

# Learning Outcomes for the Letter of Competence in Intrauterine Techniques (LoC IUT)

**Definition of the LoC IUT of the FSRH:** A healthcare professional who holds the Letter of Competence in Intrauterine Techniques has demonstrated that they have the evidence-based knowledge, attitude and skills required to consult with a woman requesting contraception, and to appropriately provide and insert intrauterine methods and manage complications and side effects.

**Learning Outcomes:** To demonstrate sufficient skills and knowledge to be awarded the LoC IUT as described above the learner must be able to:

- Demonstrate an effective contraceptive choices consultation.
- Advise and assess women who wish to use intrauterine contraception (IUC) for long-term contraception and as emergency contraception. This would include being familiar with:
  - UK medical eligibility criteria
  - advantages and disadvantages
  - side effects and possible complications of use
  - efficacy and mode of action
  - assessment and investigation of STI risks
  - timing of insertion
- Achieve competence in assessing uterine cavity length and position of uterus using a combination of bimanual examination and uterine sounding.
- Demonstrate familiarity with insertion techniques for current devices in common use.
- Achieve competence in fitting two different devices including at least one copper intrauterine device (Cu-IUD) and one type of hormonal intrauterine system (LNG-IUS) in conscious women.
- Demonstrate aseptic “no-touch” technique during insertions.
- Describe the use of local anaesthetic techniques.
- Describe the indications for cervical dilatation.

- Describe the diagnosis and management of medical emergencies during and immediately after IUC insertion including uterine perforation, vasovagal syncope/bradycardia.
- Demonstrate ability to provide appropriate post-insertion advice.
- Describe the management of women presenting with complications of IUC insertion including:
  - infection
  - pelvic pain
  - abnormal or nuisance vaginal bleeding
  - non-visible threads
  - a positive pregnancy test

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