



# OSCE Checklist: Mirena IUS Counselling

<b>Opening the consultation</b>	
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 Mirena IUS
<b>Ideas, concerns and expectations</b>	
6	Explore what the patient currently understands about the Mirena IUS
7	Ask if the patient has any concerns about the Mirena IUS
8	Explore the patient's expectations of the Mirena IUS
<b>Explanation</b>	
9	Explain what the Mirena IUS is
10	Explain how the Mirena IUS works
11	Explain the effectiveness of the Mirena IUS
12	Explain the advantages of the Mirena IUS (long term effective contraception, easily reversible, localised hormones, safe to use when breastfeeding, not affected by other medications, no increased cancer risk, lighter periods)
13	Explain the disadvantages of the Mirena IUS (irregular bleeding, acne, headaches, breast tenderness, no protection from STIs)
14	Explain the risks of the Mirena IUS (infection, expulsion, damage to the womb, ectopic pregnancy)
<b>Mirena IUS fitting</b>	
15	Explain what will happen before the Mirena IUS is fitted (e.g. pregnancy test, analgesia, bimanual vaginal examination)
16	Explain what will happen during the procedure (e.g. local anaesthetic, insertion of Mirena IUS)
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 5 years for contraceptive purposes.
<b>Mirena IUS removal</b>	
19	Explain that the Mirena IUS 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
<b>Checking the threads</b>	
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)

**GEEKY MEDICS** 

Download our  
[clinical skills app](#)