

# LONG-ACTING REVERSIBLE CONTRACEPTIVES IN CRISIS SETTINGS

## PRE-POST IUD INSERTION AND REMOVAL SKILL ASSESSMENT CHECKLIST

Name of Participant: \_\_\_\_\_ Place of Posting: \_\_\_\_\_

Name of Assessor: \_\_\_\_\_ Date of Assessment: Pre: \_\_\_\_\_ Post: \_\_\_\_\_

### Instructions for the assessor:

- Set up the station for IUD Insertion and removal.
- Invite one participant at a time.
- Read the scenario given below and tell the participant to demonstrate the insertion and removal steps.
- Enter scores in the checklist while observing the steps.
- Do not prompt or interfere while the participant performs.

### Scenario:

The woman has chosen to use a Copper IUD. Her eligibility has been assessed and confirmed. You have counseled her on what you will be doing and what she may expect. She has emptied her bladder. You have ensured all equipment, supplies, and light source are available and that privacy is maintained. Proceed with the steps of insertion and removal.

		Assessment Score		
Step No.	Tasks	Pre-test	Post-Test	Comments
Getting Ready				
1	Washes hands thoroughly with soap and water and air dries them			
2	Puts on clean examination/HLD/sterile gloves on both hands			
3	Performs bimanual pelvic examination and determines size, shape, and position of the uterus			
4	Performs speculum examination to visualize the cervix and check for signs of infection, ulcers, or sores			
5	Cleans the cervical os and vaginal walls thoroughly with antiseptic			
Sounds the Uterus				
6	Gently grasps the cervix with an HLD or sterile tenaculum and applies gentle traction			
7	Inserts the HLD or sterile sound using the “no-touch” technique, and notes uterine depth			

Loads the IUD				
8	Loads the IUD in its sterile package, using “no touch” technique			
9	Sets the blue depth-gauge to the measurement of the uterine depth			
Inserts the IUD				
10	Carefully inserts the loaded IUD and releases it into the uterine cavity using ‘withdrawal’ technique			
11	Gently pushes the inserter tube upwards until a resistance is felt at the uterus fundus			
12	Withdraws the rod completely. Partially withdraws the inserter tube till strings are visible. Uses HLD/sterile scissors to cut the strings 3-4 cms length, while still inside the inserter			
13	Removes tenaculum, checks for bleeding and removes speculum			
14	Performs the post insertion tasks			
Removes the IUD				
15	Grasps the IUD strings close to the cervix with an HLD (or sterile) hemostat or other narrow forceps			
16	Applies steady but gentle traction, pulling the strings outwards, to remove the IUD. Shows IUD to the woman			
17	Performs post removal tasks			

Total Score: **17**      Pre-Test Score: \_\_\_\_/17      Post-Practice Score: \_\_\_\_/17