



Royal College  
of Nursing

# Inserting and removing subdermal contraceptive implants (SDI)

*RCN accreditation and training guidance for nurses and midwives*

**Fifth edition**





This guidance was updated in **October 2011**.

## Acknowledgements

The first edition was written by Shelley Mehigan from the Garden Clinic, Slough and Kathy French, former sexual health adviser at the RCN, with support from members of the Faculty of Sexual and Reproductive Healthcare (FSRH) associate nurse working group, the RCN Sexual Health Forum (now RCN Public Health Forum), and the RCN Accreditation Unit. This edition has been updated with support from Wendy Moore, clinical nurse specialist and Vice-Chair of the FSRH associate members working group, Catriona Sutherland, nurse adviser, members of the FSRH associate members working group, the RCN Public Health Forum and the RCN Accreditation Unit.

**Please note that separate accreditation and training guidance is available for intrauterine techniques**

## Diversity

The RCN Accreditation Unit is committed to implementing equality of opportunity, eliminating unlawful discrimination and promoting good relations between different groups in all aspects of its day-to-day operation and strategic development. The Unit will therefore fully comply with the legal obligations contained in the Equality Act 2010 and the RCN's existing equality, diversity and human rights framework.

Appropriate arrangements should be in place to enable all clients, including those with additional support and care needs, to access sexual health services without undue delay. This may mean providing appropriate young people's services (including young people in care of the local authority), access to interpreters, clinic facilities for people with physical disabilities, learning disabilities, victims of sexual assault, sex workers and substance mis-users. Outreach services should be tailored to meeting the access and care needs of those currently not engaging with mainstream services.

Clients should have the assurance of confidentiality regarding their consultations regardless of age, gender, sexual orientation, religion or ethnicity unless the clinician has concerns about client wellbeing and/or safety.

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### RCN Legal Disclaimer

This publication contains information, advice and guidance to help nurse members of the RCN. It is intended for use within the UK but readers are advised that practices may vary in each country and outside the UK.

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Published by the Royal College of Nursing, 20 Cavendish Square, London, W1G 0RN

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# Inserting and removing subdermal contraceptive implants

*RCN accreditation and training guidance for nurses and midwives*

## Contents

Introduction	2
Section A: Before you start	4
Section B: Required documentation	5
Section C: Maintaining competence and re-accreditation	6
References and further reading	6
Useful websites	7
Section D: Applying for RCN accreditation	8
Training	8
Theoretical training	8
Subdermal contraceptive implants	8
Local anaesthetics	8
Counselling	8
Practical training	9
Training records	9
Prescribing and patient group directions (PGDs)	10
Application forms	11
Form SDI 1: Application form for accreditation	11
Form SDI 2: Competence record	13
Form SDI 3: Practice skills (live patient) training and declaration of competence	15
Form SDI 4: Declaration of nurse trainer (if applicable)	17
Form SDI 5: Checklist and self declaration	18
Form SDI 6: Application form for re-accreditation	20
Form SDI 7: Log of insertions and removals for re-accreditation	21
Form SDI 8: Declaration of nurse peer reviewer (if applicable)	22
Form SDI 9: Checklist for re-accreditation	23

## Introduction

This RCN guidance aims to give information on how to acquire the clinical skills and competence you need to insert and remove subdermal contraceptive implants (SDIs) and sets out the training requirements needed to undertake this advanced role. These closely follow the training recommended for doctors by the Faculty of Sexual and Reproductive Healthcare (FSRH) of the Royal College of Obstetricians and Gynaecologists. The Royal College of Nursing (RCN) recommends that you follow this guidance to ensure best practice and to protect the safety of women.

In 2005 the National Institute for Health and Clinical Excellence (NICE) published its guidelines on long-acting reversible contraception (LARC). The key priorities for implementation recommended by NICE focussed around contraception provision, counselling, patient information and the training of health care professionals in contraception care.

### RCN Accreditation

Once you have completed the application form and training records within this publication you may be eligible to apply for RCN Accreditation of your practice.

#### Accreditation:

- was developed by nurse experts in contraception and sexual health and is based on the Faculty of Sexual and Reproductive Healthcare (FSRH)'s guidance
- is endorsed by the FSRH, who require that any nurse applying to become a Faculty Nurse Registered Trainer in IUTs has current RCN IUT accreditation
- ensures that nurses providing contraception services are appropriately trained, ensuring best practice and protecting the safety of women.

Once accreditation is granted you will receive a certificate which is valid for 5 years. Refer to the 'Before you start' section for more information and eligibility criteria. Please note that insertions or removals alone will not be accredited.

### Accreditation fee

Please contact the RCN Accreditation Unit on 020 7647 3647 or email [accreditation@rcn.org.uk](mailto:accreditation@rcn.org.uk) for fee information.

It is your responsibility to ensure your application meets all of the criteria before applying and you will be liable for the accreditation fee once we have begun processing your application.

