

# COCP Counselling - Mark Scheme

OPENING THE CONSULTATION		
1	Introduce yourself	
2	Confirm patient details	
3	Check the patient's understanding of the types of contraception available	
4	Explore the reasons why the patient wants the COCP (ideas, concerns, expectations)	
EXPLANATION		
5	Explain what the COCP is	
6	Explain how the COCP works	
7	Explain effectiveness of the COCP	
8	Explains the different types of COCP available	
ADVANTAGES		
9	Effective contraception (99% effective when taken correctly)	
10	Non-invasive method	
11	Lighter and less painful periods	
12	Control timing of periods	
13	Can improve acne	
14	Reduces symptoms of premenstrual syndrome	
15	Reduces the risk of ovarian, uterine and colon cancer	
DISADVANTAGES		
16	Side effects (headache, nausea, mood changes, breast tenderness)	
17	Breakthrough bleeding and spotting	
18	No protection from STIs	
19	User dependent for effectiveness	
RISKS OF THE COMBINED PILL		
20	Venous thromboembolism	
21	Breast cancer	
22	Cervical cancer	
CONTRAINDICATIONS TO THE COCP		
23	Pregnancy, smoker over 35 or stopped smoking less than 1 year ago, BMI greater than 35, migraine with aura, breastfeeding up to 6 weeks, cardiovascular/VTE risk factors	
STARTING PILL & MISSED PILLS		

24	Explains how to start the pill	
25	Explains missed pill rules	
<b>CLOSING THE CONSULTATION</b>		
26	Ask if patient has any further questions	
27	Check understanding	
28	Summarise key points	
29	Provide leaflet	
30	Thank patient	
<b>KEY COMMUNICATION SKILLS</b>		
31	Active listening	
32	Summarising	
33	Signposting	

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