

OSCE Checklist: Contraceptive Implant Counselling

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 implant (ideas, concerns, expectations)	
EXPLANATION		
5	Explain what the Implant is	
6	Explain how the Implant works	
7	Explain effectiveness of the Implant	
ADVANTAGES		
8	Effective contraception (99% effective and lasts 3 years)	
9	Reversed easily (with quick return of fertility)	
10	Safe to use when breastfeeding	
11	May make periods less heavy and painful	
DISADVANTAGES		
12	Unpredictable periods	
13	Temporary side effects (headaches, breast tenderness and mood changes)	
14	Acne	
15	Small procedure required	
16	No protection from STIs	
17	Slightly increased breast cancer risk	
18	Risks of infection, bruising, bleeding and damage to local structures during insertion	
IMPLANT FITTING		
19	Explain what will happen before the implant is fitted (e.g, insertion of local anaesthetic)	
20	Explain what will happen during (insertion of the implant under the skin)	
21	Explain what will happen after (bruising, swelling, discomfort)	
REMOVAL OF DEVICE		
22	Can be removed at any time	
CLOSING THE CONSULTATION		
23	Ask if patient has any further questions	
24	Check understanding	

25	Summarise key points	
26	Provide leaflet	
27	Thank patient	
KEY COMMUNICATION SKILLS		
28	Active listening	
29	Summarising	
30	Signposting	

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