

## SUBDERMAL CONTRACEPTIVE IMPLANT INSERTION LEARNING AND ASSESSMENT TOOL

This tool may be used to review the steps of subdermal contraceptive implant insertion and assess learner competency.

Indicate the rating that best describes the trainee's performance:

**Beginner:** needs close observation/monitoring and supervision; demonstrates limited fund of knowledge or significant gaps

**Developing Competence:** developing independent thinking and needs intermittent assistance/supervision; knows limitations and seeks guidance when needed; Demonstrates improving fund of knowledge with some gaps

**Competent:** Independent; need for assistance and direct supervision is occasional; knows limitations and seeks guidance when needed; asks appropriate questions to attending; demonstrates solid fund of knowledge with rare gap

Trainee: \_\_\_\_\_ Observer: \_\_\_\_\_ Date \_\_\_\_\_

| <b>A. Medical Knowledge</b>  | <b>Beginner</b> | <b>Developing competence</b> | <b>Competent</b> |
|--|-----------------|------------------------------|------------------|
| Identifies contraindications (WHO Class 4) to the subdermal implant  |                 |                              |                  |
| Describes the usual process of a subdermal implant insertion   |                 |                              |                  |
| Knows use of screening laboratory tests relevant to subdermal implant insertion (optional vs. required)  |                 |                              |                  |
| Demonstrates knowledge of appropriate management of difficult insertions and/or complications of subdermal implant insertion   |                 |                              |                  |
| <b>B. Interpersonal and communication skills</b>   | <b>Beginner</b> | <b>Developing competence</b> | <b>Competent</b> |
| Asks and answers questions in a patient-centered manner (one that is free of personal judgments and is focused on meeting the patient's expressed needs)                           |                 |                              |                  |
| <b>C. Implant Insertion Procedure</b>  | <b>Beginner</b> | <b>Developing competence</b> | <b>Competent</b> |
| Gathers all needed supplies prior to beginning procedure   |                 |                              |                  |
| Identifies the insertion site, which is at the inner side of the non-dominant upper arm about 8-10 cm (3-4 inches) above the medial epicondyle of the humerus                      |                 |                              |                  |
| Makes two marks with a sterile marker: (1) the spot where the implant will be inserted, and (2) a spot 2-3 cm proximal to the first to serve as a direction guide during insertion |                 |                              |                  |
| Completes sterile prep   |                 |                              |                  |
| Anesthetizes the arm with 2-3cc 1% lidocaine just under the skin along the proposed implant tunnel   |                 |                              |                  |

|   |                 |                              |                  |
|---|-----------------|------------------------------|------------------|
| Stretches the skin around the insertion site with thumb and index finger  |                 |                              |                  |
| Punctures skin with the tip of the needle angled about 30°  |                 |                              |                  |
| Lowers the applicator to a horizontal position. While lifting the skin with the tip of the needle, slides the needle to its full length.  |                 |                              |                  |
| Keeping the applicator in the same position with the needle inserted to its full length, moves the purple slider fully back until it stops, then removes the applicator                                   |                 |                              |                  |
| Verifies the presence of the implant by palpating the arm, and has patient palpate the implant as well  |                 |                              |                  |
| Applies steri-strips and bandage to arm   |                 |                              |                  |
| Reviews post-insertion instructions with the patient  |                 |                              |                  |
| <b>D. Implant removal Procedure</b>   | <b>Beginner</b> | <b>Developing competence</b> | <b>Competent</b> |
| Gathers all needed supplies prior to beginning procedure  |                 |                              |                  |
| Locates the implant by palpation and mark the distal end (end closest to the elbow) with a sterile marker   |                 |                              |                  |
| Anesthetizes the arm with 0.5-1 mL 1% lidocaine with epi at the marked site where the incision will be made, trying to inject the local anesthetic under the implant to keep it close to the skin surface |                 |                              |                  |
| While pushing down the proximal end of the implant to stabilize it, makes a longitudinal incision of 2 mm over the distal end   |                 |                              |                  |
| Gently pushes the implant towards the incision until the tip is visible, and grasps the implant with curved mosquito forceps and gently removes the implant   |                 |                              |                  |
| If the implant is encapsulated, makes an incision into the tissue sheath and then remove the implant with the forceps   |                 |                              |                  |
| Confirms that the entire implant, which is 4 cm long, has been removed  |                 |                              |                  |
| Closes the incision with a steri-strip and applies a pressure bandage   |                 |                              |                  |
| Reviews post-removal instructions with the patient  |                 |                              |                  |

ADDITIONAL COMMENTS:

SIGNATURE OF EVALUATOR: \_\_\_\_\_

DATE: \_\_\_\_\_