

Clinical Skills Female Pelvic Exam

StudentName: _____ Computer# _____ Gp# _____

Examiner(Print) _____ FinalScore _____ /28= _____ %

Steps:	Not Done (0)	Incorrect (1)	Correct (2)
1. Preparation: introduce self, verify patient identity, explain procedure, gain verbal consent, provide privacy, chaperone present			
2. Gathering equipment: Gloves, Lubricant, Speculum (Self retaining bivalve metallic/plastic/ceramic Cusco and Single-ended/double-ended Sim's) and Pap Smear supplies, culture tubes, KOH as needed			
3. Wash hands and put on non-sterile gloves			
4. Positioning the patient: Instructs patient to lie supine in bed in lithotomy or butterfly/frog legged position.			
5. The External Exam: inspection:- hair distribution, discharge, warts, lacerations, masses, discoloration. Patient to bear down for observation of incontinence or prolapse. Clean genitalia (5 wipes anterior to posterior).			
6. Palpation of the external genitalia Mons, Vulva (labia) for masses and tenderness. Wear sterile gloves and drape the patient.			
7. Internal Speculum Exam: Speculum lubricated, angled and closed on entrance and exit. Inspect and describe the cervix (color, discharge, ulceration, growths, bleeding), fornices and vaginal sidewalls. Pap smear using Endocervical brush/swab & cultures as needed.			

<p>8. Digital Exam : Describe the process to the patient and interpretations during the exam. Lubricate the examining fingers (right index and middle fingers) Insert into the vagina and palpate the vaginal sidewalls, identify the cervix; examine the adnexa.</p>			
<p>9. Bimanual Exam: Place the left hand on the abdomen above the symphysis pubis and push downwards. Assess Uterine size (normal, bulky, based on weeks of gestation), position (anteverted, retroverted, anteflexed, retroflexed) and shape(symmetrical or asymmetrical).</p>			
<p>10. Rectal Exam: (annual screening or if reported rectal pain, bleeding, melena). Changes glove and lubricates finger. Inspects the external area for tags, fissures, warts, bleeding, hemorrhoids or other swellings.</p>			
<p>11. Inserts the finger and assesses for tone/wall contour.</p>			
<p>12. Remove gloved finger and note color of stool and send sample to lab for occult blood as needed.</p>			
<p>13. After the exam: Offer her a tissue, sanitary pad, instruct patient to dress</p>			
<p>14. Explain your findings, needed tests or follow up appointment, solicit questions and thank patient</p>			
<p>Comments:</p>			<p style="text-align: right;">SCORE</p> <p style="text-align: right;">/28</p>