### The following documents should also be read, followed and should direct your practice:

*UK Medical Eligibility Criteria (UKMEC) (2009)* Available from <http://www.fsrh.org/admin/uploads/UKMEC2009.pdf>

NICE LARC Guidance (2005): Available from <http://www.nice.org.uk/Guidance/CG30>

Faculty of Sexual and Reproductive Health Care and Royal College of Nursing (2008) *Patient Group Direction for the administration of subdermal contraceptive implants (Implanon) by registered nurses/midwives*: Available from <http://www.ffprhc.org.uk/pdfs/PGDsubdermal05.pdf>

Faculty of Sexual and Reproductive Healthcare and the Royal College of Nursing (2005) *Patient Group Direction for the administration of Lidocaine Hydrochloride 1%(plain) by registered nurses/midwives to women having contraceptive implants inserted or removed*: Available from [www.fsrh.org/pdfs/PGDLidocaine05.pdf](http://www.fsrh.org/pdfs/PGDLidocaine05.pdf)

Faculty of Sexual and Reproductive Healthcare (2008 – Updated 2009) *Progestogen-only implants*, London: FSRH: Available from <http://www.ffprhc.org.uk/admin/uploads/CEUGuidanceProgestogenOnlyImplantsApril08.pdf>

Organon Laboratories Ltd (August 2009) *Summary of Product Characteristics (SPC) for Nexplanon 68mg implant for subdermal use*. Available from <http://www.medicines.org.uk/EMC/medicine/23824/SPC/Nexplanon+68+mg+implant+for+subdermal+use>

## Section A

### Before you start

#### Eligibility

Please ensure you are eligible before applying for accreditation.

In order to be eligible for accreditation, you will need:

- to have completed a recognised post-registration course in contraception and sexual health care (CASH); which will have consisted of university accredited theoretical and practical modules. The theoretical module must have contained a complete overview of all methods of contraception. The practical module needs to have included not less than 36 hours of practical sessions within an appropriate clinical setting and must have been assessed by a qualified CASH mentor. If you are unsure of whether your course meets our requirements contact us for clarification, please be aware that you may be asked to submit the programme and learning outcomes.
- to have consolidated your CASH qualification before embarking on this higher level of skill. It is the responsibility of the applicant to ensure that they have consolidated their practice effectively
- to be working in an area within which you undertake contraceptive provision on a regular, rather than ad-hoc basis, following completion of your CASH training
- to have maintained your skill and competence in CASH provision by undertaking contraception specific continuing professional development (CPD) of at least two hours in duration within the last two years
- to have undertaken CPR/BLS and anaphylaxis training within the last two years
- the knowledge and skills to perform the procedure
- the ability to carry out counselling in all methods of contraception
- to undertake regular audit of your practice.

#### Additional training requirements for SDI Accreditation

You will also need to have undertaken:

- local anaesthesia training
- a non-medical prescriber qualification, or training in the use of patient group directions.

## Section B

### Required documentation

We strongly recommend that you keep a copy of all of your application in case of query or loss in the post.

We endeavour to process all applications within eight weeks, however, we are unable to commence the accreditation process if your application has not been completed correctly or does not include all of the supporting documentation detailed below.

- Completed application form (SDI 1).
- Completed training record (SDI 2 and SDI 3). Accreditation will not be given for insertions or removals alone; you must undertake both procedures.
- Photocopy of your CASH qualification certificate. The programme and learning outcomes may also be required, for more information read the eligibility criteria detailed in Section A or contact us.
- Photocopies of certificate/s and programme information to show at least two hours of CPD in contraception undertaken within the last two years (please note: STIF/ cervical cytology or other non-contraceptive courses/up-dates are not acceptable).
- Photocopies of CPR/BLS and anaphylaxis training undertaken within the last two years.
- Evidence of subdermal contraceptive implant theoretical training; a photocopy of the certificate of completion of the e-SRH module 17: Additional Training in Subdermal Contraceptive Implants, which you can access via [www.e-lfh.org.uk/e-srh](http://www.e-lfh.org.uk/e-srh). You must submit this certificate in addition to your trainer confirming your competence on the application form on page 12. If the e-learning module is unavailable, it is acceptable to submit your certificate of attendance from a theoretical training study day. The study day must have covered the same content as the e-module and your trainer should also confirm your competence on page 12 of the application form.
- Evidence of model arm and local anaesthetic training; this may be in the form of a certificate of

attendance at a formal study day, i.e., ‘The Course of 5’, or by your trainer signing and providing their details on page 12 to confirm that they have trained you in these aspects.

(All of the above must be completed to a satisfactory standard before you embark on live patient training).

- Copies of **all** trainers’ documentation.

For all doctors who participated in your training:

- 1) photocopy of in-date Letter of Competence in Subdermal Contraceptive Implants (LoC SDI)
- 2) photocopy of in-date Letter of Competence in Medical Education (LoC MEd).

#### And/or

For all nurses who participated in your training:

- 1) photocopy of in-date RCN Accreditation certificate in SDIs
  - 2) photocopy of teaching qualification
  - 3) completed declaration stating that they have fitted an additional 25 devices since the date of their RCN Accreditation (SDI 4).
- Signed self declaration (SDI 5).
  - Details of how you will be paying (SDI 5).

