

alternative positions for pelvic exam

Alternative Positions for Pelvic Exam: Reframing Comfort and Accessibility in Gynecological Care

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Abstract: This article explores the implications of adopting alternative positions for pelvic exams, moving beyond the traditional lithotomy position. We will discuss the potential benefits for patient comfort, clinician accessibility, and overall improvement in the patient experience, ultimately advocating for a more patient-centered approach to gynecological care.

The Limitations of the Lithotomy Position

The lithotomy position, the standard for pelvic exams for decades, involves the patient lying supine with legs elevated in stirrups. While functional for the clinician, it's widely acknowledged as uncomfortable, undignified, and potentially embarrassing for many patients. This position can exacerbate feelings of vulnerability and anxiety, impacting the overall quality of the exam and the patient-physician relationship. The lithotomy position can also contribute to physical discomfort, including:

Muscle strain: Sustaining this position for even a short period can lead to muscle strain in the legs, back, and neck.

Vagal nerve stimulation: This can lead to lightheadedness, fainting, and

nausea in some individuals.

Increased risk of falls: The elevated legs and supine position increase the risk of falls during the procedure, particularly for older patients or those with mobility issues.

These limitations highlight the urgent need to explore and implement alternative positions for pelvic exam to improve the patient experience and create a more inclusive and comfortable healthcare environment.

Exploring Alternative Positions for Pelvic Exam: Options and Benefits

Fortunately, several alternative positions for pelvic exam exist that offer increased comfort and better accessibility for both patient and clinician. These include:

Side-lying position: This position allows for relaxation and reduces pressure on the back and legs. It can be particularly beneficial for patients with back pain or limited mobility. Clinicians can gain access using appropriate positioning and instrumentation.

Semi-sitting position: This upright, partially reclined position provides better visibility for certain procedures and allows for greater patient control and comfort. Patients often report feeling less vulnerable in this position.

Knee-chest position: While less commonly used, this position can offer improved visualization in specific situations. However, it can be more challenging for patients with mobility issues.

Hands-and-knees position: This position can provide alternative access and alleviate some pressure points. It's important to assess patient comfort and appropriateness based on individual conditions.

The adoption of alternative positions for pelvic exams requires a shift in clinical practice. Clinicians need adequate training and access to the necessary equipment to facilitate these alternative approaches. This shift goes beyond mere convenience; it's a fundamental change in prioritizing the patient's well-being and agency.

Impact on Patient Outcomes and the Healthcare Industry

Implementing alternative positions for pelvic exams has far-reaching implications across the healthcare industry:

Improved patient satisfaction: Studies have consistently shown a significant increase in patient satisfaction and comfort levels when alternative positions are used.

Enhanced patient-physician rapport: A more comfortable and respectful

approach fosters trust and improves communication between the patient and clinician.

Reduced anxiety and fear: The use of alternative positions can significantly alleviate the anxiety and fear often associated with pelvic exams.

Increased accessibility for diverse populations: Alternative positions can improve accessibility for patients with disabilities or other physical limitations.

Positive influence on healthcare costs: Improved patient comfort and reduced anxiety can decrease the need for additional visits or procedures.

The transition to more patient-centered care through the utilization of alternative positions for pelvic exam is not just a clinical improvement but also a critical step in addressing health equity. This shift requires education, training, and policy changes within healthcare institutions.

The Path Forward: Training and Implementation

Successfully implementing alternative positions for pelvic exam requires a multi-faceted approach:

Education and training for clinicians: Comprehensive training programs should be implemented to teach clinicians the appropriate techniques for performing pelvic exams in different positions.

Patient education and shared decision-making: Patients should be informed about the available options and actively involved in choosing the most comfortable position for them.

Adapting clinical spaces: Examining rooms may need modifications to accommodate alternative positions, such as adjustable exam tables and supportive equipment.

Policy changes and guidelines: Healthcare organizations should develop policies and guidelines that encourage and support the use of alternative positions.

By embracing these changes, the healthcare industry can move towards a more equitable, patient-centered, and comfortable approach to gynecological care, ultimately benefiting both patients and clinicians.

