

Contraceptive Counseling Skills Checklist

Instructions for observer: Silently observe and evaluate the counseling session. Do not interact with the woman or provider. Check “yes” or “no,” depending on whether the provider demonstrated the skill during the counseling session, and write comments. Offer your evaluation and comments to the provider at the end of the session.

Skill	Yes	No	Comments
Establishes Rapport			
Greets clients in a friendly way, demonstrating interest and concern			
Assures privacy and confidentiality			
Asks for permission prior to including others in session			
Assesses Woman’s Needs			
Asks open-ended questions about woman’s circumstances and needs			
Without judgment, explores factors that led to the need for an abortion			
If she was using contraception, assesses reasons for failure of method			
Explains Human Reproduction (if necessary)			
Determines Desire to Delay or Prevent Pregnancy			
Explores woman’s current desire to delay or prevent pregnancy			
Provides information on the health benefits of child spacing			
Assesses Woman’s Individual Situation			
Assesses woman’s clinical and personal situation			
Discusses potential barriers to successful use of contraception and ways to resolve them			

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Skill (continued)	Yes	No	Comments
Explains Characteristics of Available and Effective Methods			
Discusses any contraindications and methods for which she is medically eligible			
Offers a full range of methods available at the facility and where the woman will seek re-supply			
Discusses when contraceptives can be provided in relation to her uterine evacuation method and process			
Explains, in order from most to least effective, her eligible methods' effectiveness, characteristics, use and side effects			
If she will need re-supplies, explains where she can access them			
Shows actual methods and uses educational tools, pamphlets, pictures or anatomical models			
Helps the Woman Choose Her Method			
Supports the woman in selecting the most effective method for her situation			
Ensures informed choice of method			
Ensures Understanding of Chosen Methods			
Ensures woman fully understands the method she has chosen			
Helps her plan for continued use, ensuring she knows where and when to resupply or change her method if necessary			
Provides chosen method or interim method if chosen method is not available or requires referral			
Provides emergency contraception (EC) and instructions for use as a back-up method, if available			

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Skill (continued)	Yes	No	Comments
Refers to Other Resources As Needed			
Manages special needs			
Has resource lists available to make referrals			
If unable to offer specialized counseling or services or meet woman's needs, makes referrals to appropriate services			