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Adolescent Reproductive Health and Contraceptive Service

Practical 03 / Supervised communication practice

Aim

Counsel a fictional adolescent or adult on reproductive health and demonstrate authorised contraceptive service checks.

Principle

Privacy, informed choice, eligibility and clear follow-up support safe reproductive health services.

Articles and Materials

- Role-play cards, method aids and eligibility guide
- Interval intrauterine device trainer and service record

Procedure

1. Explain privacy, confidentiality limits and the purpose, confirm consent and ask what the person wants to discuss in their preferred language.
2. Assess relevant symptoms, pregnancy possibility, prior methods, sexual health concerns and need for safeguarding or timely care.
3. Compare available methods by use, reversibility, side effects and access. Discuss eligibility and infection prevention using the current guide.
4. Explain where qualified services provide safe abortion assessment or other reproductive care when relevant. Arrange confidential referral and communication under local policy.
5. Verify authorisation, indication and trainer checklist for interval device insertion or removal. Demonstrate model preparation and explain follow-up and warning signs.
6. Offer the authorised temporary method or referral within the case, record the person’s choice and allow time for questions or deferral.
7. Use teach-back on use, next appointment and whom to contact. Confirm private follow-up and document the agreed plan.
8. Communicate any concern urgently to the appropriate clinician and record responsibility.

Precautions

- Respect autonomy and confidentiality.
- Use authorised device trainers and clinical pathways.

Observations and Record

Adolescent Reproductive Health and Contraceptive Service

Documentation

Item	What to record	Why it matters
Counselling	Consent, preferences and eligibility	Supports informed decisions
Service	Method, model checks and referral	Supports safe access
Follow-up	Warning signs, date and provider	Maintains continuity

Worked Example

A person wants a reversible option but is uncertain about timing. The student explains choices and arranges a confidential eligibility review.

Result and Evaluation

Demonstrate non-directive counselling and accurate model and referral documentation.

Viva Questions and Answers

What is informed choice?

A voluntary decision after understanding relevant options, benefits, risks and follow-up.

Why verify eligibility?

Timing and clinical conditions can affect safe method selection.

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