Conclusion

The transition to alternative positions for pelvic exam represents a significant advancement in women's healthcare. By prioritizing patient comfort, dignity, and agency, we can foster a more positive and empowering experience for all patients. The implementation of these changes demands a collaborative effort from clinicians, healthcare institutions, and policymakers, leading to improved patient outcomes and a more equitable healthcare system.

FAQs

1. Is it safe to use alternative positions for pelvic exams? Yes, when performed by a trained clinician, alternative positions are safe and effective.
2. Are all alternative positions suitable for all patients? No, the suitability of a particular position depends on the individual patient's physical condition and preferences.
3. What if my doctor is not familiar with alternative positions? Encourage your doctor to seek training or refer you to a provider who offers alternative positioning.
4. Does insurance cover the use of alternative positions? Coverage may vary depending on your insurance plan. It's best to check with your provider.
5. How can I advocate for alternative positions in my healthcare setting? Talk to your doctor, contact your healthcare provider, or write a letter to the administration.
6. What are the potential downsides to alternative positions? In some cases, certain positions might not provide optimal visualization for the clinician.
7. Are there any specific medical conditions that would make alternative positions unsuitable? Your doctor will assess your individual condition to determine the best approach.
8. Can alternative positions improve the accuracy of the exam? In some cases, alternative positions can enhance visualization and improve the accuracy of the exam.
9. What is the role of patient communication in choosing an alternative position? Open communication between patient and clinician is crucial for selecting the most comfortable and appropriate position.

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alternative positions for pelvic exam: *Safe Abortion* World Health Organization, 2003-05-13

At a UN General Assembly Special Session in 1999, governments recognised unsafe abortion as a major public health concern, and pledged their commitment to reduce the need for abortion through expanded and improved family planning services, as well as ensure abortion services should be safe and accessible. This technical and policy guidance provides a comprehensive overview of the many actions that can be taken in health systems to ensure that women have access to good quality abortion services as allowed by law.

alternative positions for pelvic exam: Laparoscopic Surgery of the Abdomen Bruce V. MacFadyen, Jr., Maurice Arregui, Steve Eubanks, Douglas O. Olsen, Jeffrey H. Peters, Nathaniel J. Soper, Lee L. Swanstrom, Steven D. Wexner, 2006-06-02 An in-depth analysis of the technical aspects of the most commonly performed laparoscopic procedures, their indications, contraindications, and complications. Heavily illustrated, *Laparoscopic Surgery of the Abdomen* breaks new ground in visualising operative procedures and problems. Seven sections, comprising the core curriculum of accepted procedures, present gallbladder disease, common bile duct exploration, hernia, colon diseases, anti-reflux procedures, acute abdomen and the role of diagnostic laparoscopy, and emerging procedures on the spleen and adrenals. Recognised leaders in the field tackle each section, emphasising what to do when and how to solve acute situations.

alternative positions for pelvic exam: Fundamentals of Contemporary Nursing Practice Carol Ann Lindeman, Marylou McAthie, 1999 This comprehensive nursing fundamentals text emphasizes clinical decision making and scientific research within the context of an evolving health care delivery system as the foundation for contemporary nursing practice. This interactive approach offers an alternative framework to the nursing process by focusing on the real world issues that affect clinical decision-making in nursing including cultural, socioeconomic, ethical/legal, and financial considerations. Presents a practice-oriented approach that facilitates the transfer of classroom knowledge to actual clinical practice through a practical four-part organization that addresses context, process, content, and special considerations. Examines current issues in nursing practice such as financing of health care, the changing health care delivery system, and legal and ethical considerations. Emphasizes the nursing research base in relation to practice encompassing topics such as pain management, ethical considerations, and accommodating individual differences such as age and culture. Discusses future trends and technologic nursing applications including a discussion of the role of the nurse in using and evaluating technology. Reviews nursing care for all age groups and in all care settings. Details special considerations with information about body mechanisms, sterile technique, personal safety and the health of the nurse. Encourages inductive and deductive reasoning, intuition, creativity, and decision-making as well as problem solving in nursing practice.

alternative positions for pelvic exam: Varney's Midwifery Helen Varney, Jan M. Kriebs, Carolyn L. Geger, 2004 Known as the "bible" of midwifery, this new edition of *Varney's Midwifery* has been extensively revised and updated to reflect the full scope of current midwifery practice in a balance of art and science, a blend of spirituality and evidence-based care, and a commitment to being with women.

