ESSM update 2016

Y. Reisman MD, PhD, FECSM
Secretary ESSM
President MJCSM
ESSM’s targets

Science/Research

- Scientific platform
- Grants
- Education

Education
✓ Scientific platform

✓ Annual Congress
    Delegates from 65 countries
    Abstracts, ML & Workshops

✓ ESSM today
✓ Literature review
✓ Cases that matter
✓ Video channel
✓ Interactive website
Grants for research & education

- Research grants
- Basic scientist travel grants
- Travel grants - low income countries
- School grants
SEX EDUCATION

k11371314 fotosearch.com
Competence based education/training....

knowledge

skill

attitude

= COMPETENCE
## European (Re-)Certification: How Should it Work?

<table>
<thead>
<tr>
<th>Professionalism</th>
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<tbody>
<tr>
<td>Skills</td>
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<tr>
<td>Knowledge</td>
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</tbody>
</table>

**Structured curriculum** including building blocks of theoretical knowledge, i.e. anatomy, physiology and pathology.

Trainee can gain and demonstrate knowledge through regular formative and summative assessments.

Tools: curriculum, educational content, MCQ’s
European (Re-)Certification: How Should it Work?

<table>
<thead>
<tr>
<th>Professionalism</th>
<th>Skills</th>
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<tbody>
<tr>
<td></td>
<td>Structured approach to become proficient. Focus on technical and non-technical skills.</td>
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<tr>
<td></td>
<td>Instructions for real life training and assessment.</td>
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<td>Simulation may provide risk-free training and objective assessment.</td>
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<tr>
<td></td>
<td>Tools: curriculum planner, e-logbook, assessment (DOPS), simulations</td>
</tr>
</tbody>
</table>
European (Re-)Certification: How Should it Work?

**Professionalism**

Decision making, communication and leadership are core competencies for Medical Specialists.

Continuing Medical Education (CME) and Continuing Professional Development (CPD) are generally accepted performance metrics for professionalism.

Multidisciplinary team training in realistic environment allows Medical Specialists to train and be assessed by colleagues. Reflection upon outcome, the trainee is likely to improve behaviour and attitudes.

Tools: log of CME/CPD, assessment using multi-source feedback (360° Appraisal), scenario based simulation training and assessment.
The need

- Education in different levels
- Training
- Assessment
- Certification/Qualification
What we have

EFS-ESSM
- Exam Com
- Curriculum Supervision
- Exam
- Trainers
- Training
- Accreditation
- Curriculum

ESSM
- Education Com
- Curriculum Supervision
- Education/Training
- Professional societies (Gyn, Uro, Psy, Endo)
- National education

MJCSM
- Exam Com
- Trainers
- Training
- Accreditation
- Curriculum
- Exam

Text: White – Available / Yellow - in development
Which Organizations are involved

- European Regulation Authorities
  - Union Européenne des Médecins Spécialistes (MJCSM)

- European Scientific Societies
  - ESSM: a medical society; holistic, biomedical emphasis

- National Scientific Societies

- National authorities
UEMS involvement in EU Affairs

The EU institutional triangle (simplified)

Consulation with other European Medical Organisations

European Commission
Prepares & proposes

EU Legislation

EU Council
Decide jointly

European Parliament
Overarching structure

Approval of the UEMS on 15-10-2011

All relevant boards presented

Currently EBU, EBPsy, EBCOG, Venereology and Endocrinology

ESSM: members & trainee

Main aim of the group:

the creation of a curriculum, qualification, assessment and CME
The European Examination in Sexual Medicine

- Exam run over 3 hours
- Multiple choice examination
- Content covers 5 domains
  - Basic science (15%)
  - Gender, Paraphilia, Deviancy (5%)
  - Mixed sexual problems (20%)
  - Males sexual dysfunction (30%)
  - Female sexual dysfunction (30%)
MJCSM exam - FECSM

