-life interactions with patients and other situations

Attitudes

- Develop a respect for the strengths and limitations of applying evidence-based medicine principles to the circumstances of an individual patient.
- Understand the complexities of sexuality and sexual health
- Keep an open mind on differing views on sex, sexuality, and sexual health
- Learn how to address sexual health issues in a manner that is free of judgment or prejudice

III. Format and Procedures Program

Program Dates

- The Scholars Program will consist of weekly webinars with guest speakers and small group sessions to discuss final project details
- The program will run from October 2018 – March 2019
- There will not be any webinars during the month of December

Learning

- Platform
- The course will largely be conducted via webinar using an online-based web conference platform. You will need access to either a phone or a computer equipped with audio.
- Many computers come equipped with microphone and webcam. We encourage you to use the audio and video options equipped within the video conference platform to facilitate online learning.

Homework

- Weekly homework will usually consist of articles, publications, media clips, short stories, a discussion question, or reflection response.
- There will be occasional surveys or open-ended quizzes or reflections

Projects

- Each scholar will be required to create a final project that may be shared with fellow scholars or presented at AMSA Convention in February 2019.

Course Credit

- Scholars may be able to receive elective credit from their home institution for this course. While AMSA unfortunately cannot grant elective credit at this time, we are happy to support you with documentation that will aid you as you seek elective credit.
- Each scholar that completes the requirements outlined in Section V below will be provided an official Certificate of Completion.

IV. Expectations of Scholars

Scholars are expected to:

- Actively participate in both large group and small group sessions. If you cannot attend one of the classes, please inform the course directors and small group facilitators of the expected absence ahead of time.
- Attend the number of required sessions.
- Complete all homework assignments and readings before sessions begin.
- Remain open-minded and respectful of others views.
- Actively participate in all discussions.
- Complete a final project to increase knowledge of Sexual Health. Final projects can be an individual or group effort.
- Complete surveys and post-session evaluations in order to provide feedback on the course and improve future courses.
- Scholars will be highly encouraged, but NOT required, to attend the AMSA National Convention held TBD.

V. Completion Requirements for Certification

Class attendance:

- Domestic Students and International Students in the Caribbean and the Americas:
 - Must attend 80% of required webinars
 - Can watch up to two recorded webinars and complete a for each to obtain make-up credit for attendance
 - Complete surveys, quizzes, and reflections as required
- International Students in Europe, Asia, Africa, and Australia
 - Must watch 80% of required recorded webinars within 72 hours of the original session
 - Submit a SHORT reflection of the webinar to the course Co-Directors within 72 hours of the original session
 - Complete surveys, quizzes, and reflections as required

Final Project:

- Scholars will complete a final project which will allow scholars to experience Sexual Health in-depth or bring awareness of Sexual Health and/or Sexuality to their community or institution. Small group sessions, guidelines, project examples and check-ins will be provided to help guide scholars with brainstorming ideas and executing their final projects.
- All project proposals are due via email to the SHLC Course Directors by **December 3rd, 2018 by 11:59PM EST.**
- Final projects are due via email on **Feb 1st, 2019 by 11:59PM EST.**

VI. Inclusivity Statement

We understand that our members represent a rich variety of backgrounds and perspectives. The American Medical Student Association (AMSA) Academy is committed to providing an atmosphere for learning that respects diversity. While working together to build this community we ask all members to:

- Share their unique experiences, values and beliefs.
- Be open to the views of others.
- Honor the uniqueness of their colleagues.
- Appreciate the opportunity that we have to learn from each other in this community.
- Value each other's opinions and communicate in a respectful manner.
- Keep confidential discussions that the community has of a personal (or professional) nature.
- Use this opportunity together to discuss ways in which we can create an inclusive environment in this course and within the AMSA community.

VII. Course Schedule

Session	Date	Topic	Type
1	Tuesday, October 2 nd	Orientation	Large Group
2	Tuesday, October 9 th	Sexual Health Values, Models, and Language	Small Group
3	Tuesday, October 16 th	The Birds and The Bees: Sexual Anatomy	Large Group
4	Tuesday, October 23 rd	Sexual History Taking 101	Small Group
5	Tuesday, October 30 th	Common Male Sexual Concerns and Treatments	Large Group
6	Tuesday, November 6 th	Common Female Sexual Concerns and Treatments	Large Group
7	Tuesday, November 13 th	Relationships, Body Image, & Sexual Self-Esteem	Small Group
8	Tuesday, November 20 th	Queer Youth Health 101	Large Group
9	Tuesday, November 27 th	Transgender Health 101	Large Group
10	Tuesday, January 8 th	Disability and Sexuality	Large Group
11	Tuesday, January 15 th	Current Advances in Sexual Health Research	Large Group
12	Tuesday, January 22 nd	Sex toy safety	Small Group
13	Tuesday, January 29 th	Humanitarian Reproductive Health	Large Group
14	Tuesday, February 5 th	Abortion care (1st/2nd Trimester)	Large Group
15	Tuesday, February 12 th	Final Project Presentations	Large Group