



## OSCE Checklist: Progesterone-only Pill (POP)

<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 POP
<b>Ideas, concerns and expectations</b>	
6	Explore what the patient currently understands about the POP
7	Ask if the patient has any concerns about the POP
8	Explore the patient's expectations of the POP
<b>Explanation</b>	
9	Explain what the POP is
10	Explain how the POP works
11	Explain the effectiveness of the POP
12	Explain the advantages of the POP (non-invasive, effective, lighter periods, safe during breastfeeding)
13	Explain the disadvantages of the POP (irregular periods, no protection from STIs, user dependent)
14	Explain the risks of the POP (ovarian cysts, breast cancer)
15	Explain the contraindications of the POP (pregnancy, breast cancer, liver cirrhosis, liver tumours)
<b>Starting the pill and missed pills</b>	
16	Explain how to start taking the POP
17	Explain how to manage missed pills
<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	
26	Signposting	

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



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