- MD with specialization or GP for 5yr practice
- EU and Non-EU
- CV with description of his/her educational and clinical experience in the field
- All applicants should deliver authenticated proofs of their qualifications.
- 2 letters of recommendation
- Logbook
For Psychologist and Sexologist there is no European regulation authority

- No protection of title
- No regulatory registration
EFS-ESSM Qualification (ECPS)

- **EFS & ESSM Certified Psycho-Sexologist**

Eligibility:
- Psychologist degree or
- Psychiatry degree or
- MD degree with academic psychotherapy degree

and

- Post graduate training in sexology (providing certificate)
- Including supervised experience of at least 2 years (providing 2 letters of recommendation)

According to the EFS-ESSM Syllabus of Clinical Sexology
# The MJCSM Examination

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2014</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location</strong></td>
<td>Amsterdam</td>
<td>Istanbul</td>
<td>Madrid</td>
</tr>
<tr>
<td><strong>Candidates</strong></td>
<td>323</td>
<td>127</td>
<td>104</td>
</tr>
<tr>
<td><strong>Origin</strong></td>
<td>58 countries</td>
<td>38 countries</td>
<td>42 countries</td>
</tr>
<tr>
<td><strong>Age (yrs) (mean / range)</strong></td>
<td>45 (18-69)</td>
<td>44.6 (30-64)</td>
<td>46</td>
</tr>
<tr>
<td><strong>Experience (yrs) (mean / range)</strong></td>
<td>18 (1-84)</td>
<td>16.2 (1-47)</td>
<td>16</td>
</tr>
</tbody>
</table>
The European Examination in Sexual Medicine: Candidates/Specialties

Istanbul

Amsterdam

- Urology
- Gynaecology
- Endocrinology
- Psychiatry
- General practice
- Others
Training Centre Accreditation

- A Training Program in Sexual Medicine must provide a balanced education in the knowledge, skill, attitudes and behaviours required for the practice of modern Sexual Medicine.

- At the end of the training period and the assessment, trainees will be qualified to provide high quality care to sexual medicine patients.

- The training program should provide exposure to the whole breadth of sexual medicine.

- The minimum duration of Sexual Medicine training is 18 months.

http://www.mjcsm.org/mjscm/criteria.html
Education process

✅ Basic level: National programs
✅ Specialty level
  ✅ **Knowledge:**
    ✅ Manual of sexual medicine
    ✅ Workshops
    ✅ Pre-course
  ✅ **Skills and Attitude:**
    ✅ ESSM school: skills and practice
    ✅ Fellowship and Supervision
✅ Exam and accreditation (FECSM)
ESSM School of Sexual Medicine

- Yearly in October.
  - This year 47 participants
- Delivers a learning curriculum based upon the syllabus
- Highly appreciated faculty
- Aspires to provide a clinical skills development programme through short attachments to accredited units
  - What, Why and How
- Support of ISSM & EFS
What is the Primary Medical Specialty did you train in before working in Sexual Medicine? (Please select only one option)

- ANDROLOGY: 24.2% (15)
- ENDOCRINOLOGY: 14.5% (9)
- GENERAL INTERNAL MEDICINE: 11.3% (7)
- GENERAL PRACTICE/FAMILY MEDICINE: 17.7% (11)
- GENITO-URINARY MEDICINE: 12.9% (8)
- GYNAECOLOGY: 6.5% (4)
- PSYCHIATRY: 8.1% (5)
- UROLOGY: 3.2% (2)
- psychologists: 1.6% (1)
Have you offered a wider range of services to your patients regarding their sexuality?
Overall how would you rate the course?
ESSM exam preparation course

- 3 days of intensive course aiming at increasing success
- Combined and parallel session for the MJCSM and ECPS

- Participants from
  - Europe
  - Middle East
  - Asia
  - Africa
  - Australia
  - USA

Multinational Multidisciplinary
Overall, how would you rate the course?

N=258
Av= 4.18 (1-5)
Modern Sexual Medicine – The Future

The Expert Level

18 months' Training/Education in National Centers of Excellence in Native Language!