## Section C

### Maintaining competence and re-accreditation

RCN accreditation is valid for five years, after which time re-accreditation must be sought. In order to gain re-accreditation you should complete forms **SDI 6**, **SDI 7** and **SDI 9**. If you are peer reviewed by a nurse, they will need to complete **SDI 8** to confirm that they have fitted 25 implants since the date of their accreditation.

You must have undertaken sufficient insertions and removals each year to maintain your competence. It is recommended you carry out a minimum of six procedures per year, to include at least one insertion and one removal on conscious and consenting women. A log (Form **SDI 7**) covering a consecutive 12-month period will need to be kept for 24 months prior to the date of re-accreditation.

You will need to submit all of the relevant completed forms along with all of the required documentation listed on the checklist to demonstrate your continued competence in the area of inserting and removing subdermal contraceptive implants.

You can maintain your competence in many ways, for example, by attending lectures and reading journals and research papers. In order to demonstrate your continued competence for re-accreditation purposes, you should complete and submit a copy of the certificate of completion of the Faculty e-SRH module 17: Additional Training in the Insertion and Removal of Subdermal Contraceptive Implants, which must be undertaken within the two years prior to applying for re-accreditation.

It should be noted that RCN Accreditation relates to existing implants only. It is essential that you undertake training in any new devices as they are introduced.

Nurses are also reminded to adhere to the *NMC Code* (2008) at all times.

### References and further reading

Edwards JE and Moore A (1999) Implanon: a review of clinical studies, *The British Journal of Family Planning*, 24 (4 suppl), January, pp. 3-16

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National Institute for Health and Clinical Excellence (2005) *Long acting reversible contraception: the effective and appropriate use of long-acting reversible contraception (LARC)*, London: NICE. Available from <http://www.nice.org.uk/Guidance/CG30> (Accessed 16 May 2011) (Web)

NHS Executive (2000) *Health Service Circular: patient group directions* [England only], Leeds: NHSE (HSC 2000/026). [http://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Healthservicecirculars/DH\\_4004179](http://www.dh.gov.uk/en/Publicationsandstatistics/Lettersandcirculars/Healthservicecirculars/DH_4004179) (Accessed 16 May 2011) (Web)

Nursing and Midwifery Council (2009) *Record keeping*, London: NMC. Available from <http://www.nmc-uk.org/Documents/Guidance/nmcGuidanceRecordKeepingGuidanceforNursesandMidwives.pdf> (Accessed 16 May 2011) (Web)

Nursing and Midwifery Council (2008) *Guidance for Continuing Professional Development for Nurse and Midwife Prescribers*, London: NMC. Available from <http://www.nmc-uk.org/Documents/Guidance/NMC-Guidance-for-CPD-for-nurse-and-midwife-prescribers.pdf> (Accessed 16 May 2011) (Web)

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Oloto E and Mascarenhas L (2000) Subdermal contraceptive implants, *The British Journal of Family Planning and Reproductive Healthcare*, 26 (3), 1 July 2000, pp.171-174

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Scottish Executive (2001) *Patient group directions*, Edinburgh: SE (NHJS HDL (2001)7). Available from [http://www.sehd.scot.nhs.uk/mels/HDL2001\\_07.htm](http://www.sehd.scot.nhs.uk/mels/HDL2001_07.htm) (Accessed 16 May 2011) (Web)

Varney SJ and Guest JF (2004) *Relative cost effectiveness of Depo-Provera®, Implanon®, and Mirena® in reversible long-term hormonal contraception in the UK*, *Pharmacoeconomics*, 22(17), pp.1141-1151

Wynne-Jones M, Mancey-Jones S and Wilkinson C (2006) *Guidelines in action*. A step-by-step plan to implement NICE guidance in your practice: 1 Longacting reversible contraception

## Useful websites

### Faculty of Sexual and Reproductive Healthcare

[www.fsrh.org](http://www.fsrh.org)

### FPA (Family Planning Association)

[www.fpa.org.uk](http://www.fpa.org.uk)

### Nursing and Midwifery Council

[www.nmc-uk.org](http://www.nmc-uk.org)

### Royal College of Nursing

[www.rcn.org.uk](http://www.rcn.org.uk)

### RCN Accreditation Unit

[www.rcn.org.uk/accreditation](http://www.rcn.org.uk/accreditation)

## Section D

# Applying for RCN Accreditation

## Training

Each of the recommended training elements should be undertaken in the order shown below. Training sessions for individual elements should continue until the trainer(s) is satisfied with your level of competence. Insertions and removals (live patient training) must be completed within **one year** of model arm training. Completed applications should be submitted within **three years** of completing all theoretical training.

### Theoretical training (SDI 2)

Theory training requires completion of the e-SRH Module 17: Additional Training in Subdermal Contraceptive Implants, which you can access via [www.e-lfh.org.uk/e-srh](http://www.e-lfh.org.uk/e-srh) and your trainer should also confirm your competence on page 12. If the e-learning module is unavailable, it is acceptable to submit your certificate of attendance from a theoretical training study day. The study day must have covered the same content as the e-module and your trainer should also confirm your competence on page 12 of the application form.

