

# 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 simulation workshop held in Darwin (2hrs) followed by directly supervised IUD clinical insertion sessions in our Darwin or Palmerston clinics. We aim for you to attain 10 insertions of copper or hormonal IUDs as 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. We will confirm when we are able to provide training in a reasonable timeframe.
2. Email FPNSW [education@fpnsw.org.au](mailto:education@fpnsw.org.au) and advise that you have discussed training with Family Planning NT. FPNSW will notify applicants who have been accepted for training – places are limited. A training fee is payable as outlined below.
3. On completion of Module 1, please recontact FPNT Education Manager ([education@fpwnt.com.au](mailto:education@fpwnt.com.au)) to confirm:
  - a) The simulation workshop, (requiring documented completion of Module 1)
  - b) Your IUD clinical training sessions at our Darwin & Palmerston clinics.

**Full cost:** \$1,620

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

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

**IUD Upskilling:** If you have prior IUD insertion experience, and seek upskilling only, 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

