

IUD INSERTION LEARNING AND ASSESSMENT TOOL

This tool may be used to review the steps of IUD 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 _____

IUD type: Mirena® Skyla® Liletta® ParaGard®

A. Medical knowledge	Beginner	Developing competence	Competent
Describe differences between IUDs			
Identifies contraindications (WHO Class 4) to both Copper T IUD and Levonorgestrel-IUS			
Describes the usual process of an IUD insertion			
Knows use of screening laboratory tests relevant to IUD insertion (optional vs. required)			
Demonstrates knowledge of appropriate management of difficult insertions and/or complications of IUD insertion			
B. Interpersonal and communication skills	Beginner	Developing competence	Competent
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)			
Facilitates patient decision for a specific IUD based on elements of patient history and preference			
C. IUD set-up	Beginner	Developing competence	Competent
Accurately estimates uterine size and position from pelvic examination			
Gathers all needed supplies prior to beginning procedure			
Completes sterile prep			
Inserts speculum appropriately			
Applies tenaculum to cervix			
Demonstrates ability to sound uterus and identify appropriate size for IUD insertion			
D. Copper IUD only	Beginner	Developing competence	Competent
Sets flange to appropriate distance from tip			
Inserts IUD/insertor through os with good traction on tenaculum			

Loads stabilizing rod and bends arms down at opposite ends to load into insertion tube			
Withdraws insertion tube from uterus while stabilizing rod thereby releasing IUD			
Withdraws stabilizing rod and insertion tube from vagina			
E. Levonorgestrel IUS only	Beginner	Developing competence	Competent
Sets flange to appropriate distance from tip			
Pushes slider away from self while pulling strings towards self so that IUD arms load horizontally into insertion tube			
Fixes threads into cleft			
Inserts IUD/insertor through os with good traction on tenaculum			
Keeps thumb on blue slider while putting insertion tube through os			
Advances handle until flange is 1.5-2cm from external os			
Pulls slider back to mid-mark while holding insertor steady and gives 30 seconds for arms to open			
Advances IUS until flanges are flush with cervix or IUS is at uterine fundus			
Holds insertor in position and moves slider all the way down.			
Observes strings automatically releasing and if this does not happen, removes them from cleft			
Withdraws IUS insertor from uterus			
D. IUD Insertion - General	Beginner	Developing competence	Competent
Consistently uses no-touch technique			
Demonstrates knowledge of cutting string to appropriate length			
Lets patient feel IUD strings after cutting (or on demo)			
Reviews post-insertion instructions sheet with patient			
Demonstrates knowledge of technique to remove IUD in standard fashion (with strings visible)			

ADDITIONAL COMMENTS:

SIGNATURE OF EVALUATOR: _____

DATE: _____