It is expected that your trainer(s) will assess your theoretical knowledge, including patient counselling skills, prior to and during your practical SDI sessions through observation and discussion. If your theoretical knowledge is inadequate your trainer may defer the practical training until your theoretical knowledge has been satisfactorily assessed

### Subdermal contraceptive implants

The following specific areas should be covered:

- composition and pharmacokinetics of implants
- indications and contraindications
- advantages and disadvantages
- side effects and complications
- acceptability and user perceptions
- mode of action and contraceptive efficacy of implants
- pre-insertion and post-insertion counselling
- timing of insertion and removal

- monitoring of users
- timing of insertion
- follow up and continuation rates
- bleeding patterns
- assessment and preparation of the patient
- drug interactions
- assessment and preparation of the woman
- insertion and removal techniques
- potential medical emergencies associated with insertion and removal
- management of impalpable implants.

### Local anaesthetics

The following specific areas should be covered:

- pharmacokinetics of local anaesthesia
- indications and contraindications
- advantages and disadvantages
- side effects and complications
- management of complications
- mode of action
- management of impalpable implants
- use of local anaesthetic.

### Counselling (SDI 2)

Women should be given objective and accurate information about implants (and all other methods of contraception) including the specific insertion and removal procedures, follow-up care, any possible side effects or complications, and what to do if further advice is needed. You should discuss the precise location of the insertion and the effect of the local anaesthetic.

Women should be shown a sample of the implant before insertion and you should discuss possible bleeding patterns and answer any questions at this point. All verbal information provided during counselling should be supported by relevant written information, for example fpa (formerly known as the Family Planning Association) leaflets. In addition, at the time of insertion, the manufacturer's patient information literature must be given to the woman to take home with her.

Nurses and midwives must document all activity in line with Nursing and Midwifery Council (NMC) standards and local policies and include the batch numbers and expiry dates of the SDI inserted and local anaesthetic used, plus the amount of local anaesthetic used.

### Practical training (SDI 3)

Practical training entails being competent in the anatomy of the upper arm and local anaesthesia. The practical training element comprises counselling, model arm training, giving local anaesthesia, and the insertion and removal of SDIs in conscious, consenting women.

Practical training must be undertaken and overseen by a recognised and accredited trainer or trainers in contraception and sexual health, all of whom must have also had accredited training in SDIs. Currently these are:

- doctors who hold a current Letter of Competence in Subdermal Implants (LoC SDI) together with a current Letter of Competence in Medical Education (LoC Med, formerly the FIN Doc) from the FSRH or who are currently a Faculty Registered Trainer with the FSRH
- nurses who hold the RCN Certificate of Accreditation in Subdermal Implants and have fitted an additional 25 implants, and hold an NMC approved mentor's qualification, which must contain both a theory and an assessed practical teaching component.

Nurses are accountable for their practice and must ensure they have the knowledge and skills commensurate with their specialist practice to train other nurses.

Practical training is divided into the following phases:

#### Model arm training

This is supervised by a recognised trainer in the technique. Local contraception/sexual health services frequently provide this training and the manufacturer of the implant will be able to direct you to the appropriate leads. The training provides familiarisation with instruments and techniques required for the insertion and removal of subdermal implants (SDIs). The trainee will practice the techniques until the trainer is satisfied that the trainee is competent. Model arm training is now part of an FSRH assessed training day called 'Course of 5'. It may be possible for you to access this locally. Your local contraception and sexual

health service, or the FSRH website will be able to provide details of these courses.

Theoretical and model arm training must be completed before live training on patients. This may be as part of the Course of 5 or undertaken by your trainer/s before starting live patient training. The e-SRH module cannot be substituted as model arm training.

#### Local anaesthetic training

Individual nurses/midwives should arrange this locally with an appropriately trained health professional. Training should continue until the trainee is competent.

#### Live patient training (SDI 3)

**Insertions** – these should begin with a demonstration of the insertion of a currently marketed SDI on at least one conscious and consenting woman by a doctor or nurse who is a recognised trainer. The trainee will then undertake supervised insertions on conscious and consenting women until the trainer is satisfied that the trainee is competent. Although there is no specified limit to the number of insertions required for training purposes, in order to be signed off by the trainer, two consecutive insertions on conscious and consenting women must be performed competently by the trainee.

**Removals** – these should begin with a demonstration of the removal procedure of a currently marketed SDI on at least one conscious and consenting woman by a doctor or nurse recognised as a trainer(s). The trainee will then undertake supervised removals on conscious and consenting women, until the trainer is satisfied that the trainee is competent. Although there is no specified limit to the number of removals required for training purposes, in order to be signed off by the trainer, two consecutive removals on conscious and consenting women must be performed competently by the trainee. Live patient training continues until both the trainer(s) and the trainee are satisfied with the level of competence achieved.

#### Training records

You should keep a record of your training for NMC Post Registration Education and Practice (PREP) purposes. This should include information on your eligibility for training, and a record of your training and updating in this field.

