



## OSCE Checklist: Progesterone Depot Injection 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 depot injection
<b>Ideas, concerns and expectations</b>	
6	Explore what the patient currently understands about the depot injection
7	Ask if the patient has any concerns about the depot injection
8	Explore the patient's expectations of the depot injection
<b>Explanation</b>	
9	Explain what the depot injection is
10	Explain how the depot injection works
11	Explain the effectiveness of the depot injection
12	Explain the advantages of the depot injection (long-acting contraception, effective, less painful periods, safe during breastfeeding)
13	Explain the disadvantages of the depot injection (irregular periods, no protection from STIs, weight gain, delay in fertility returning)
14	Explain the risks of the depot injection (osteoporosis, breast cancer, infection)
15	Explain the contraindications of the depot injection
<b>Administration of the depot injection</b>	
16	Explain how the different types of depot injection are administered
17	Explain how frequently the depot injections are administered
<b>Closing the consultation</b>	
18	Summarise the key points back to the patient
19	Ask the patient if they have any questions or concerns that have not been addressed
20	Direct the patient to any websites or leaflets with further information
21	Arrange appropriate follow-up
22	Thank the patient for their time
23	Dispose of PPE appropriately and wash your hands
<b>Key communication skills</b>	
24	Active listening
25	Summarising

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