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# B.Sc. Nursing Practical Notes

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# Permanent Contraception Service Assistance

Practical 07 / Skills laboratory

## Aim

Rehearse voluntary sterilisation counselling, preparation for authorised services and nursing follow-up.

## Principle

Permanent contraception requires informed choice and reliable aftercare. Vasectomy needs temporary contraception until the treating service confirms effectiveness.

## Articles and Materials

- Fictional vasectomy and tubectomy records
- Consent checklist, recovery chart and follow-up form

## Procedure

1. Verify identity and which service the person wants to discuss. Establish privacy and explain why the decision is voluntary and may be deferred.
2. Describe the intended permanence, benefits, risks, possible failure and reversible alternatives. Record questions and refer clinical eligibility decisions to the authorised provider.
3. For the simulated procedure verify the person, method, documented consent, baseline observations, allergy and readiness. Confirm which nurse will receive the recovery handover.
4. Prepare the model service area, infection-prevention supplies and records. Assist the clinician's simulation only in the allocated role.
5. Assess comfort, vital observations and the site as ordered after the procedure. Escalate severe pain, bleeding, faintness or other concerning findings.
6. In the vasectomy case explain the need for continued contraception until clearance through the service's review and semen testing pathway.
7. Explain expected recovery, warning signs, contact details and the next review. Ask the person to repeat the agreed plan.
8. Document choice, consent, nursing findings, instructions and the responsible service for clearance or follow-up.

## Precautions

- Protect privacy and freedom to defer a decision.
- Use authorised screening, recovery and clearance criteria.

# Observations and Record

Permanent Contraception Service Assistance

## Documentation

| Item | What to record | Why it matters |
|---|---|---|
| Decision | Options discussed, choice and consent | Protects voluntary care |
| Service | Method, checks and observations | Supports safe assistance |
| Follow-up | Warnings, clearance and contact | Prevents missed care |

### Worked Example

A client asks if they can rely on vasectomy immediately. The student confirms the interim contraception plan and explains how the service will communicate clearance.

## Result and Evaluation

Demonstrate voluntary counselling, safe preparation and a documented recovery and follow-up plan.

## Viva Questions and Answers

### When can a client rely on a vasectomy for contraception?

After the treating service confirms effectiveness under its follow-up protocol.

### What should an aftercare record show?

Observations, instructions, warning signs and the service responsible for review.

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