## Prescribing and patient group directions (PGDs)

If you are not a nurse independent prescriber (NIP), you will need a patient group direction (PGD) for administering the implant, and for the local anaesthetic (Lidocaine 1% plain). A template PGD is available from RCN Direct, or a copy is available from the FSRH website [www.fsrh.org](http://www.fsrh.org). PGDs should be devised and authorised in accordance with the criteria set out in Health Service Circular (2000) 026 (England); patient group directions (Wales-WHC (2000)116); Scotland (2001) 7. Northern Ireland uses the England PGDs as a best practice guide. Nurses should not simply download a PGD and use. You should also refer to the NMC's *Guidelines for the administration of medicines*.

## Application form for accreditation

## Form SDI 1

Please complete all sections of the application form. Incomplete applications will be returned and this will delay the processing of your application.

### Personal details and evidence of training

<b>Name of applicant</b>	
<b>Address</b>	Postcode
<b>Name of employer</b> <b>Work address</b>	Postcode
<b>RCN membership number</b> (if applicable)	
<b>NMC PIN number and expiry date</b>	PIN number Expiry date
<b>Daytime telephone number</b> including area code	
<b>Email address</b> Please write clearly and in block letters as we will be contacting you by email	
<b>Name and details of contraception/ sexual health training course</b> Name of course, name of university where course was undertaken and details of individual modules undertaken. See the eligibility criteria for further information	
<b>Current role</b> Give a brief description of your current role (for example, whether you are a nurse working in CASH or a practice nurse) and how you will use this training	
<b>Professional updating</b> State the updating undertaken and provide photocopies of certificate/s and programme information to show at least two hours of contraception specific CPD within the last two years	
<b>Date CPR/BLS training last undertaken</b> Must be within the last two years. Photocopy of certificate required	
<b>Date anaphylaxis training last undertaken</b> Must be within the last two years. If anaphylaxis was contained within CPR/BLS training you must provide evidence of this. Photocopy of certificate required	

**Application form for accreditation**

**Form SDI 1** continued

<p style="text-align: center;"><b>Theoretical training</b></p> <p>Attach photocopy of certificate of completion of the e-SRH Module 17: Additional Training in Subdermal Contraceptive Implants or certificate of attendance from a study day covering the same content</p> <p style="text-align: center;"><b>and</b></p> <p>Ask your trainer to give their details below to confirm that the training was undertaken and tick the relevant box(es) to confirm that you have enclosed copies of their qualifications</p> <p style="text-align: center;"><b>Signature of trainer</b></p> <p style="text-align: center;"><b>Date learning undertaken</b></p> <p style="text-align: center;"><b>Name of trainer</b></p> <p style="text-align: center;"><b>Address of trainer</b></p> <p style="text-align: center;"><b>Phone number of trainer</b></p> <p style="text-align: center;">Photocopy of trainer's qualifications</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>LoC SDI and LoC MEd (doctors) <input type="checkbox"/> and/or RCN certificate and teaching qualification (nurses) <input type="checkbox"/></p>
<p style="text-align: center;"><b>Model arm training</b></p> <p>Attach photocopy of certificate of attendance</p> <p style="text-align: center;"><b>OR</b></p> <p>Your trainer can give their details below to confirm that the training was undertaken and tick the relevant box(es) to confirm that you have enclosed copies of their qualifications</p> <p style="text-align: center;"><b>Signature of trainer</b></p> <p style="text-align: center;"><b>Date learning undertaken</b></p> <p style="text-align: center;"><b>Name of trainer</b></p> <p style="text-align: center;"><b>Address of trainer</b></p> <p style="text-align: center;"><b>Phone number of trainer</b></p> <p style="text-align: center;">Photocopy of trainer's qualifications</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p style="text-align: center;"><input type="checkbox"/></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>LoC SDI and LoC MEd (doctors) <input type="checkbox"/> and/or RCN certificate and teaching qualification (nurses) <input type="checkbox"/></p>
<p style="text-align: center;"><b>Local anaesthetic training</b></p> <p>Attach photocopy of programme and certificate</p> <p style="text-align: center;"><b>OR</b></p> <p>Your trainer can give their details below to confirm that the training was undertaken and tick the relevant box(es) to confirm that you have enclosed copies of their qualifications</p> <p style="text-align: center;"><b>Signature of trainer</b></p> <p style="text-align: center;"><b>Date learning undertaken</b></p> <p style="text-align: center;"><b>Name of trainer</b></p> <p style="text-align: center;"><b>Address of trainer</b></p> <p style="text-align: center;"><b>Phone number of trainer</b></p> <p style="text-align: center;">Photocopy of trainer's qualifications</p>	<p style="text-align: center;"><input type="checkbox"/></p> <p style="text-align: center;"><input type="checkbox"/></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>LoC SDI and LoC MEd (doctors) <input type="checkbox"/> and/or RCN certificate and teaching qualification (nurses) <input type="checkbox"/></p>

## Competence record

### Insertion and removal of Subdermal Contraceptive Implants

## Form SDI 2

On completion of training the trainer(s) must tick the column that they feel reflects the trainee's competence level and sign and date the relevant columns. To be eligible for accreditation competence must be attained.

