

27. Document the results.

Examiner's Signature: _____

Date: _____

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Speculum Exam

OBJECTIVE: Demonstrate the proper procedure for use of the speculum.

EQUIPMENT: Gloves, lubricant, warmed speculum, direct lighting, exam bed or table (with stirrups), underpad and drape

Skill Mastery

Procedure

1. Explain the procedure to the woman and ask her to empty her bladder.
2. Provide a drape.
3. Leave the room while she undresses from the waist down.
4. Assemble your equipment, being sure that the light source is close at hand.
5. Assist the woman to a semi-sitting position.
6. Encourage her to relax.
7. Ask her to either put her feet in stirrups or place them flat on the examining table.
8. Demonstrate sensitivity to the woman's emotional well-being throughout the exam.
9. Select the proper size speculum.
10. Wash and dry your hands and put on gloves.
11. Lubricate speculum and the examining fingers.
12. Let the woman know that you are about to touch her.
13. Very carefully spread the labia.
14. Introduce the speculum with the blades diagonal and closed.
15. Carefully rotate the blades to the horizontal position, with the handle either up or down, always being sure of the woman's comfort.
16. Carefully open the blades, adjusting the angle and width of the opening, and then tighten the clamp (or in the case of a plastic speculum, click the blades into the proper width and lock into position).
17. Visualize the vagina and cervix and note:
 - a. color
 - b. integrity of the tissue

- c. presence or absence of discharge
- d. type of discharge, if present
- e. type of odor, if present
- 18. Collect any specimens according to protocol, or as deemed necessary because of your observations, explaining each procedure to the woman throughout.
- 19. Loosen the speculum adjustment, bringing blades carefully together and turning them to the oblique angle of the vagina while withdrawing it, or:
 - a. bring the blades together and
 - b. place the tip of one of your fingers between the blades
 - c. carefully withdraw the speculum, keeping your finger between the blades
- 20. Remove and dispose of gloves.
- 21. Turn off the light source.
- 22. Help the woman to a sitting position and offer her some tissue.
- 23. Explain your findings.
- 24. Leave the room while she dresses.
- 25. Prepare specimens (if collected) and prepare the appropriate lab requisition.
- 26. Document the results, including any significant emotional reaction to this exam.

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Uterine Size and Fetal Age According to Bimanual Exam

OBJECTIVE: Demonstrate the ability to accurately assess uterine size and fetal growth/age.

EQUIPMENT: Exam gloves, lubricant, drape and underpad

Skill Mastery

Procedure

1. Explain the procedure to the woman and ask her to empty her bladder.
2. Provide a drape.
3. Leave the room while she undresses from the waist down.
4. Assist her to a semi-sitting position.
5. Encourage her to relax.