

Learning Outcomes for the Letter of Competence in Subdermal Contraceptive Implant Techniques – Insertion and Removal (LoC SDI-IR)

Definition of the LoC SDI of the FSRH: A person who holds the LoC SDI-IR has demonstrated that they have the evidence based knowledge, attitude and skills required to consult with a woman requesting contraception, and to appropriately provide a subdermal implant and manage complications, side effects and removal.

Learning Outcomes: To provide a training programme that will equip the learner with the evidence based knowledge, attitude and skills required to consult with a woman requesting contraception, and to appropriately provide a subdermal implant and manage complications, side effects and removal. The LoC SDI+IR is awarded to those who have successfully achieved this training.

LoC SDI+IR holders will be able to:

- Advise women and men requesting contraception and enable them to make informed choices about managing their fertility.
- Appropriately consult with and assess women who wish to use SDIs
- Describe the composition and pharmacokinetics of implants and potential drug interactions
- Explain the indications and contraindications, medical eligibility criteria, advantages and disadvantages, side effects and complications of SDI use
- Describe the mode of action and contraceptive efficacy of implants
- Demonstrate competence in insertion and removal of SDIs in conscious women, to include the use of local anaesthesia
- Manage medical emergencies associated with insertion and removal
- Manage side effects of SDIs including bleeding problems
- Describe the management of an impalpable implant.
- Demonstrate an effective contraceptive choices consultation.

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