

Gynecological Examination in an OSCE-Style Setting

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- **For the 5th & 6th year medical students**
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Physical Examination for Gynae Cases

- **General**
- **Vital Signs, Weight**
- **Thyroid Examination**
- **Breast Examination**
- **Abdominal Examination:**
 - Inspect the abdomen for scars and ascites
 - Palpate the abdomen for tenderness and masses
 - Palpate the groin for inguinal lymphadenopathy
- **Gynecological Examination:**
 - External Vulval Examination
 - Bimanual Examination
 - Speculum Examination

Preparation the patient for Gynecological Examination

- Introduce yourself to the patient
- Wash your hands
- Explain to the patient what the examination involves and why it is necessary.
- Reassure the patient that the examination should not be painful but will stop immediately if it becomes too uncomfortable.
- Obtain verbal consent
- Request a chaperone
- Assure privacy
- Comfortable bed with good lighting

Preparation the patient for Gynecological Examination

- Ask the patient to empty her bladder, as this can make the examination less uncomfortable.
- Ask the patient to remove all clothing from the waist down and any sanitary protection.
- Cover with sheet when appropriate.
- Prepare your equipment: gloves, lubricant, speculum (for example Cusco's speculum) +/- smear, swabs, Pipelle biopsy.

Gynecological Examination

- **Gynecological Examination:**
- External Vulval Examination
- Bimanual Examination
- Speculum Examination

External Vulval Examination

- **Inspect the external genitalia for:**
 - Abnormal secondary sexual characteristics – hair distribution, clitoromegaly.
 - Skin abnormalities: erythema, ulcers, warts & lesions.
 - Discharge: color, consistency
 - Bleeding
 - Swellings of the vulva – tumors, cysts (sebaceous, Bartholin's)
- Ask the patient to cough or strain to observe any incontinence or prolapse.
- Palpate the labia majora with the index finger and thumb for any swellings.

Bimanual Examination

- **The purpose of the bimanual examination:**
- To determine the size of the uterus, position, surface, mobility and tenderness.
- To determine the presence or absence of adnexal masses and the presence of any adnexa tenderness should be noted.

Speculum Examination

- **Procedure:**
- Lubricate the speculum and warn the patient
- Part the labia using your left hand
- Gently insert the speculum with your right hand
- Fully insert the speculum with the screw facing sideways and the blades vertical
- Rotate 90 degrees during insertion so the screw faces upwards and the blades become horizontal
- Slowly open the blades and use light to inspect the cervix
- Tighten the screw to hold open the speculum so you can use your right hand for swabs or Pipelle biopsy if necessary.

Speculum Examination

- **Look for:**
- Abnormal discharge
- Cervical Ectropion
- Cervical polyps
- Cervical masses
- At this point swabs/pap smear/endometrial biopsy should be taken if required
- To remove the speculum, undo the screw to allow the blades to close (leave open slightly to not pinch the vaginal walls), rotating back 90 degrees and gently remove.

To Complete the Examination

- Thank the patient and allow them to get dressed in private
- Dispose of your gloves and wash your hands
- Once the patient is dressed you can summarize the findings and suggest further investigations.
- Send any specimens with a request form

