Interval Hormonal Intrauterine Device (IUD) Clinical Skills Assessment

(To be completed by the Supervisor/Assessor)

Provider Competency Class is based on a % of critical and non-critical steps completed correctly:

- All critical steps and ≥ 90% non-critical steps correct = ***Competent***
- All critical steps correct and between 80% and < 90% non-critical steps correct = ***Competent but needs improvement***
- Any critical step missed = ***Not competent***
- Below 80% non-critical steps correct= ***Not competent***

Providers must complete and achieve a minimum of **3** ***Competent*** insertions on a uterine model (simulated) before progressing to insertions on a live client

Providers should complete and achieve 5 ***Competent*** insertions on a live client before they can be certified to provide IUD services

Providers should complete and achieve 5 ***Competent*** removals (simulated or live) before they can be certified to provide IUD services

In circumstances where it is not possible for each provider to see enough live clients, a **minimum** of **3** ***Competent*** insertions on a live client may suffice for certification of the provider at the discretion of the supervisor

Provider/Trainee: _____ Date Observed: _____

Assessor: _____ Start time: _____ End Time: _____

Observation number (circle) 1 2 3 4 5 6 7 8 9 10 Other

Is this a real or simulated observation? (circle) Live Simulated

Is this an insertion or a removal? (circle) Insertion Removal

Step/Task	COMPLETION
IUD SERVICE PROVISION	**YES/NO**
IUD Counseling and Experience of Care	
1. Is respectful, sympathetic, and maintains client's privacy and confidentiality throughout interaction	
2. Applies no unnecessary medical or administrative restrictions that exclude youth or other clients from accessing any method	
3. Encourages her to ask questions. Provides additional information and reassurance, as needed	

Step/Task	COMPLETION
4. *RESPECTS CLIENT'S CHOICE OF FAMILY PLANNING METHOD AND DOES NOT TRY TO COERCE/PRESSURE HER TO USE ONE METHOD OVER ANOTHER	
5. Assesses her knowledge of the IUD	
6. *EXPLAINS HOW THE IUD WORKS	
7. *EXPLAINS THE BENEFITS AND LIMITATIONS OF THE IUD	
8. *COMPREHENSIVELY EXPLAINS POSSIBLE SIDE EFFECTS **Note:** • To properly counsel a client on side effects, the provider should explain the potential side effects that she might experience while explaining that not all clients will experience side effects in the same way. They should reassure the client that they are not harmful and that they usually subside over time. They should reassure the client that if they find any side effects intolerable, they can have the IUD removed at any time.	
9. *COMPREHENSIVELY EXPLAINS POSSIBLE CHANGES IN BLEEDING, INCLUDING AMENORRHEA **Note:** • To properly counsel a client on bleeding changes the provider should explain the potential changes that she might experience. They should explain that these changes are common (NORMAL) and not harmful. They should reassure the client that these changes to not impact her future fertility and that when she chooses to stop using the method her bleeding will return to normal shortly after removal.	
10. Helps her to make a plan to manage potential changes to her bleeding (e.g., need for menstrual hygiene products)	
11. Explains that the IUD does not protect against sexually transmitted infections (STIs), including HIV.	
12. *EXPLAINS CONDOM USE FOR DUAL PROTECTION TO PREVENT STIS/HIV	
13. Describes the medical assessment required before IUD insertion, as well as the procedures for IUD insertion and removal	
14. *ENSURES CLIENT SAFEGUARDING THROUGHOUT THE ENTIRE EXPERIENCE OF CARE **Note:** • Including, but not limited to the following requirements: Client physical exams are performed without unnecessary exposure to sensitive areas, with the minimum amount of touching needed, with a witness present if the client desires, and with a client's verbal consent. The entire encounter occurs without coercion, including of a sexual nature	
*** Critical steps performed [7]**	
Total steps performed competently [14]	
Assess Medical Eligibility for the IUD	
1. ONCE THE WOMAN HAS CHOSEN TO USE THE IUD, DETERMINES THE CLIENT IS NOT PREGNANT (ACTS ACCORDINGLY IF SHE IS)	
2. Ensures that equipment and supplies are available and ready to use	
3. *SCREENS CLIENT FOR MEDICAL ELIGIBILITY ACCORDING TO SCREENING PROTOCOLS	
a) Reviews the client's medical and reproductive history	