	Competent	Further training required	Signature	Date
<b>Implants</b>				
Composition and pharmacokinetics of current implants				
Indications and contraindications				
Advantages and disadvantages				
Side effects and complications				
Acceptability and user perception				
Mode of action and contraceptive efficacy of implants				
Timing of insertion and removal				
Drug interactions				
Assessment and preparation of the woman				
Monitoring of users				
Follow-up				
Continuation rates				
Bleeding patterns				
<b>Local anaesthetics</b>				
Pharmacokinetics of local anaesthesia and mode of action				
Indications and contraindications				
Advantages and disadvantages				
Side effects and complications				
Management of complications				
<b>Consultations/assessment and counselling</b>				
Adapts consultation style to suit client's understanding				
Keeps clear records				
Informs other health care providers (GPs, etc.) appropriately				
Can assess and counsel women requesting an implant				

Competence record

Form SDI 2 continued

	Competent	Further training required	Signature	Date
<b>Practical skills (model)</b>				
Demonstrates familiarity with the insertion techniques of current implants (list below)				
1.				
2.				
3.				
Demonstrates familiarity with the removal techniques of current implants (list below)				
1.				
2.				
3.				
<b>Practical skills (live patient)</b>				
Knows what standard equipment is necessary for implant insertion				
Knows what standard equipment is necessary for implant removal				
Identifies and marks insertion site				
Can position patient appropriately				
Uses aseptic technique				
Obtains and correctly uses suitable local anaesthesia				
Demonstrates the correct insertion procedure for current implants				
Has observed the insertion of current implants				
Demonstrates the insertion of at least two implants				
Demonstrates the correct removal procedure for current implants				
Demonstrates the removal of at least two implants				
Potential medical emergencies associated with insertion and removal				
Management of impalpable implants				

## Practice skills (live patient) training and declaration of competence

Form SDI 3

All accredited insertions and removals must be in conscious and consenting women

### Log of implant insertions

A minimum of **two** consecutive insertions must be performed competently by the trainee for the trainer(s) to recommend accreditation

Insertion	Date	Implant type	Comments	Name of trainer	Signature of trainer
1				*D	
2				*D	
3				*S	
4				*S	
5				*S	
6				*S	
7				*S	
8				*S	

NB: \*D = demonstrated by trainer  
\*S = supervised by trainer

### Log of implant removals

A minimum of **two** consecutive removals must be performed competently by the trainee for the trainer(s) to recommend accreditation

Removal	Date	Implant type	Comments	Name of trainer	Signature of trainer
1				*D	
2				*D	
3				*S	
4				*S	
5				*S	
6				*S	
7				*S	
8				*S	

NB: \*D = demonstrated by trainer  
\*S = supervised by trainer

## Practice skills (live patient training) and declaration of competence

Form SDI 3 continued

### Detail of final assessment (undertaken by main trainer)

**Please note:** all applicants must provide details of trainers who have participated in the training on forms **SDI 2** and **SDI 3** as follows:

**For doctors:** photocopies of their current LoC SDI and LoC Med

**For nurses:** photocopies of RCN SDI accreditation certificate and teaching qualification certificate (or details of programme and learning outcomes showing other relevant learning e.g. a teaching module as part of a degree course)

I certify that on ..... (date) I assessed the competence of

.....

and in my opinion he/she

- a) has demonstrated competence in subdermal contraceptive implant **insertion**
- b) has demonstrated competence in subdermal contraceptive implant **removal**

Name (BLOCK LETTERS) .....

Signature of trainer ..... Date .....

Provide the following details as applicable to you

LoC SDI number .....

LoC MEd number .....

or

RCN SDI accreditation date (if applicable) .....

RCN Membership number .....

Disclaimer: Completion of this form does not constitute evidence that accreditation has been granted.

## Declaration of nurse trainer (if applicable)

Form SDI 4

Your nurse trainer(s) must complete the declaration below to confirm that they have fitted an additional 25 devices since obtaining their RCN accreditation. This is a requirement before they can train/sign off new applicants for accreditation.

**If you have had more than one nurse trainer please print a separate copy for each**

### Declaration

Nurse trainer name (BLOCK LETTERS) .....

Nurse trainer home address .....

.....

..... Postcode .....

Nurse trainer place of work .....

Nurse trainer work address .....

..... Postcode .....

I certify that on ..... (date) I obtained RCN Accreditation in:

### Inserting and removing subdermal contraceptive implants

and I have fitted an additional 25 devices since my accreditation.

Date ..... Signature .....

