

Video training for assistants at IUCD procedures

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Introduction

Access to the whole range of contraceptive options in an accessible location are aims of the Faculty of Sexual & Reproductive Healthcare (FSRH) Hatfield Vision and the Scottish Government Women's Health Plan

A well trained assistant is a vital support to an IUCD fitting clinician. Local GP practices highlighted the loss of nursing staff trained to support IUCD procedures as a barrier to provision of IUCD insertions. Support with training new staff or health care assistants was sought from the Sexual Health team. We were unaware of any existing training materials to support the training of staff assisting at IUCD insertions. As it is a practical procedure a visual approach seemed appropriate and easier to understand than a long written description. A video that was similar to the local CPR training video was the aim.

Methodology

- 2 IUCD inserters and a health care assistant with extensive experience of assisting at IUCD insertion worked together.
- FSRH guidelines on intrauterine contraception, and the LoC IUT syllabus informed the content.
- The procedure was broken down into steps, a story board created and a script produced. Staff volunteered to be in the video which was filmed and edited by the medical photography department.

Topics included:

- A description of a consultation and procedure to help the assistant understand these, and mention of when swabs and cervical screening are taken during the procedure.



- Items needed for the procedure.

Items needed

IUCD Insertion set

scissors, sound, sponge holding forceps, tenaculum speculum (small, medium and large)

cotton wool balls, sterile or clean gloves, lubricating jelly

a selection of coils, disposable sound dilator

A thread retriever, local anaesthetic, spencer wells forceps

sanitary towels, sick bowls, cervical screening brushes/ pots and infection swabs required for some procedures.

- Advice on reading out expiry dates for devices and how to open device packaging.
- Needing awareness of system to get help in an emergency.



- Knowing what emergency equipment is required in line with FSRH guidance & where it is kept.



- Hand hygiene and PPE.



- Preparing trolley and couch including cleaning, Maintaining a sterile field.

- Supporting the client to get ready for the procedure and privacy, and during the procedure, and afterwards.
- Observing for signs of distress/ unwellness. Helping if patient becomes unwell e.g getting help, bringing emergency equipment
- Cleaning after the procedure and dealing with the instrument set and specimens such as swabs and cervical screening tests.

- Advice on relevant local on-line learning modules that are part of mandatory training.

Learnpro modules

- Basic life support
- Safe management and handling of sharps
- Infection control
- Waste Management

Results

- The video lasted 9 minutes 58 seconds and was posted on YouTube on 13th January 2023.



Coil procedure for HCA final
<https://youtu.be/1QAKrjrTctl>

- It was publicised to local GP practices within a Sexual Health update email.
- There have been 81 views between 13.1.23 and 30.03.23
- The total cost for production of the video was £1500 . It was funded by the health board.

Conclusions

This resource was a simple, low-cost way to provide high quality, easily accessible, and time efficient training information for staff assisting at IUCD insertions in primary care or sexual health settings.

Acknowledgement

Many thanks to the staff of the Department of Medical Photography of NHS Ayrshire and Arran for their support in producing this training video

References

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