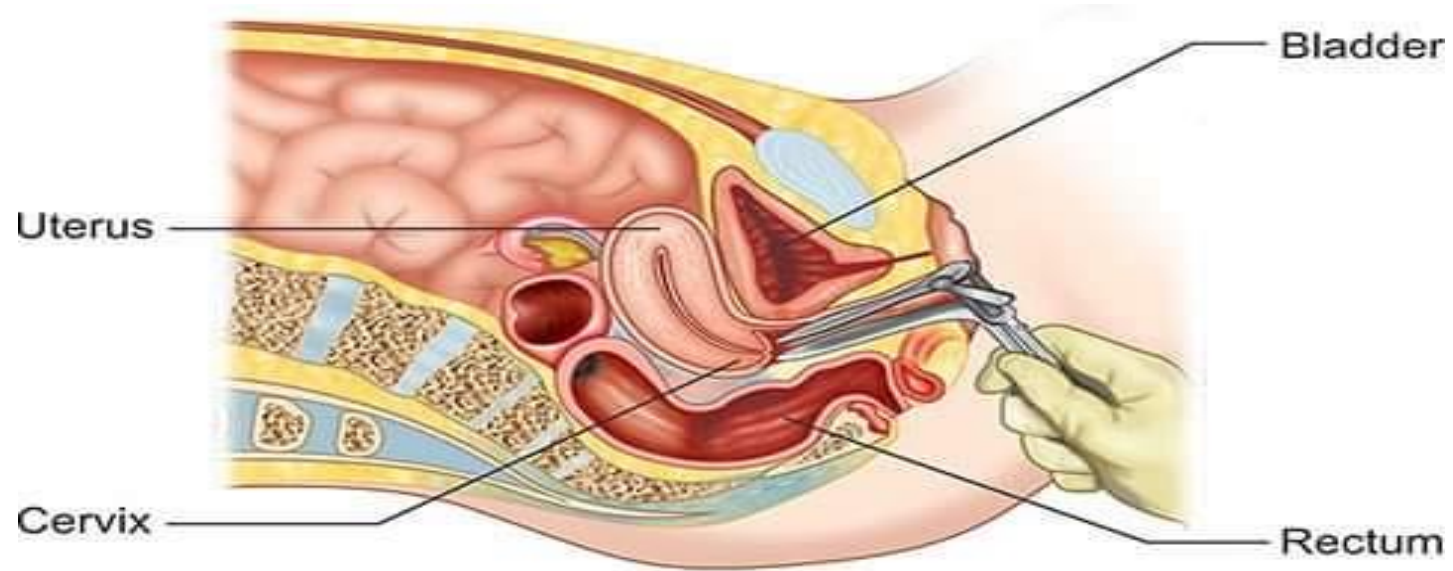
Speculum

- A speculum is a device used for visualization of the vagina and cervix
- A speculum examination is often performed alongside a bimanual examination, as part of a complete gynecological workup.
- A speculum is made from stainless steel or plastic.
- Metal devices are reusable while plastic ones are disposable.

Types of Speculum

- **1) Bivalve (CUSCO'S) speculum.**
- **2) Univalve (SIM'S) speculum (Single End, Double End)**
- **3) Other types (Pediatric, Huffman, Pederson, Graves, Anal)**

Speculum Examination



Bivalve (Cusco's) speculum.



Univalve (Sim's) speculum (Double-End)



Univalve (Sim's) Speculum (Single-End)



Gyne Uses of Bivalve (Cusco's) Speculum

- Visualization of the vagina & cervix looking for infection, erosion, cervical polyps or masses & signs of genital tract atrophy.
- Taking a HVS, Endocervical Swab, Pap Smear & pipelle biopsy.
- Insertion of IUD & Removal of IUD
- IUI, Egg collection & Embryo transfer
- Confirmation of rupture of membrane (pooling of liquor)

Gyne Uses of Univalve (Sim's) speculum

- **Univalve (Sim's) speculum** gives more exposure of the vaginal walls than [Cusco's Speculum](#) and therefore is preferred for gynecological surgeries:
- D&C
- Evacuation of incomplete, missed or molar pregnancy
- Polypectomy & cervical biopsy
- Cervical Cerclage
- Hysteroscope & Laparoscope
- Anterior & posterior vaginal repair
- Vaginal Hysterectomy

Instructions before doing a Pap Smear, HVS, Endocervical Swab or Culture

- The patient should not be menstruating.
- Avoiding sexual intercourse (48hrs) before the test.
- Avoid using any vaginal medicines & douches or spermicidal foams, creams or jellies (48hrs) before the test.

Thank You