



OSCE Checklist: Intrauterine System (IUS) 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	Explain the reason for the consultation
Ideas, concerns and expectations	
5	Explore what the patient currently understands about the IUS
6	Ask if the patient has any concerns about the IUS
7	Explore the patient's expectations of the IUS
Explanation	
8	Explain what the IUS is
9	Explain the effectiveness of the IUS
10	Explain how the IUS works
11	Explain the advantages of the IUS (very effective, 'fit and forget', may help with heavy menstrual bleeding, reversible once removed, provides localised hormones, safe in breastfeeding)
12	Explain the disadvantages of the IUS (irregular bleeding, no protection from STIs, requires procedure to fit/remove, risk of expulsion, may not prevent ovulation, risk of ectopic if pregnancy occurs, side effects - acne, headaches, breast tenderness)
13	Explain how an IUS is fitted and explore any ideas and concerns regarding fitting
14	Explain how an IUS is removed
Aftercare	
15	Explain how to check threads
16	Explain when to seek medical advice (unable to feel threads, ongoing/new pain, change in bleeding pattern, vaginal discharge, change in medical history)
Closing the consultation	
17	Summarise the key points back to the patient
18	Ask the patient if they have any questions or concerns that have not been addressed
19	Offer bridging contraception to prevent pregnancy whilst awaiting IUS insertion (if appropriate)
20	Thank the patient for their time
21	Direct the patient to appropriate websites or leaflets with further information
22	Dispose of PPE appropriately and wash your hands

Key communication skills	
23	Active listening
24	Summarising
25	Signposting

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



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