



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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