Step/Task	COMPLETION
b) Tells the client what examinations are being performed and their purpose, asks her if she has any questions	
c) Has the client empty her bladder and wash her perineal area	
d) Helps the client onto the examination table	
e) Washes hands thoroughly with soap and water and dries them	
f) Puts clean examination gloves on both hands	
g) Performs abdominal exam -- palpates abdomen and checks for suprapubic or pelvic tenderness and adnexal abnormalities	
h) Performs vaginal exam and inspects external genitalia -- checking for ulcers, lesions, sores, or discharge vaginally or at the vulva	
i) **Performs a bimanual pelvic exam (see Note below) - checks for cervical, adnexal, or uterine abnormalities that would preclude insertion; determines the size, shape, and the position of the uterus.** **Note:** • Routinely, perform the bimanual exam first and the speculum exam second • If indicated, (e.g. need to do cervical smear, evaluate for unexplained bleeding, etc.) perform the speculum exam first, followed by the bimanual examination	
j) Removes and disposes of gloves correctly, then puts new clean examination gloves on both hands.	
k) **Performs a speculum exam by gently inserting the high-level disinfected (HLD) or sterile speculum to visualize the cervix checking for any signs of cervical or vaginal problems that might preclude insertion at this time** (see Note above) Note: If laboratory testing is indicated (e.g., for bleeding, cervical smear, etc.) and available, take samples now	
l) **Makes appropriate decision on proceeding with insertion and communicates with client**	
*** Critical steps performed [2]**	
Total steps performed competently [14]	
Insertion	
1. Reviews the insertion procedure again and keeps the client informed of what is happening throughout the procedure	
2. Cleanses the cervical os and vaginal wall with antiseptic	
3. *GENTLY GRASPS THE CERVIX WITH AN HLD (OR STERILE) TENACULUM AND APPLIES GENTLE TRACTION	
4. Inserts the HLD (or sterile) sound using the no-touch technique, and measures the uterine depth	
5. Loads the IUD in its sterile package, using the no-touch technique	
6. Sets the upper edge of the depth gauge (flange) on the loaded IUD inserter to correspond to the uterine depth as measured by the sound	
7. Gently applies traction on the tenaculum to straighten the alignment of the cervical canal and the uterine cavity	
8. *INSERTS IUD USING NO TOUCH TECHNIQUE (WITHDRAWAL TECHNIQUE)	

Step/Task	COMPLETION
a) Slides the loaded IUD insertion tube through the cervical canal until the upper edge of the flange is 1.5 cm to 2.0 cm from the cervical os	
b) Releases the hold on the tenaculum	
c) Holds the inserter tube with the dominant hand and the rod with the non-dominant hand	
d) Holds the rod still and pull the inserter tube back until it reaches the edge of the second (bottom) indent on the rod	
e) Waits for 10–15 seconds for the arms of the IUD to open fully while holding the insertion tube and the rod steady	
f) Applies gentle traction on the tenaculum before advancing the IUD up into the uterine cavity	
g) Advances the inserter tube (with the rod inside) up into uterine cavity to the fundus, until a slight resistance is felt (the flange is at the cervical opening)	
h) Holds the rod stable with one hand and pull the inserter tube back to the ring of the rod with the other hand	
i) While holding the inserter tube, first withdraws the rod from the inserter tube and then withdraws the inserter tube until the tube is 3-4 cm away from the cervical os.	
j) Uses HLD (or sterile) sharp Mayo scissors to cut the IUD strings to a 3 cm to 4 cm length, while the ends of the strings are still in the inserter tube	
9. Gently removes the tenaculum and process according to infection prevention protocols	
10. Examines the cervix for bleeding; if no bleeding, gently removes the speculum and process according to infection prevention protocols	
11. Asks the client how she is feeling, tells her that the procedure is complete and observes her for at least 15 mins	
12. Provides post-insertion instructions Key messages and reminders for IUD users include: • What to do (which includes the use of backup method for 7 days if not inserted within 7 days after the start of her monthly bleeding) • What to expect (possible side effects) • When to come back (including warning signs).	
***Critical steps performed [2]**	
Total steps performed competently [21]	
Infection Prevention	
1. *BEFORE REMOVING THE GLOVES, PROCESSES INSTRUMENTS ACCORDING TO INFECTION PREVENTION PROTOCOL	
2. Properly disposes of waste materials	
3. Processes gloves according to recommended infection prevention practices	
4. Washes hands thoroughly with soap and water and dries them	
***Critical steps performed [1]**	
Total steps performed competently [4]	

