

Depot Injection 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 Depot Injection (ideas, concerns, expectations) | |
| EXPLANATION | | |
| 5 | Explain what the Depot Injection is | |
| 6 | Explain how the Depot Injection works | |
| 7 | Explain effectiveness of the Depot Injection | |
| 8 | Explains the different types of Depot Injection available | |
| ADVANTAGES | | |
| 9 | Effective contraception (99% effective when administered at the right times) | |
| 10 | Long-acting contraception | |
| 11 | Lighter and less painful periods | |
| 12 | Control timing of periods | |
| 13 | Useful if oestrogen can't be taken | |
| 14 | Safe during breastfeeding | |
| DISADVANTAGES | | |
| 15 | Side effects (headache, nausea, mood changes, breast tenderness) | |
| 16 | Breakthrough bleeding and spotting | |
| 17 | No protection from STIs | |
| 18 | Up to a year delay from stopping medication to being able to get pregnant | |
| 19 | Weight gain | |
| RISKS OF THE Depot Injection | | |
| 20 | Osteoporosis | |
| 21 | Breast cancer | |
| 22 | Infection | |
| CONTRAINDICATIONS TO THE Depot Injection | | |
| 23 | Pregnancy, breast cancer, severe liver cirrhosis, liver tumours, osteoporosis, arterial disease | |
| HOW IS THE DEPOT INJECTION GIVEN? | | |
| 24 | Explains how the depot injection is giving | |

| | | |
|---------------------------------|--|--|
| 25 | Explains timing of injections | |
| 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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