

# IUD Insertion Training for Doctors

IUD insertion in general practice requires relevant prior knowledge and skills in women's sexual & reproductive health. FPWNT, in conjunction with FPNSW, runs a nationally-accredited training course for IUD insertion. It comprises 2 modules:

**Module 1** provides information on IUD types, pre-insertion assessment of patients and management of IUD-related problems. It comprises an on-line learning activity (4-6hrs)

**Module 2** Provides a practical workshop held in Darwin (2.5hrs) followed by directly supervised IUD insertion sessions in our Darwin or Palmerston clinics. Aiming to attain 8-10 insertions of copper or hormonal IUDs, training is competency-based.

## To access IUD training:

1. Email our Education Manager ([education@fpwnt.com.au](mailto:education@fpwnt.com.au)) with your expression of interest in IUD training. Approximated dates for clinical sessions will be outlined by FPWNT at this time.
2. Visit this link to register: <https://www.fpnsw.org.au/iud-insertion-training> FPNSW will notify applicants who have been accepted for training – places are limited. A payment will be required.
3. On completion of Module 1, contact our Education Manager ([education@fpwnt.com.au](mailto:education@fpwnt.com.au)) so that we can organize:
  - a) The practical workshop, (requiring documented completion of Module 1)
  - b) Your IUD training sessions in our Darwin & Palmerston clinics

**Full cost:** \$1,450

Applications will not be confirmed until full payment has been received, (payable to FPNSW).

**Practical workshop / Clinical Training:** Dates and times will be arranged in consultation with the applicant and is subject to clinic availability.

**IUD Upskilling:** If applicants have done prior IUD insertions, and seek only upskilling, please contact the education manager directly (see below).

**Training Coordinator:** Maari Gray, Education Manager FPWNT.

## Learning outcomes

- This is 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 intrauterine methods and manage complications and side effects.
- Explain intrauterine contraception (IUC) as a long-acting reversible contraceptive method and the role of the levonorgestrel (LNG)-IUD in the management of appropriately investigated heavy menstrual bleeding.
- Describe the types of IUD available in Australia; their mode of action, advantages and disadvantages and contraindications to IUD use.
- Assess patient suitability for IUD insertion; list relevant investigations and advise on appropriate location and timing for insertion.
- Describe the steps involved in IUD insertion in the outpatient setting and the technique required for the different devices available.
- Outline the management of commonly encountered IUD related issues e.g. pelvic pain, missing strings
- Demonstrate basic skills in IUD removal techniques

After completion of Module 2 - Supervised Clinical Attachment, participants will also be able to: Utilize a systematic approach to intrauterine contraception- pre-insertion checklist, obtaining informed consent for IUD insertion, appropriate documentation of the procedure in patient records. Demonstrate competence in insertion of IUDs in conscious women. Demonstrate effective infection control during the IUD insertion procedure. Describe the management of medical emergencies and complications that may arise during and after IUD insertion e.g. vasovagal

