



OSCE Checklist: Copper Coil Counselling

Opening the consultation	
1	Wash your hands and don PPE if appropriate
2	Introduce yourself to the patient including your name and role
3	Confirm the patient's name and date of birth
4	Check the patient's understanding of the types of contraception available
5	Explore the reasons why the patient wants the copper coil
Ideas, concerns and expectations	
6	Explore what the patient currently understands about the copper coil
7	Ask if the patient has any concerns about the copper coil
8	Explore the patient's expectations of the copper coil
Explanation	
9	Explain what the copper coil is
10	Explain how the copper coil works
11	Explain the effectiveness of the copper coil
12	Explain the advantages of the copper coil (long term effective contraception, immediate contraception, easily reversible, safe to use when breastfeeding, no effect on other medications, no hormonal content)
13	Explain the disadvantages of the copper coil (heavier more painful periods, no protection from STIs)
14	Explain the risks of the copper coil (expulsion of the coil, damage to the womb, infection, ectopic pregnancy)
Copper coil fitting	
15	Explain what will happen before the copper coil is fitted (e.g. pregnancy test, analgesia, bimanual vaginal examination)
16	Explain what will happen during the procedure (e.g. local anaesthetic, insertion of coil)
17	Explain what will happen after the procedure (e.g. painful cramps, light vaginal bleeding)
18	No need for further review unless the patient is unable to feel threads. Lasts for 10 years for contraceptive purposes.
Copper coil removal	
19	Explain that the copper coil can be removed at any time via a small procedure however the patient will need to abstain from sex or use an alternative method of contraception for the week prior to removal
Checking the threads	
20	Demonstrate how to check the threads using a test device
Closing the consultation	
21	Summarise the key points back to the patient

22	Ask the patient if they have any questions or concerns that have not been addressed	
23	Direct the patient to any websites or leaflets with further information	
24	Arrange appropriate follow-up	
25	Thank the patient for their time	
26	Dispose of PPE appropriately and wash your hands	
Key communication skills		
27	Active listening	
28	Summarising	
29	Signposting	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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