

Competency-based Skills Checklist for Female Condoms

Date of Assessment: _____ Dates of Training: _____

Place of Assessment: Facility: _____ Classroom: _____

Name of Facility: _____

Type of Facility: ☐ MOH/Gov't ☐ NGO ☐ Other

Level of Facility: ☐ Primary ☐ Secondary ☐ Tertiary

Name of the Student: _____

Name of the Assessor: _____

This assessment tool contains the detailed steps that a student should follow in counseling and providing client instructions for male condoms. The checklist may be used during training to monitor the progress of the student as s/he acquires the new skills and it may be used during the clinical phase of training to determine whether the student has reached a level of competence in performing the skills. It may also be used by the trainer or supervisor when following up or monitoring the student. The student should always receive a copy of the assessment checklist so that s/he may know what is expected of her/him.

Instructions for the Assessor

Always explain to the client what you are doing before beginning the assessment. Ask for the client's permission to observe.

Begin the assessment when the student greets the client.

Use the following rating scale:

1= Needs Improvement. Step or task not performed correctly or out of sequence (if necessary) or is omitted.

2= Competently Performed. Step or task performed correctly in proper sequence (if necessary) but participant does not progress from step to step efficiently.

3= Proficiently Performed. Step or task efficiently and precisely performed in the proper sequence (if necessary).

Not observed: Step, task, or skill not performed by the student during evaluation by the trainer.

Continue assessing the student throughout the time s/he is with the client, using the rating scale.

Observe only and fill in the form using the rating numbers. Do not interfere unless the student misses a critical step or compromises the safety of the client.

Write specific comments when a task is not performed according to standards.

Use the same copy for several observations.

When you have completed the observation, review the results with the student. Do this in private, away from the client or other students.

| TASK/ACTIVITY | CASES | | | COMMENTS |
|--|-------|--|--|----------|
| 1. Provides basic facts about female condom (FC): <ul style="list-style-type: none"> – How they work and their effectiveness | | | | |
| <ul style="list-style-type: none"> – Their ability to prevent both pregnancy and STD | | | | |
| <ul style="list-style-type: none"> – That women can initiate their use | | | | |
| <ul style="list-style-type: none"> – Where to obtain them and their cost | | | | |
| <ul style="list-style-type: none"> – Safety and effectiveness of re-usability has not been determined | | | | |
| 2. Asks if client has any questions and responds to them | | | | |
| 3. Provides very specific instruction on how to correctly use and when to use FC: <ul style="list-style-type: none"> – The FC can be inserted anytime from 8 hours before to immediately before | | | | |
| <ul style="list-style-type: none"> – Neither insertion nor removal requires an erect penis | | | | |
| <ul style="list-style-type: none"> – Cautions that the outer ring may move from side to side or the sheath may slip up and down inside the vagina during intercourse, but this does not reduce | | | | |
| <ul style="list-style-type: none"> – Explains that there is little protection if the outer ring is pushed into the vagina, or the penis is underneath or beside the sheath, rather than inside the sheath | | | | |
| <ul style="list-style-type: none"> – Explains that any kind of lubricant can be used with the female condom | | | | |
| <ul style="list-style-type: none"> – Tells not to use the male condom with the female condom as it may cause too much friction and result in one or the other slipping or tearing | | | | |
| 4. Provides instructions on how to insert, remove, and dispose of the FC: <ul style="list-style-type: none"> – The packet must be carefully torn open | | | | |

| TASK/ACTIVITY | CASES | | | COMMENTS |
|---|-------|--|--|----------|
| – Find the inner ring, which is at the closed end of the condom | | | | |
| – Squeeze together the inner ring with your fingers and put it in your vagina | | | | |
| – Put the inner ring in the vagina | | | | |
| – Push the inner ring up into your vagina with your finger. The outer ring stays outside the vagina. | | | | |
| – When you have intercourse, guide the penis through the outer ring, making sure it goes inside the sheath. | | | | |
| – Another way to insert the FC is to put it over the erect penis so that the end of the penis is touching the inner ring, and insert the penis with the sheath into the vagina. | | | | |
| – Remove the female condom immediately after sex, before you stand up. Squeeze and twist the outer ring to keep the man's sperm inside the pouch. | | | | |
| – Pull the pouch out gently | | | | |
| – Burn or bury it—do not flush it down the toilet. | | | | |
| 5. Counsels client on what to do if FC breaks or slips off during intercourse: | | | | |
| – Go to clinic where you can be assessed for emergency contraception | | | | |
| – Request emergency contraceptive pills within 72 hours (the earlier the better) of unprotected intercourse or breakage of condom | | | | |
| 6. Asks client to repeat back instructions and practice with a FC. Corrects any errors in technique. | | | | |

Comments: _____
