

Mirena (IUS) 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 Mirena IUS (ideas, concerns, expectations)	
EXPLANATION		
5	Explain what the Mirena IUS is	
6	Explain how the Mirena IUS works	
7	Explain effectiveness of the Mirena IUS	
ADVANTAGES		
8	Effective contraception (99% effective and lasts 5 years)	
9	Can make periods lighter or absent (1 in 5 women)	
10	Reversed easily (with quick return of fertility)	
11	Localised hormones (less chance of systemic hormonal side effects)	
12	Safe to use when breastfeeding	
13	No increase in cancer risk	
14	Not affected by other medications	
DISADVANTAGES		
15	Infection	
16	Expulsion	
17	Damage to the womb (perforation)	
18	Ectopic pregnancy (though still less risk of ectopic than no contraception)	
MIRENA COIL FITTING		
19	Explain what will happen before (pregnancy test, bimanual examination, analgaesia)	
20	Explain what will happen during (speculum, local anaesthetic, measurement of womb cavity, insertion of mirena device, trimming of threads)	
21	Explain what will happen after (painful cramping and light vaginal bleeding)	
FOLLOW-UP		
22	If patient able to feel threads, no need for routine review	
23	Need to return if can't feel threads, approaching expiry date or wanting to get pregnant	
REMOVAL OF DEVICE		

24	Can be removed at any time	
25	Need to abstain from unprotected sex for the week prior to removal	
CHECKING THREADS		
26	Demonstrates using test device or diagram	
27	Check threads a few times in first month and then at regular intervals (e.g. after period each month)	
CLOSING THE CONSULTATION		
28	Ask if patient has any further questions	
29	Check understanding	
30	Summarise key points	
31	Provide leaflet	
32	Thank patient	
KEY COMMUNICATION SKILLS		
33	Active listening	
34	Summarising	
35	Signposting	

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