## Checklist and self declaration

## Form SDI 5

**Applications for LARC Accreditation will not be processed unless all of the listed documentation is enclosed.**

I confirm that I .....(BLOCK LETTERS) have enclosed all of the relevant documentation as follows:	
Fully complete application form ( <b>SDI 1</b> )	<input type="checkbox"/>
Fully complete training records <b>SDI 2</b> and <b>SDI 3</b>	<input type="checkbox"/> <input type="checkbox"/>
Photocopy of certificate/transcript of post-registration contraception and sexual health course modules Certificate Programme (if applicable) Learning outcomes (if applicable)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Photocopies of certificate/s and programme information for contraception specific CPD (must be at least two hours within the last two years) (your SDI training is not eligible for inclusion)	<input type="checkbox"/>
Photocopy of current CPR/BLS certificate (must be within the last two years)	<input type="checkbox"/>
Photocopy of current anaphylaxis training certificate (must be within the last two years)	<input type="checkbox"/>
Evidence of theoretical training – photocopy of certificate of completion of the e-SRH Module 17: Additional Training in Subdermal Contraceptive Implants OR certificate of attendance from a study day covering the same content <b>and</b> trainer details on page 12 (signature, date learning undertaken, name, address, telephone number) and photocopies of their qualifications	<input type="checkbox"/> <input type="checkbox"/>
Evidence of model arm training – photocopy of certificate of attendance <b>or</b> trainer details on page 12 (signature, date learning undertaken, name, address, telephone number) and photocopies of their qualifications	<input type="checkbox"/> <input type="checkbox"/>
Evidence of local anaesthetic training – photocopy of certificate of attendance <b>or</b> trainer details on page 12 (signature, date learning undertaken, name, address, telephone number) and photocopies of their qualifications	<input type="checkbox"/> <input type="checkbox"/>
Photocopy of <b>all</b> training doctors’ current SDI Letter of Competence (LoC SDI) (Faculty of Sexual and Reproductive Health Care) <b>and/or</b> Photocopy of <b>all</b> nurse trainer RCN Accreditation certificate/s in SDIs and completed declaration stating that they have fitted an additional 25 devices (Form <b>SDI 4</b> )	<input type="checkbox"/> <input type="checkbox"/>
Photocopy of <b>all</b> training doctors’ current teaching Letter of Competence (LoC MEd) (Faculty of Sexual and Reproductive Health Care) <b>and/or</b> Photocopy of all nurse trainer teaching certificate/s (or details of programme and learning outcomes showing other relevant learning – for example, a teaching module as part of a degree course)	<input type="checkbox"/> <input type="checkbox"/>
Accreditation fee	<input type="checkbox"/>
<b>Payment</b> Tick the box to confirm if you have enclosed a cheque with your application or to request an invoice. In both cases it is essential that you provide details of your finance department (name of contact person, address, phone number and email address) below for finance purposes and we are unable to process your application without this information. If you are paying the fee yourself provide your own details. Finance contact person name ..... Finance address ..... Finance email address ..... Finance contact number ..... Purchase Order number (if required) ..... <b>Cheque enclosed</b> (make payable to ‘Royal College of Nursing’) <input type="checkbox"/> <b>You or your employer to be invoiced</b> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

## Checklist and self declaration

## Form SDI 5 continued

### Declaration

I declare that the information given on this form is correct and I have read and understand the notes contained within the SDI guidance document.

I am applying for RCN accreditation within *three* years of completing the theoretical element of the training and within one year of completing the model uterus element of the training; both of which have preceded the practice skills (live patient) element of the training.

I understand that this accreditation relates to existing intrauterine devices and it is incumbent upon me to undertake necessary training in any devices that are introduced.

I understand that the information in this application will be held on a database at the RCN and that this information will not be disclosed without my permission.

I have ensured that my CASH course meets the requirements and understand that once my application has been submitted I am liable for the accreditation fee.

I understand that this accreditation is subject to re-accreditation every 5 years

Signature .....

Date .....

Please submit this application form with all supporting documentation and full finance information to:

RCN Accreditation Unit, Royal College of Nursing, 20 Cavendish Square, London W1G 0RN

*We recommend that you keep a copy of all of the documentation submitted in case of query or loss in the post.*

## Application form for re-accreditation Inserting and removing subdermal contraceptive implants

Form SDI 6

Please complete all sections of the application form. Incomplete applications will be returned and this will delay the processing of your application

<b>Name of applicant</b>		
<b>Address</b>		
	Postcode	
<b>Name of employer</b> <b>Work address</b>		
	Postcode	
<b>RCN membership number</b> (if applicable)		
<b>NMC PIN number and expiry date</b>	PIN number	Expiry date
<b>Daytime telephone number</b> Including area code if not a mobile		
<b>Email address</b> Please write clearly and in block letters as we will be contacting you by email		
<b>Date of original accreditation</b> Photocopy of certificate required		
<b>Date of previous re-accreditations</b> Photocopies required		
<b>Professional updating</b> Photocopies of certificate/s and programme information to show at least two hours of contraception specific CPD within the last two years		
<b>Specific subdermal implant updating</b> Photocopy of certificate of completion of the e-SRH Module 17: Additional Training in Subdermal Contraceptive Implants within the last two years		
<b>Date CPR/BLS training last undertaken</b> Must be within the last two years Photocopy of certificate required		
<b>Date anaphylaxis training last undertaken</b> Must be within the last two years Photocopy of certificate required		

## Log of insertions and removals for re-accreditation

## Form SDI 7

### At least six procedures – including at least one insertion and one removal

This should cover a **consecutive** 12 month period within 24 months of the date of re-accreditation required

Insertion/ removal	Date	Implant type	Comments	Name of trainer	Signature of trainer
1					*D
2					*D
3					*S
4					*S
5					*S
6					*S
7					*S
8					*S

### Statement by peer reviewer

I confirm that ..... has had his/her practice in the insertion and removal of Subdermal Contraceptive Implants peer reviewed by myself on..... (date) and remains competent.

