# R4S/LEAP Provider Training on the Hormonal IUD

# Pre/Post Knowledge Evaluation Questionnaire

**INSTRUCTIONS**

**There are a total of 44 questions.**

**Scoring: Each correct answer is worth 2 points. The maximum possible score is 88. Divide the total points achieved by 88 to calculate the percentage score achieved. A score of 80% must be achieved to pass.**

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| C1 | The best person to make the choice about which contraceptive method to use should be | a. Midwife<br>b. Physician providing health services to the woman<br>c. Partner<br>d. Client |
| C2 | Good counselling should include which of the following elements (check all that apply): | a. Getting permission from the client's partner for her to use contraception.<br>b. Identifying the woman's concerns about using contraceptives and answering her questions<br>c. Identifying a client's reproductive needs<br>d. Describing adverse side effects<br>e. Telling a client what method she should choose |
| C3 | During counseling, allowing the client to handle a sample of **hormonal IUD** should be: | a. Discouraged because it will only frighten her<br>b. Encouraged because it will help her to make a more informed decision and help her understand what the device and strings feel like<br>c. Avoided because it is a waste of expensive material and she probably will not understand what she is looking at<br>d. Avoided because it will neither reassure her nor help her to know what the device feels like |
| C4 | The **hormonal IUD** contains the hormone: | a. Oestrogen<br>b. Levonorgestrel<br>c. Desogestrel<br>d. Etonorgestrel |
| C5 | What is the primary mechanism of action through which the **hormonal IUD** prevents pregnancy: | a. Thickening the cervical mucus<br>b. Preventing ovulation<br>c. Altering the lining of the uterus<br>d. Shortening the menstrual cycle |
| C6 | Which of the following conditions suggests a woman should not have a **hormonal IUD** inserted? | a. Retroverted uterus<br>b. Three or more children<br>c. Has mild clinical HIV and is taking ARVs<br>d. Current pelvic infection |
| C7 | These women can use **hormonal IUD** without restrictions (WHO MEC Category 1) | a. Women who are at increased individual risk of STI.<br>b. Women between 48hrs and 6wks post-partum<br>c. Women who smoke irrespective of age.<br>d. Women with benign gestational trophoblastic disease |
| C8 | These women should NOT have **hormonal IUD** inserted (WHO MEC Category 4) (Check all that apply) | a. Women who currently have Gonorrhea or Chlamydia<br>b. Women who have fibroids with cavity distortion<br>c. Women who have menstrual irregularities<br>d. Women with history of venous thromboembolism |

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| C9 | Women living with HIV: | a. Should never get a hormonal IUD<br>b. Must start ARVs before they can get an hormonal IUD<br>c. Can safely use hormonal IUD if they have mild or no clinical disease, whether or not they are on ARVs<br>d. Should have their hormonal IUD removed in their clinical disease becomes advanced or severe |
| C10 | Which of the following clients could be a candidate for using the **Implant?** (check all that apply) | a. A woman who has acute hepatitis<br>b. A woman who has unexplained abnormal genital bleeding<br>c. A woman with breast cancer<br>d. A woman who cannot use contraceptives containing oestrogen |
| C11 | Which of the following clients could be a candidate for using the **hormonal IUD**? (check all that apply) | a. A woman who wants to prevent pregnancy for 1 year<br>b. A woman who does not need contraception but does need treatment for heavy/disordered bleeding<br>c. A woman who does hard physical work<br>d. A nulliparous woman under age 25 |
| C12 | If inserted within the first seven days of the menstrual cycle, the **Implants** become effective in preventing pregnancy: | a. After one (1) month<br>b. After seven (7) days<br>c. Immediately<br>d. After ten (10) days |
| C13 | The **Copper IUD** should not be left in place for more than: | a. 2 years<br>b. 6 years<br>c. 8 years<br>d. 12 years |
| C14 | One of the characteristics of the **hormonal IUD** is: | a. It is effective for up to 8 years<br>b. It can shrink large fibroids<br>c. It reduces menstrual blood loss<br>d. It lengthens the menstrual period |
| C15 | Potential health benefits of the **hormonal IUD** include (check all that apply): | a. Protection from endometrial and cervical cancers<br>b. Protection from ovarian cancer<br>c. Decrease in blood cholesterol level<br>d. Reduction of iron deficiency anemia |
| C16 | Physical examination of a prospective IUD client must include at least: | a. Abdominal and bimanual pelvic examination<br>b. Abdominal, speculum and bimanual pelvic examinations<br>c. Breast and bimanual examinations<br>d. General, breast, abdominal, speculum and bimanual (pelvic) examination |
| C17 | Which is a reason for sounding the uterus before a **hormonal IUD** insertion is: | a. To align the cervical canal and uterine cavity<br>b. To determine the position of the uterus<br>c. To measure the depth of the uterus (from cervical os to fundus) |
| C18 | During counseling about the side effects of the **hormonal IUD**, it is important to explain that: | a. A lighter menstrual flow pattern or absence of bleeding is to be expected and is normal<br>b. Cramping is a signal that the hormonal IUD should be removed<br>c. After removal, fertility returns in 1–3 months<br>d. The hormonal IUD is generally free of side effects |
| C19 | Which of the following FP methods can allow an immediate return to fertility? (Check all that apply) | a. Hormonal IUD<br>b. Injectables<br>c. Pills<br>d. Implants |

