The safe and effective insertion and removal of

Implanon NXT®

by health care professionals in Australia

1. INTRODUCTION

Implanon NXT®, an etonogestrel single rod implant, is a long-acting reversible contraceptive.

The insertion and removal of *Implanon NXT*® is expected to occur as part of a contraceptive model of care provided more broadly by health care professionals.

It may involve different health care professionals, working with different scopes of practice or endorsements, in different health care settings, and within different service models and pathways of care.

This document outlines the competencies[1] that an individual health care professional requires in order to safely and effectively insert and remove *Implanon NXT*®. This includes giving adequate information about expected bleeding patterns and their management but does not cover the knowledge and skills required to provide contraceptive care more broadly, although these may be included in training (e.g. contraceptive mechanisms of action, pharmacokinetics, adverse effects, drug interactions; communication; consumer assessment; shared decision making and supporting informed choice; managing adverse effects and management of medical emergencies).

This document also provides guidance to those involved in the training, service provision and insurance of health care professionals to support a shared understanding around expectations in the safe and effective insertion and removal of *Implanon NXT*®.

2. BACKGROUND TO THE DEVELOPMENT OF THIS DOCUMENT

This document has been developed taking into consideration the following:

- The product information and training delivered by MSD in Australia since the introduction of *Implanon NXT*® in 2010;
- The systems and experience in the United Kingdom for training independent of MSD in subdermal contraceptive implant techniques;
- Recognition of the need for sustainable health care in Australia through a flexible health workforce and innovative models of care to achieve safe and effective care; and
- The guidance of experts in *Implanon NXT*® insertion and removal and health professional education.

It has been developed in consultation with, and endorsed by, peak bodies representing health care professionals and health service providers.

1. For the purpose of this document, competencies are defined as the knowledge, skills and attributes required to successfully and consistently perform a specific task or function.

3. USE OF THIS DOCUMENT

3.1 HEALTH CARE PROFESSIONALS

Health care professionals can use the competencies and performance indicators in this document to reflect on their own professional practice and determine their training and continuing professional development (CPD) needs in relation to the safe and effective insertion and removal of *Implanon NXT®*, as appropriate for their own scope of practice.

Health care professionals who may currently include insertion and removal of *Implanon NXT®* within their scope of practice are medical practitioners (general or specialist), nurses (general or with endorsements) and midwives (general or with endorsements).

3.2 TRAINING PROVIDERS

Training providers can use the competencies, performance indicators and example learning outcomes in this document to guide the development and delivery of training programs for health care professionals learning to safely and effectively insert and remove *Implanon NXT®*.

Training providers will have flexibility to design and adapt their training to address the needs of participants, including:

- recognising existing skills and knowledge held by the health care professionals participating in their training programs;
- utilising various modes of delivery to suit the needs of health care professionals (e.g. simulation using model arms or supervision in practice); and
- offering training specific to these procedures, or bundling it as a part of a broader training offering.

Learning outcomes for training that facilitates the attainment of the competencies have been listed as examples. Training providers can adapt these as appropriate to the purpose and scope of the training they are developing. Training providers should provide evidence (such as a certificate) detailing the training attended and document whether this includes an assessment of competency by the training provider, or simply a learning opportunity attended by the health care provider. It should include whether procedures were performed on a model arm or a live person.

3.3 CPD ACCREDITING ORGANISATIONS

All health care professionals registered under the *Health Practitioner Regulation National Law Act* are required to meet the CPD registration standard set by their respective National Board.

Accreditation processes for the different health care professions can use this document as a reference point during the assessment of training activities relating to the insertion and removal of *Implanon NXT®*.

3.4 EMPLOYERS

Employers may use this document as the reference point in credentialing or verifying the skills of health care professionals when determining their ability to safely and effectively insert and remove *Implanon NXT®*.

3.5 PROFESSIONAL INDEMNITY INSURERS

Professional indemnity insurers may explicitly require health care professionals who insert and remove *Implanon NXT®* to have completed appropriate training.

Training developed and delivered with an understanding of the competencies expected of health care professionals completing these procedures, and delivered by training providers who meet profession-specific accreditation requirements, may be considered appropriate for this purpose.

4. STRUCTURE OF THE COMPETENCIES AND ASSOCIATED GUIDANCE

4.1 PERFORMANCE INDICATORS

For each competency, performance indicators have been identified. These are observable behaviours expected of health care professionals who are safely and effectively inserting and removing *Implanon NXT*®.

4.2 EXAMPLE LEARNING OUTCOMES FOR TRAINING PROGRAMS

The manner in which a training provider supports the attainment of each competency will vary depending on the existing knowledge and experience of the health care professionals completing their training. Possible learning outcomes have been identified. It should be noted that these are examples, not a minimum standard or an exhaustive list. These have only been provided for guidance.

Training providers should clearly articulate the learning outcomes for any training program they develop and deliver, as appropriate for the health care professionals participating in the training and their intended scope of practice. Any recognition of prior learning or experience should be clearly documented.

