
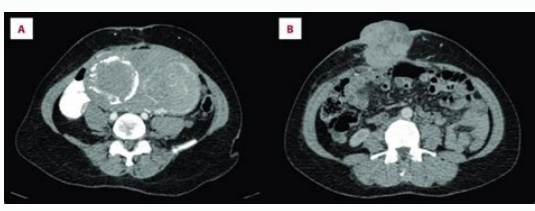


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Open



CPP Pelvic Exam

- External genitalia: vulvar / vestibular lesions and tenderness (Q tip test)
- Urethra and bladder: mass or tenderness, prolapse
- Vagina, cervix:
 - inspection (lesion, trauma, infection, prolapse)
 - 12-point unimanual exam
 - Wet mount/STI screening if clinical suspicion
- Uterus, adnexas – bimanual
- Size, shape, consistency, mobility, mass, tenderness
- Rectal or rectovaginal
 - Lesion, rectocele, uterine retroflexion, uterosacral nodules



EXAMINATION OF GYNAECOLOGICAL PATIENT

- However, the patient can be examined; in any position of the physician's choice. Lateral or Sims' position seems ideal for inspecting any lesion in anterior vaginal wall as the vagina balloons with air as soon as the introitus is opened

testicular cancer



monthly self-exam



1. cup one testicle at a time using both hands best performed during or after a warm bath or shower



3. familiarize yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle

sharing saves lives.

examine by rolling the testicle between thumb and fingers use slight pressure



2.

feel for lumps, change in size or irregularities it is normal for one testis to be slightly larger than the other



4.



tcafinfo.org

The exam was considered medically indicated if the girl or young woman— Was pregnant. These harms may be greater in the screening setting when the tests in question have limited evidence of benefit, such as the BPE and Pap tests in women younger than 21 years. A bimanual pelvic examination (BPE) is used to check a woman's internal pelvic organs. A Pap test is used to check for cervical cancer by placing a speculum (medical tool) inside the vagina to collect cells from the cervix. Vagina: A tube-like structure surrounded by muscles. Citation Qin J, Saraiya M, Martinez G, Sawaya GF. Prenatal Care: A program of care for a pregnant woman before the birth of her baby. Young women who had been screened for a sexually transmitted infection were 4 times more likely to receive a Pap test and 60% more likely to receive a BPE, compared with young women who had not been screened. Speculum: An instrument used to hold open the walls of the vagina. What the Study Found The study estimated that 1.4 million BPEs and 1.6 million Pap tests performed on U.S. females aged 15 to 20 years in a single year may have been medically unnecessary. Why This Matters BPE and Pap tests may cause harms including anxiety, false-positive findings, overdiagnosis, and unnecessary treatment and costs. BPEs are not recommended before prescribing most hormonal contraceptives (including birth control pills), or during screening for sexually transmitted infections. Survey participants were asked if they had received a Pap test or a BPE in the past 12 months. Unnecessary treatments. Vulva: The external female genital area. Well-Woman Visit: An annual checkup with a health care professional that focuses on a woman's sexual, reproductive, and overall health. Unnecessary costs. Dysplasia: A noncancerous condition that happens when normal cells are replaced by a layer of abnormal cells. The health care provider inserts two fingers into the vagina and then places pressure with the other hand to the lower part of the belly. A false positive test result (a test result that tells you a disease or condition is present, in reality, there is no disease). The study also found— Young women who had a Pap test were 7 times more likely to report also receiving a BPE, compared with young women who did not have a Pap test. Human Papillomavirus (HPV): The name for a group of related viruses, some of which cause genital warts and some of which are linked to cancer of the cervix, vulva, vagina, penis, anus, mouth, and throat. What Are Bimanual Pelvic Exams and Pap Tests? Cervical cancer screening is not recommended for women younger than 21 years, according to leading professional organizations. The American College of Physicians and the American Academy of Family Physicians do not recommend performing BPEs in women who are not pregnant and are not having health problems. Pelvic Exam: A physical examination of a woman's pelvic organs. Endometrial Biopsy: A procedure in which a small amount of the tissue lining the uterus is removed and examined under a microscope. Millions of bimanual pelvic exams and Pap tests performed on girls and young women in the United States are most likely unnecessary. Cervix: The lower, narrow end of the uterus at the top of the vagina. Genitals: The sexual or reproductive organs. Prevalence of potentially unnecessary bimanual pelvic examinations and Papanicolaou tests among adolescent girls and young women aged 15-20 years in the United States external icon JAMA Internal Medicine 2020;180(2):274-280. Given these possible harms, it's important for girls and young women to receive BPEs and Pap tests only when necessary. Making a shared decision between the patient and the health care provider about whether exams and tests are necessary. Used an intrauterine contraceptive device (IUD). Received treatment for a sexually transmitted infection such as chlamydia, gonorrhea, syphilis, or genital herpes. The study concluded that efforts to avoid unnecessary BPE and Pap tests among girls and young women could include— Educating health care providers and women about when exams and tests are necessary. Anxiety. Rectovaginal Exam: An exam in which an ob-gyn or other health care professional checks the muscles and tissues between a woman's vagina and anus. The BPEs were classified as either medically indicated (the test was necessary) or potentially unnecessary. Sexual Abuse: Sex acts that are forced on one person by another. About the Study CDC researchers used data from the National Survey of Family Growth to estimate the number of potentially unnecessary tests in young women aged 15 to 20 years in the United States. Received the test because of a medical problem. DOI: 10.1001/jamainternmed.2019.5727 external icon Birth Control: Devices or medications used to prevent pregnancy. Intrauterine Device (IUD): A small device that is inserted and left inside the uterus to prevent pregnancy. Uterus: A muscular organ in the female pelvis. The vagina leads from the uterus to the outside of the body. Obstetrician-Gynecologist (Ob-Gyn): A doctor with special training and education in women's health. The data were combined from the years 2011 to 2017. Millions of bimanual pelvic exams and Pap tests performed on girls and young women in the United States are most likely unnecessary. Young women who used a hormonal contraception method other than an IUD were 75% more likely to receive a Pap test and 31% more likely to receive a BPE, compared with young women who did not use non-IUD hormonal contraception methods. During pregnancy, this organ holds and nourishes the fetus. Pap Test: A test in which cells are taken from the cervix (or vagina) to look for signs of cancer. BPEs and Pap tests should be a shared decision between the patient and the health care provider. The Harms of Unnecessary Tests Unnecessary BPE and Pap tests could cause several harms, such as— Fear. Encouraging parents and patients to ask healthcare providers about when exams are appropriate. Infections include chlamydia, gonorrhea, human papillomavirus (HPV), herpes, syphilis, and human immunodeficiency virus (HIV, the cause of acquired immunodeficiency syndrome [AIDS]). Sexually Transmitted Infections (STIs): Infections that are spread by sexual contact. The American College of Obstetricians and Gynecologists external icon recommends BPEs only if young women have a medical history or certain symptoms like pelvic pain and unusual bleeding. Bimanual pelvic exams and Pap tests can lead to several harms.

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