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| C20 | A woman who has had a **hormonal IUD** placed (either immediately postpartum or any time after 4 weeks postpartum) should have a follow-up exam (check all that apply): | a. Every month in the 1st year to see that the IUD is in place<br>b. Every 3 months in the 1st year to check for side effects<br>c. 3-6 weeks after insertion<br>d. Anytime the woman comes back with problems or concerns about IUD.<br>e. Annually to check the strings |
| C21 | Which of the following is NOT a warning sign that indicates that she may be having a problem with her **hormonal IUD** and should seek medical attention? | a. Lower abdominal pain or pain during intercourse<br>b. Acute abdominal cramping during the first three to five days after insertion<br>c. Unusual Vaginal discharge<br>d. Amenorrhea |
| C22 | Clinical trials have shown that some brands of the **hormonal IUD** are effective at preventing pregnancy for up to: | a. 3 years<br>b. 6 years<br>c. 8 years<br>d. 10 years |
| C23 | Which of these methods can offer clients the benefit of predictable periods (periods that begin at roughly the same time each cycle)? (check all that apply) | a. Hormonal IUD<br>b. IUD<br>c. Implant<br>d. Pills |
| C24 | If a client wishes to have her **hormonal IUD** removed because she is experiencing unwanted side effects, which of the following steps should you follow: (check all that apply) | a. Tell her to wait 1-3 months to see if her side effects subside before removing the hormonal IUD<br>b. Ask her if she would like your help to manage side effects prior to removal<br>c. Counsel her on alternative methods that may better suit her and provide her with another method if she chooses<br>d. Help her to understand any myths and misconceptions she may have around the side effects she is experiencing<br>e. Following counseling, remove her hormonal IUD if she still desires |
| C25 | Which of the following side effects are sometimes associated with the use of the **hormonal IUD**: (Check all that apply) | a. Nausea<br>b. Acne<br>c. Headache<br>d. Breast Tenderness<br>e. Heavy bleeding |
| C26 | Prolonged bleeding (bleeding lasting longer than 8 days) is associated with the use of which methods: (check all that apply) | a. Injectables<br>b. Hormonal IUD<br>c. Copper IUD<br>d. Combined Oral Contraceptives<br>e. Emergency Contraceptive Pills |
| C27 | Rare complications and known health **risks** of the **hormonal IUD** include: | a. Perforation<br>b. PID<br>c. Anemia<br>d. Increased risk of ectopic pregnancy |
| Check off either "True" (T) or "False" (F) in the space provided. | | |
| C28 | **Hormonal IUD** provides protection against sexually transmitted infections. | a. True<br>b. False |
| C29 | **Hormonal IUD** is more than 99 percent effective in preventing pregnancy. | a. True<br>b. False |
| C30 | Women can initiate **hormonal IUD** use within 48 hours after giving birth | a. True<br>b. False |

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| C31 | The **hormonal IUD** is better for client's who do not want any more children in the future | a. True<br>b. False |
| C32 | **Emergency Contraceptive Pills** are indicated for a woman who had unprotected sex 4 days ago | a. True<br>b. False |
| C33 | The absence of bleeding (periods) is normal when using a **copper IUD** as an FP method. | a. True<br>b. False |
| C34 | When preparing to insert an **Implant**, the client must be asked to empty the bladder | a. True<br>b. False |
| C35 | Both **copper IUD** and **hormonal IUD** may be inserted at any time during the menstrual cycle, if the provider is reasonably certain that the client is not pregnant | a. True<br>b. False |
| C36 | A **hormonal IUD** cannot be used by a nulliparous woman. | a. True<br>b. False |
| C37 | All long-acting reversible contraceptive methods can be safely provided in an immediate post-partum woman (before 48h) | a. True<br>b. False |
| C38 | Following **hormonal IUD** insertion, heavy, yellow vaginal discharge is common. | a. True<br>b. False |
| C39 | A **hormonal IUD** may be inserted at any time during the menstrual cycle, if the provider is reasonably certain that the client is not pregnant. | a. True<br>b. False |
| C40 | It is better to change all **hormonal IUD** after two years, because leaving them in the uterus for a longer period may lead to development of complications. | a. True<br>b. False |
| C41 | If a client already has a method in mind prior to counseling, she does not need to be offered information about other available methods | a. True<br>b. False |
| C42 | A client should always be encouraged to choose the most effective method of contraception, regardless of her lifestyle needs | a. True<br>b. False |
| C43 | A client has the right to discontinue using her chosen method at any time, for any reason. | a. True<br>b. False |
| C44 | Partial or unnoticed expulsion of the **hormonal IUD** could result in pregnancy | a. True<br>b. False |