Step/Task	COMPLETION
IUD REMOVAL-Simulated Observation	**YES/NO**
Counseling and Experience of Care	
1. Asks the woman her reason for having the IUD removed, if side effects are an issue, the provider may offer to discuss management of any side effects and ask if she would like to manage the problem	
2. ***DOES NOT PRESSURE THE CLIENT TO CONTINUE USING THE IUD, RESPECTS HER RIGHT TO USE OR NOT USE CONTRACEPTION AND DOES NOT REFUSE OR DELAY HER REQUEST.**	
3. Reviews the client's reproductive goals and the need for STI protection, and counsels her, as appropriate	
4. Determines whether she will have another IUD inserted immediately, start a different method, or neither	
5. Explains what will happen during the removal procedure	
***Critical steps performed [1]**	
Total steps performed competently [5]	
Removal	
1. Ensures that equipment and supplies are available and ready to use	
2. Has the client empty her bladder and wash her perineal area	
3. Helps the client onto the examination table	
4. ***WASHES HANDS THOROUGHLY WITH SOAP AND WATER AND DRIES THEM**	
5. ***PUT CLEAN EXAMINATION GLOVES ON BOTH HANDS**	
6. Reminds client of the removal procedure and explains what is happening throughout the removal procedure. Asks client to tell if she feels any pain during the procedure. Reassures that some discomfort is to be expected.	
7. Gently inserts the HLD (or sterile) speculum to visualize the strings, and cleanses the cervical os and vaginal wall with antiseptic	
8. Alerts the client prior to removing the IUD	
9. Grasp the IUD strings close to the cervix with an HLD (or sterile) long artery or Kelly forceps	
10. ***APPLIES STEADY BUT GENTLE TRACTION, PULLING THE STRINGS GENTLY BUT FIRMLY, TO REMOVE THE IUD. DOES NOT USE EXCESSIVE FORCE.**	
11. Shows the IUD to the client	
12. Before removing gloves, disposes of the IUD following safe infection prevention practices	
13. If the woman is having a new IUD inserted, inserts it now, if appropriate. If she is not having a new IUD inserted, gently removes the speculum, and processes instruments according to infection prevention protocols.	
14. Asks the client how she is feeling.	
15. If the woman has had a new IUD inserted, reviews the key messages for IUD users in insertion step 12 (3 W's). If the woman is starting a different method, provides the information she needs to use it safely and effectively [and a back-up method, if needed]	
***Critical steps performed [3]**	
Total steps performed competently [15]	

Infection Prevention	
1. ***BEFORE REMOVING THE GLOVES, PROCESSES INSTRUMENTS ACCORDING TO INFECTION PREVENTION PROTOCOL**	
2. Properly disposes of waste materials	
3. Washes hands thoroughly and dries them	
***Critical steps performed [1]**	
Total steps performed competently [3]	

PRACTICUM OBSERVATION SUMMARY:

Total Score on IUD Counseling and Insertion Checklist	
Counseling and experience of care	_____/ 14
Assess medical eligibility	_____/ 14
Insertion	_____/ 21
Infection prevention	_____/ 4
Total	**_____/53**
Percentage	**_____%**
Did the provider satisfactorily complete all 12 critical steps?	Yes No
Total Score on IUD Removal Checklist	
Counseling and Experience of Care	_____/5
Removal	_____/15
Infection prevention	_____/3
Total	**_____/23**
Percentage	**_____/%**
Did the provider satisfactorily complete all 5 critical steps?	Yes No
Which, if any, critical steps were missed?	

What skills require improvement and additional practice? What feedback did the provider receive?	
Is the provider competent in Hormonal IUD service provision? (note that the provider must have received a score of at least **90%** on this checklist, and have completed **all** critical steps in order to be deemed competent) Check one:	
____ Provider is competent in the skills observed	
____ Could become competent with additional experience (more cases) supervised by a competent provider/trainer	
____ Needs significant re-training before competency could be achieved	
____ Other (specify)	
In your judgement and assessment of the provider's clinical skills, can this provider be certified to offer clients IUD insertion and removal Procedures without the supervision of a competent provider/trainer? note that in order to be certified, the provider must: --- have completed **5 competent insertions** on a live client under supervision: achieving a minimum score of 90% while completing all critical steps --have completed **5 competent removals** either on a live client or in simulation while under supervision: achieving a minimum score of 90% while completing all critical steps --- be deemed competent by a qualified supervisor who is confident that the provider has the skills to offer high quality IUD services to a client	Yes No

Assessor's Signature _____Date_____