For example:

- Performance indicator 1.3: If a health care professional holds a hand hygiene certificate this may be used as evidence for this performance indicator.
- Performance indicator 1.4: If health care professionals perform local anaesthetic administration as part of their current role, the training provider may determine an exemption for this performance indicator.
- Performance indicator 1.5: All health care professionals should demonstrate insertion and removal on a model arm as a minimum requirement of all training. Determination of use of only a model arm or a model arm followed by live person/s for training will depend on level of previous training, experience and competency in similar procedures by the individual health care professional. It is expected that many doctors, particularly those with surgical skills, will be suited to training using model arm only, whereas many nurses, midwives and junior doctors will be suited to training using model arm followed by live person/s. It may include the use of videoconferencing for observation or supervision of model arm demonstration, if appropriate.

5. REVIEW DATE

This document should be reviewed when there are significant changes to clinical practice, or 3-yearly. MSD will coordinate reviews with the endorsing bodies and other relevant stakeholders.

6. ENDORSEMENT

This document has been endorsed by the following bodies:

Australasian Sexual Health and HIV Nurses Association (ASHHNA)

Australian College of Midwives (ACM)

Australian College of Nurse Practitioners (ACNP)

Family Planning Alliance Australia (FPAA)

6. COMPETENCIES AND EXAMPLE LEARNING OUTCOMES FOR THE SAFE AND EFFECTIVE INSERTION AND REMOVAL OF *Implanon NXT®*

FOR INDIVIDUAL HEALTH CARE PROFESSIONALS		FOR TRAINING PROVIDERS TO ADAPT AS APPROPRIATE
Competency	**Performance indicators**	**Example learning outcomes for training in the safe and effective insertion and removal of *Implanon NXT®***
1. Safely and effectively insert *Implanon NXT®*	1.1 Assesses woman's suitability for contraceptive implant	Lists contraindications to insertion of contraceptive implant, use of antiseptic solution or use of local anaesthetic Describes the appropriate timing of implant initiation including the use of pregnancy testing and switching from another contraceptive method Describes considerations for insertion when an implant is to replace an implant being removed in accordance with manufacturer instructions (e.g. positioning of implant, additional local anaesthetic requirements)
	1.2 Provides advice about possible side effects and management options	Describes the bleeding patterns and other side effects with the contraceptive implant Describes follow up and management of adverse bleeding patterns and side effects
	1.3 Sets up for performing the insertion	Describes the time that should be allowed, light requirements and equipment required for performing the procedure Describes hand hygiene, sterile gloves and correct skin disinfection prior to procedure
	1.4 Positions the woman for insertion	Describes positioning of the woman in accordance with manufacturer insertion instructions Describes health professional positioning in relation to woman
	1.5 Prepares the insertion site	Describes how the insertion site is identified in accordance with manufacturer instructions Describes antiseptic requirements for cleaning the insertion site Describes local anaesthetic recommended for insertions and process for administering Performs anaesthesia at the insertion site, under supervision
	1.6 Inserts implant	Confirms implant is visible in cannula prior to insertion Describes implant insertion technique in accordance with manufacturer instructions Demonstrates implant insertion using a model arm in accordance with manufacturer instructions Demonstrates implant insertion on a live person in accordance with manufacturer instructions, under supervision Demonstrates palpation of both ends of implant after insertion to confirm its presence (model arm or live person, as appropriate)
	1.7 Dresses the insertion site	Describes dressing and pressure bandage requirements
	1.8 Provides advice to woman on self-care relating to insertion	Describes instructions to woman on self-palpation Describes ongoing care required for dressing and pressure bandage Describes documentation to provide to woman on insertion site, insertion date and date for removal

FOR INDIVIDUAL HEALTH CARE PROFESSIONALS		FOR TRAINING PROVIDERS TO ADAPT AS APPROPRIATE
Competency	**Performance indicators**	**Example learning outcomes for training in the safe and effective insertion and removal of *Implanon NXT*®**
2. Safely and effectively remove *Implanon NXT*®	2.1 Assesses woman's suitability for contraceptive implant removal	Demonstrates palpation of the implant prior to initiating removal (model arm or live person, as appropriate) Describes how impalpable, misplaced, migrated and deep implants occur and how they can be located Describes steps to take when implant is not palpable Describes when referral is necessary for removal, and referral pathways available Describes steps for confirming woman's requirements for ongoing contraception are met
	2.2 Sets up for performing the removal	Describes the time that should be allowed, light requirements and equipment required for performing the removal Describes hand hygiene, sterile gloves and correct skin disinfection prior to procedure
	2.3 Positions the woman for removal	Describes positioning of the woman in accordance with manufacturer insertion instructions Describes health professional positioning in relation to woman
	2.4 Prepares the site for removal	Describes antiseptic requirements for cleaning the site Describes local anaesthetic recommended for removal and process for administering Performs anaesthesia at the removal site, under supervision
	2.5 Removes the implant	Describes incision and removal technique in accordance with manufacturer instructions Performs incision and removes implant in accordance with manufacturer instructions (model arm or live person, as appropriate)
	2.6 Dresses the insertion site	Describes dressing and pressure bandage requirements
	2.7 Provides advice to woman on self-care relating to removal	Describes instructions to woman on immediate loss of contraceptive effect Describes ongoing care required for dressing and pressure bandage