

# Learning Outcomes for the Letter of Competence in Subdermal Contraceptive Implant Techniques - Insertion Only (LoC SDI-IO)

**Definition of the LoC SDI-IO of the FSRH:** A person who holds the LoC SDI-IO 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, manage complications and side effects.

The LoC SDI-IO is only open to doctors, nurses and midwives working in abortion services or in maternity services. The FSRH retains the right to amend this list.

**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, manage complications and side effects. The LoC SDI-IO is awarded to those who have successfully achieved this training.

This award does not include the learning outcome to remove a subdermal contraceptive implant but there is an expectation that the holder will know how to remove an implant.

LoC SDI holders will be able to:

- Advise women requesting contraception and enable them to make informed choices about managing their fertility.
- Demonstrate an effective contraceptive choices consultation.
- 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 of SDIs in conscious women, to include the use of local anaesthesia
- Manage medical emergencies associated with insertion
- Know how to remove an implant and be able to describe this to a patient

- Be able to describe and advise on the management of problematic bleeding
- Describe the management of an impalpable implant.
- Describe the management of the removal of SDIs including referral pathways

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