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| Date: UMR: | |
| **Skill** | Completed Y/N |
| Assess an individual’s suitability for Implanon NXT including:   * Determining any contraindication to Implanon NXT * Determine any contraindications to the use of antiseptic solution and use of local anaesthetic * Review the patient’s concurrent medicines and any potential interactions with etonogestrel * Determining the appropriate timing of Implanon NXT initiation, including exclusion of pregnancy prior to insertion and switching from another contraceptive method * Obtain informed consent for the procedure and document this in patient records |  |
| Provide advice about possible side effects and management options including:   * Bleeding patterns and other side effects of Implanon NXT * Follow up and management of adverse bleeding patterns and side effects |  |
| Set up the environment for the insertion using appropriate sterile/aseptic technique  Ensure there is adequate time, a good light source and complete set of equipment. |  |
| Prepare for insertion including:   * Position the woman lying on a bed, with her arm flexed and externally rotated, and her hand next to her head * Positioning themselves in relation to the woman allowing visualisation of the needle during insertion * Identify and mark the correct insertion site by palpating 3-5cm posterior to the sulcus between the biceps and triceps muscle, 8-10cm proximal to the medial epicondyle, in the non dominant arm * Clean the site with appropriate skin preparation (such as chlorhexidine) * Identify and administer appropriate local anaesthetic along a 4cm length (lignocaine hydrochloride 1% recommended)   Check the Implanon NXT applicator to ensure a white tip of the insert can be visualised |  |
| Insert the implant   * Pierce the skin at an angle of <30\* and then re-angle to a horizontal position to insert the implant superficially in the sub dermis * Tent the skin slightly as progressing the needle to ensure superficial insertion   Once the needle has been inserted the full length, depress the purple slider to retract the needle |  |
| Palpate both ends of the implant to confirm location |  |
| Apply waterproof dressing then ask the woman to palpate the implant |  |
| Apply pressure dressing |  |
| Provide advice to the woman on self care relating to insertion including:   * Instructions on self palpation * Ongoing care required for dressing and pressure bandage   Documentation detailing insertion site, insertion date and date for removal |  |

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| **Midwife reflection** | |
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| **Supervisor comment (**include areas of strength and areas for improvement) | |
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| Supervisor’s name: | Supervisor’s signature: |