

Copper Coil (IUD) 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 Copper IUD (ideas, concerns, expectations)	
EXPLANATION		
5	Explain what the Copper IUD is	
6	Explain how the Copper IUD works	
7	Explain effectiveness of the Copper IUD	
ADVANTAGES		
8	Effective contraception (99% effective and lasts 5 years)	
9	Immediate contraception	
10	Reversed easily (with quick return of fertility)	
11	No interactions with other medications	
12	Safe to use when breastfeeding	
13	No hormonal content	
DISADVANTAGES		
14	Heavier, more painful periods	
15	No protection from STIs	
16	Infection after insertion	
17	Expulsion	
18	Damage to the womb (perforation)	
19	Ectopic pregnancy (though still less risk of ectopic than no contraception)	
COPPER COIL FITTING		
20	Explain what will happen before (pregnancy test, bimanual examination, analgaesia)	
21	Explain what will happen during (speculum, local anaesthetic, measurement of womb cavity, insertion of copper IUD, trimming of threads)	
22	Explain what will happen after (painful cramping and light vaginal bleeding)	
FOLLOW-UP		
23	If patient able to feel threads, no need for routine review	
24	Need to return if can't feel threads, approaching expiry date or wanting to get pregnant	

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

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