Any further comments:

Name of peer reviewer (BLOCK LETTERS) .....

Signature ..... Date .....

Provide the following details as applicable to you:

LoC SDI number ..... RCN SDI Accreditation date .....

LoC MEd number ..... RCN membership number .....

NMC PIN number ..... NMC expiry date .....

**Supply photocopies of peer reviewer qualifications (see checklist on Form SDI 9) and nurse peer reviewers are required to sign Form SDI 8**

### Self Declaration

I declare that I have maintained my competence to practice and that all of the information given on this form is correct.

I understand that this re-accreditation relates to existing subdermal contraceptive implants only and that it is incumbent upon me to undertake the necessary training for any new implants that may be introduced.

I understand that the information in this application will be held on a database at the RCN and will not be disclosed without my permission.

Applicant's signature .....

Date .....

Disclaimer: Completion of this form does not constitute evidence that accreditation has been granted.

## Declaration of nurse peer reviewer (if applicable)

Form SDI 8

If your peer reviewer is a nurse they must complete the declaration below to confirm that they have fitted an additional 25 implants since obtaining their RCN accreditation. This is a requirement before they can train/sign off new applicants for accreditation or peer review applicants for re-accreditation.

**Declaration**

Peer reviewer name (BLOCK LETTERS) .....

Peer reviewer home address .....

..... Postcode .....

Peer reviewer place of work .....

Peer reviewer work address .....

..... Postcode .....

I certify that on .....(date) I obtained RCN Accreditation in

**Insertion and removal of subdermal contraceptive implants**

and I have fitted an additional 25 implants since my accreditation.

Signature ..... Date .....

## Checklist for re-accreditation

## Form SDI 9

**Applications for LARC Accreditation will not be processed unless all of the listed documentation is enclosed.**

I confirm that I .....(BLOCK LETTERS) have enclosed all of the relevant documentation as follows:	
Application form for re-accreditation ( <b>SDI 6</b> )	<input type="checkbox"/>
Log of insertion and removals with at least six procedures, (including one insertion and one removal) and peer reviewer statement ( <b>SDI 7</b> )	<input type="checkbox"/>
<b>Evidence of updating in subdermal contraceptive implants</b> - certificate of completion of the e-SRH Module 17: Additional Training in Subdermal Contraceptive Implants	<input type="checkbox"/>
Certificate/s and programme information to show at least two hours of <b>contraception specific CPD</b> within the last two years – your SDI training is not eligible for inclusion	<input type="checkbox"/>
Photocopy of <b>original RCN Accreditation certificate</b> and photocopies of any previous re-accreditation certificates	<input type="checkbox"/>
Certificate/s and programme information to show <b>CPR/BLS training</b> undertaken within the last two years	<input type="checkbox"/>
Certificate/s and programme information to show <b>anaphylaxis training</b> undertaken within the last two years	<input type="checkbox"/>
<b>Peer reviewer documentation</b>	<input type="checkbox"/>
Photocopy of doctor peer reviewer SDI Letter of Competence (LoC SDI) (Faculty of Sexual and Reproductive Healthcare)	<input type="checkbox"/>
<b>Or</b>	<input type="checkbox"/>
Photocopy of peer reviewer RCN Accreditation certificate in SDIs	<input type="checkbox"/>
<b>and</b>	<input type="checkbox"/>
Declaration of nurse peer reviewer (Form <b>SDI 8</b> )	<input type="checkbox"/>
<b>Accreditation fee:</b>	<input type="checkbox"/>
<b>Payment</b>	<input type="checkbox"/>
Tick the box to confirm if you have enclosed a cheque with your application or to request an invoice. In both cases it is essential that you provide details of your finance department (name of contact person, address, phone number and email address) below for finance purposes and we are unable to process your application without this information. If you are paying the fee yourself provide your own details.	
Finance contact person name .....	
Finance address .....	
Finance email address ..... Contact number .....	
Purchase order number (if required) .....	
<b>Cheque enclosed</b> (make payable to 'Royal College of Nursing')	<input type="checkbox"/>
<b>You or your employer to be invoiced</b>	<input type="checkbox"/>

Please submit this application form with all supporting documentation and full finance information to:  
RCN Accreditation Unit, Royal College of Nursing, 20 Cavendish Square, London W1G 0RN

*We recommend that you keep a copy of all of the documentation submitted in case of query or loss in the post.*



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**October 2011** Fifth edition

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0345 772 6100

Published by the Royal College of Nursing  
20 Cavendish Square  
London  
W1G 0RN

Publication code 002 240

ISBN 978-1-906633-04-2