alternative positions for pelvic exam: Illustrated Study Guide for the NCLEX-RN® Exam E-Book JoAnn Zerwekh, 2018-10-25 Who says preparing for the NCLEX® has to be boring? Using colorful illustrations and fun mnemonic cartoons, the *Illustrated Study Guide for the NCLEX-RN® Exam*, 10th Edition brings the concepts found on the NCLEX-RN to life! This new edition is written in a concise outline format to make studying easier, and the Evolve companion website includes approximately 2,500 NCLEX exam-style review questions (including alternate item formats) — allowing you to create practice exams, identify personal strengths and weaknesses, and review answers and rationales. With new content covering culture and spirituality, this study guide gives you a robust, visual, less-intimidating way to remember key facts for the NCLEX exam. - 2,500 review questions are now included on the Evolve companion website, adding more 200 questions to the total on the previous edition. - UNIQUE! Mnemonic cartoons provide a fun, easy way to review and remember key nursing concepts and disease processes. - UNIQUE! The integrated systems

approach incorporates pediatric, adult, and older adult lifespan considerations in each body system chapter. - UNIQUE! Appendixes for each chapter summarize medications and nursing procedures for quick reference. - Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination, including priority drag-and-drop and hot-spot (illustrated point-and-click) questions. - Test Alert! boxes in the book highlight key concepts frequently found on the NCLEX examination. - Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong. - Separate chapters on pharmacology and nursing management help students to focus on these areas of emphasis on the NCLEX examination. - Nursing Priority boxes make it easier for students to distinguish priorities of nursing care. - Pharmacology tables make key drug information easy to find, with high-alert medications noted by a special icon. - Special icons distinguish pediatric and adult disorders, and identify content on Self-Care and Home Care. - NEW! UPDATED content reflects the most recent NCLEX-RN® test plan and incorporates important clinical updates. - NEW! 25 additional illustrations and mnemonics make the book more appealing than ever to the visual learner. - NEW! Chapter on Culture and Spiritual Awareness addresses the addition of Culture and Spirituality to the Integrated Processes in the NCLEX test plan. - NEW! Nursing Management and Ethical/Legal concepts divided into two chapters emphasize the increasing amount of administrative duties nurses face and the importance of management of care on the NCLEX. - NEW! Priority Concepts added to the beginning of each chapter assist you in concept-based nursing programs in focusing on priority concepts for each chapter.

alternative positions for pelvic exam: Illustrated Study Guide for the NCLEX-RN®

Exam8 JoAnn Zerwekh, 2012-11-13 It's a fun, visual review for the NCLEX! Illustrated Study Guide for the NCLEX-RN® Exam, 8th Edition covers all the nursing concepts and content found on the latest NCLEX-RN examination. A concise outline format makes studying easier, and 2,300 NCLEX exam-style review questions (including alternate item formats) are included to test your knowledge at the end of each chapter and on the Evolve companion website. Written by NCLEX expert JoAnn Zerwekh, this study guide uses colorful illustrations and mnemonic cartoons to help you remember key concepts for the NCLEX-RN exam. UNIQUE! Mnemonic cartoons provide a fun, easy way to review and remember key nursing concepts and disease processes. UNIQUE! The integrated systems approach incorporates pediatric, adult, and older adult lifespan considerations in each body system chapter. UNIQUE! Appendixes for each chapter summarize medications and nursing procedures for quick reference. Electronic alternate item format questions on Evolve prepare you for the interactive question types on the computerized NCLEX examination, including priority drag-and-drop and hot-spot (illustrated point-and-click) questions. Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area, allowing you to create a customized review experience based on your personal study needs. Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong. NEW! 2,300 review questions are now included on the Evolve companion website. Two NEW alternate item question types are added: graphic options and questions incorporating audio. UPDATED content reflects the latest NCLEX-RN test plan and incorporated important clinical updates. NEW! Page references to an Elsevier textbook are provided with each question, for further study and self-remediation. NEW! Disorder names are highlighted in color in the index for quick reference. EXPANDED coverage of management of care reflects the increased percentage of this content on the NCLEX-RN test plan.

