

# LONG-ACTING REVERSIBLE CONTRACEPTIVES IN CRISIS SETTINGS

## PRE-POST TWO-ROD IMPLANT INSERTION AND REMOVAL SKILL CHECKLIST

Name of Participant: \_\_\_\_\_ Place of Posting: \_\_\_\_\_

Name of Assessor: \_\_\_\_\_ Date of Assessment: Pre: \_\_\_\_\_ Post: \_\_\_\_\_

### Instructions for the assessor:

- Set up the station for implant insertion and removal.
- Invite one participant at a time.
- Read the scenario given below.
- Tell the participant to demonstrate the insertion and removal steps.
- Enter scores in the checklist while observing the steps.
- Do not prompt or interfere while the participant performs.

### Scenario:

The woman has chosen to use the two-rod implant. Her eligibility has been assessed and confirmed. You have counseled her on what you will be doing and if she has any question. You have ensured all equipment, supplies, and light source are available, and that privacy is maintained. The woman has washed her arm with soap and water. You have positioned the woman's arm with the elbow flexed. Now proceed with the steps of insertion and removal of the two-rod implant.

		Assessment Score		
Step No.	Tasks	Pre-test	Post-Test	Comments
<b>Getting Ready</b>				
1	Places a clean dry cloth under the woman's arm			
2	Opens the pouch containing the sterile rods by pulling apart and drops them into a sterile bowl/sterile drape  Removes the sterile trocar from the package and gently drops it on the sterile tray/drape			
3	Marks the position on the arm for insertion of rods 6cm to 8cm above the elbow fold in a "V"			
4	Washes hands with soap and water and air dries			
5	Puts on sterile gloves on both hands			
<b>Inserts Implant</b>				
6	Cleans insertion site with antiseptic, using a tissue forceps to hold a cotton or gauze swab soaked with antiseptic			

7	Fills a sterile syringe with 2 mL of 1% lidocaine. Injects a very small amount of the anesthetic to raise a small wheal at the puncture site. Advances the needle under the skin for 5 cm (2 inches) between where the two rods will be inserted. As withdraws the needle, slowly injects 1 mL of anesthetic in a track			
8	Inserts the trocar directly (subdermal and superficially) with the beveled tip of the trocar facing up			
9	While tenting the skin, advances the trocar and plunger to mark (1) nearest the hub of the trocar			
10	Removes the plunger and loads the first rod into the trocar with the gloved hand or forceps			
11	Reinserts the plunger and advances it until resistance is felt			
12	Holds the plunger firmly in place with one hand and slides the trocar out until it reaches the plunger handle			
13	Withdraws the trocar and plunger together until mark (2) nearest the trocar tip, just clear of incision (does not remove the trocar from the skin)			
14	Redirects the trocar about 15°, and advance the trocar and plunger to mark (1)			
15	Inserts the second rod using the same technique			
16	Palpates the rods to check that the two rods have been inserted in a V-distribution and that both rods are 5mm clear of the incision			
17	Removes the trocar only after insertion of the second rod and presses down on the incision with a gauzed finger for a minute or so to stop any bleeding  Applies pressure bandage			
<b>Removes Implant</b>				
18	Palpates the rods to determine the point for removal			
19	Preps removal site with antiseptic solution twice using cotton/gauze held with a tissue forceps			
20	Injects a small amount of local anesthetic (1% without epinephrine) at the incision site and under the end of the rods (Below the bottom of V)			
21	Pushes down the proximal end of the rod to stabilize it; a bulge may appear indicating the distal end of the implant			

22	Makes a 4 mm incision with the scalpel below the ends of the rods			
23	Gently pushes the rods toward the incision with fingers till it is visible and grasps the end with curved forceps			
24	Uses sterile gauze (or blunt side of the scalpel) to clean off the fibrous tissue sheath that covers the tip of the rod and ensure that the rod is complete			
25	Repeats steps 23-24 for the second rod and applies bandage			

Total Score: **25**      Pre-Test Score: \_\_\_\_/25      Post-Practice Score: \_\_\_\_/25