

# **Gynecological Examination in an OSCE-Style Setting**

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  - **Jordan University**
    - **April/ 2024**

# 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

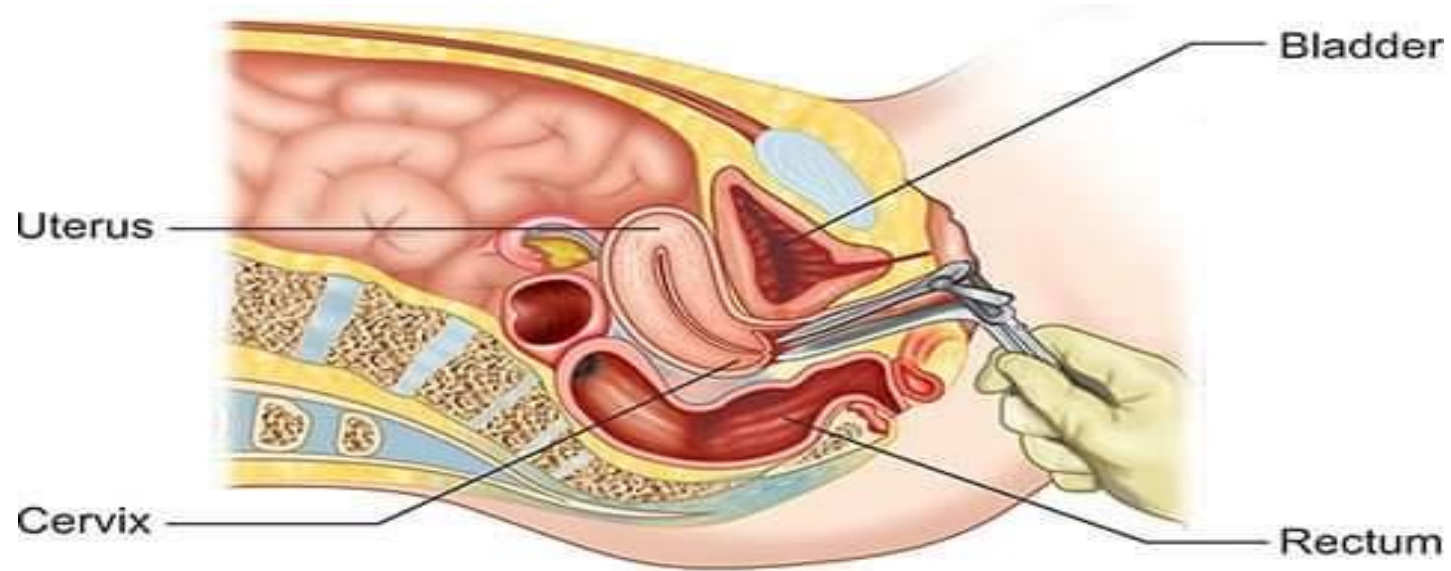
# Speculum

- 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