alternative positions for pelvic exam: *The Facts of Life-- and More* Leslie Walker-Hirsch, 2007 This thorough and highly readable guide gives social workers, teachers, and direct support professionals the comprehensive information they need to educate people with disabilities about sexuality and help them make the best possible choices across the li

alternative positions for pelvic exam: Maternity Nursing - E-Book Deitra Leonard Lowdermilk, Shannon E. Perry, Kitty Cashion, 2010-03-01 - Evidence-Based Practice boxes have been updated, researched and reformatted to help you focus on current research. - Recognizes the

nurse's need to integrate the family in the care of the mother and newborn. - New and updated information to reflect current nursing research.

alternative positions for pelvic exam: Illustrated Study Guide for the NCLEX-RN® Exam JoAnn Zerwekh, MSN, EdD, RN, 2015-11-20 Prepare for the NCLEX with this fun, full-color review! Illustrated Study Guide for the NCLEX-RN® Exam, 9th Edition uses colorful drawings and mnemonic cartoons to cover the nursing concepts and content found on the NCLEX-RN examination. A concise outline format makes studying easier, and the Evolve companion website includes 2,500 NCLEX exam-style review questions (including alternate item formats) - allowing you to create practice exams, identify your strengths and weaknesses, and review answers and rationales. Written by NCLEX expert JoAnn Zerwekh, this study guide offers a clear, visual way to remember key facts for the NCLEX exam. UNIQUE! Mnemonic cartoons provide a fun, easy way to review and remember key nursing concepts and disease processes. UNIQUE! The integrated systems approach incorporates pediatric, adult, maternity, and older adult lifespan considerations in each body system chapter. Practice questions on the Evolve companion website are available in both study and quiz modes and separated by content area, allowing you to customize your review based on your personal study needs. UNIQUE! Appendixes for each chapter summarize medications and nursing procedures for quick reference. Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination, including priority drag-and-drop and hot-spot (illustrated point-and-click) questions. Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong. Separate chapters on pharmacology and nursing management help you to focus on these areas of emphasis on the NCLEX examination. Nursing Priority boxes make it easier to distinguish priorities of nursing care. Pharmacology tables make key drug information easy to find, with high-alert medications noted by a special icon. Special icons distinguish pediatric and adult disorders, and identify content on Self-Care and Home Care. UPDATED content reflects the most recent NCLEX-RN test plan and incorporates important clinical updates. NEW! 2,500 review questions are now included on the Evolve companion website, adding more 200 questions to the total on the previous edition. NEW! Addition of SI Units and removal of trade-name drugs reflects changes in the NCLEX-RN test plan. NEW! Additional alternate item questions are included on Evolve, and new questions incorporating video are also added. NEW! Test Alert! boxes in the book highlight key concepts frequently found on the NCLEX examination. NEW! Additional memory notecard-type illustrations are included in the book to accommodate visual learners.

alternative positions for pelvic exam: Office Gynecology John V. Knaus, John H. Isaacs, 2012-12-06 As office technology has exploded and decision-making become increasingly complex, physicians are faced with an endless list of treatment options for commonly presenting gynecologic disorders. This new book reviews all state-of-the-art tools of diagnosis, investigation, and management to provide an invaluable guide for the office practitioner. From endocrine disorders to breast disease, from preventive measures for osteoporosis and cardiovascular disease to management of an abnormal pap smear, from the use of ultrasonography and minimally invasive diagnostic procedures to high-level endocrine manipulation, office-based physicians are expected to be knowledgeable in all areas. This book leads the way. For gynecologists and residents, here is a solid foundation and ready reference source, enhanced by more than 60 detailed illustrations.

alternative positions for pelvic exam: Coal Mark C. Thurber, 2019-05-07 By making available the almost unlimited energy stored in prehistoric plant matter, coal enabled the industrial age - and it still does. Coal today generates more electricity worldwide than any other energy source, helping to drive economic growth in major emerging markets. And yet, continued reliance on this ancient rock carries a high price in smog and greenhouse gases. We use coal because it is cheap: cheap to scrape from the ground, cheap to move, cheap to burn in power plants with inadequate environmental controls. In this book, Mark Thurber explains how coal producers, users, financiers, and technology exporters drive this supply chain, while fragmented environmental movements battle for full incorporation of environmental costs into the global calculus of coal. Delving into the politics

of energy versus the environment at local, national, and international levels, Thurber paints a vivid picture of the multi-faceted challenges associated with continued coal production and use in the twenty-first century.

