

POP 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 POP (ideas, concerns, expectations)	
EXPLANATION		
5	Explain what the POP is	
6	Explain how the POP works	
7	Explain effectiveness of the POP	
8	Explains the different types of POP 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	Useful if oestrogen can't be taken	
14	Safe during breastfeeding	
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 POP		
20	Ovarian cysts	
21	Breast cancer	
CONTRAINDICATIONS TO THE POP		
23	Pregnancy, breast cancer, severe liver cirrhosis, liver tumours	
STARTING PILL & MISSED PILLS		
24	Explains how to start the pill	
25	Explains missed pill rules	
CLOSING THE CONSULTATION		

26	Ask if patient has any further questions	
27	Check understanding	
28	Summarise key points	
29	Provide leaflet	
30	Thank patient	
KEY COMMUNICATION SKILLS		
31	Active listening	
32	Summarising	
33	Signposting	

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