alternative positions for pelvic exam: Collins-Bride & Saxe's Clinical Guidelines for Advanced Practice Nursing Yoonmee Joo, Jim V. Gatewood, Mary Anne Israel, Kelly Wong McGrath, 2024 Collins-Bride & Saxe's Clinical Guidelines for Advanced Practice Nursing, Fourth Edition is an accessible and practical reference designed to help nurses and students with daily clinical decision making. Written in collaboration with certified nurse midwives, clinical nurse specialists, nurse practitioners, nutritionists, pharmacists, and physicians, it fosters a team approach to health care. Divided into four areas-Pediatrics, Gynecology, Obstetrics, and, Adult General Medicine-and following a lifespan approach, it utilizes the S-O-A-P (Subjective-Objective-Assessment-Plan) format. Additionally, the authors explore complex chronic disease management, health promotion across the lifespan, and professional and legal issues such as reimbursement, billing, and the legal scope of practice. The Fourth Edition has a keen focus on gerontology to accommodate the AGNP specialty and to better assist the student or clinician in caring for the aging population. The authors follow the across the life span approach and focus on common complete disorders. Certain chapters have been revised and new chapters have been added which include:Health Maintenance for Older Adults; Frailty; Common Gerontology Syndromes; Cancer Survivorship; Lipid Disorders; Acne (pediatrics section)

alternative positions for pelvic exam: Maternity Nursing - Revised Reprint Deitra Leonard Lowdermilk, RNC, PhD, FAAN, Shannon E. Perry, RN, PhD, FAAN, Mary Catherine Cashion, RN, BC, MSN, 2013-11-25 Designed to meet the needs of today's students, Lowdermilk's Maternity Nursing, 8th Edition - Revised Reprint addresses the fundamentals of maternity nursing with a concise, focused presentation of the care of women during the childbearing years. Integrating considerations for family, culture, and health promotion into the continuum of care, it also addresses community-based care to emphasize that nursing care takes place in many settings. Maternity Nursing focuses on childbearing issues and concerns, including care of the newborn, as well as wellness promotion and management of common women's health problems. Critical thinking exercises present case studies of real-life situations and corresponding critical thinking questions to help you develop your analytical skills. NEW! A helpful appendix identifies text content that reflects the QSEN competencies - patient-centered care, teamwork and collaboration, evidence-based practice, quality improvement, safety, and informatics - to assist you in developing competencies to provide safe and effective nursing care. NEW! Focus on the family recognizes the nurse's need to integrate the family in the care of the mother and newborn and the importance of the role of the mother to the wellbeing of the family. NEW! Content updates throughout, including information on the late preterm infant and associated concerns such as feeding; guidelines on prioritization and delegation where relevant; and centering pregnancy, a new model of health care that brings women together in groups for their care. NEW! Evidence-based practice content focuses your attention on how to use current research to improve patient outcomes. NEW! Improved readability helps you learn more efficiently with shorter, more focused content discussions. NEW! 21st Century Maternity Nursing: Culturally Competent, Community Focused chapter combines introductory material, culture, and community into one chapter to help you focus on key content and concepts. NEW! Streamlined content highlights the most essential, need-to-know information.

alternative positions for pelvic exam: Pelvic Floor Re-education Bernhard Schüssler, Jo Laycock, Stuart L. Stanton, 2013-04-17 Pelvic Floor Re-education encompasses a variety of techniques for increasing the strength of, and control over, the pelvic floor muscles. These techniques are now emerging as an effective and viable alternative to surgery in the treatment of urinary incontinence and related conditions. This volume presents a reasoned, scientific approach to the use of pelvic floor re-education. Starting with the latest theories on anatomy, pathophysiology and possible causes of pelvic floor damage, the text then describes the importance of pelvic floor evaluation in determining the type of treatment required. A number of re-education techniques are

assessed including isolated muscle exercise, vaginal cones, biofeedback control and electrical stimulation. Recent research work is also reviewed which allows the reader to evaluate the different modalities advocated in the management of pelvic floor dysfunction.

alternative positions for pelvic exam: *Women's Health* Ellis Quinn Youngkin, 1994 *Women's Health: A Primary Care Clinical Guide* is an essential resource for nurse practitioners and other health care providers. Covering a wide variety of women's issues and needs - including physical and psychosocial factors, common medical problems, and health care issues of the disabled woman - this easy to use handbook also focuses on important reproductive issues. Features general adult health problems - physical and psychosocial; up-to-date overview discussing health care reform; obstetric and gynecologic care in one volume; and a unique chapter on women with disabilities.

alternative positions for pelvic exam: Pelvic Pain Explained Stephanie A. Prendergast, Elizabeth H. Akincilar, 2017-11-28 Pelvic pain is more ubiquitous than most people think and yet many suffer in silence because they don't know there is help or they are too embarrassed to seek it. This book looks at the variety of problems that can lead to pelvic pain, and how to address the issues when they arise.

Additional Resources

ALTERNATIVE Definition & Meaning - Merriam-Webster

The meaning of ALTERNATIVE is offering or expressing a choice. How to use alternative in a sentence. Synonym Discussion of Alternative.

ALTERNATIVE | English meaning - Cambridge Dictionary

ALTERNATIVE definition: 1. An alternative plan or method is one that you can use if you do not want to use another one: 2.... Learn more.

ALTERNATIVE Definition & Meaning | Dictionary.com

Alternative definition: a choice limited to one of two or more possibilities, as of things, propositions, or courses of action, the selection of which precludes any other possibility.. See ...

ALTERNATIVE definition and meaning | Collins English Dictionary

Alternative is used to describe something that is different from the usual things of its kind, or the usual ways of doing something, in modern Western society. For example, an alternative ...

Alternative - Wikipedia

Alternative (Kamen Rider), a character in the Japanese TV series Kamen Rider Ryuki
Alternative comics, or independent comics are an alternative to mainstream superhero comics; Alternative ...

Alternative - definition of alternative by The Free Dictionary

Define alternative. alternative synonyms, alternative pronunciation, alternative translation, English dictionary definition of alternative. n. 1. a. One of a number of possible choices or courses of ...

alternative noun - Definition, pictures, pronunciation and usage ...

alternative something that you can choose to have or do out of two or more possibilities: You can be paid in cash weekly or by cheque monthly: those are the two alternatives. option, choice or ...

What does alternative mean? - Definitions.net

Alternative refers to one or more options or choices available as a substitute or replacement to the existing one. It generally denotes the possibility of choice between two or more things. In ...

Alternative Definition & Meaning | Britannica Dictionary

ALTERNATIVE meaning: 1 : offering or expressing a choice; 2 : not usual or traditional often used to describe something that is more natural or that causes less pollution than the usual product, ...

alternative - WordReference.com Dictionary of English

a choice among only two possibilities such that if one is chosen, the other cannot be chosen: Here are the alternatives: surrender or die. one of these choices: The alternative to riding is walking. ...

What is a pelvic ultrasound? DRAFT - UW Medicine

On the day of your exam: • Wear a loose-fitting, 2-piece outfit. Only your lower abdomen needs to be exposed during the exam. • Please plan to arrive for your exam with a full bladder. How is ...

RAINN on Involuntary Pelvic Exams - Google Docs

Involuntary Pelvic Exams A pelvic exam is a medical procedure in which a healthcare provider examines a person's rectum and/or a woman's reproductive organs, including the vagina, ...

Internal Pelvic Floor Evaluation Procedures - mlpt.com

Table Set UP o Allow patient to use the restroom to empty bladder if needed o Protect the table o Provide drapery for patient (sheet, towel) o Offer patient a handheld mirror to view the exam if ...

The Proctologic Examination - Springer

The Proctologic Examination Examination Positions 19 Disinfection and Sterilization 20 Disinfection 21 Sterilization 24 Disinfection and Sterilization of Instruments 25 Methods of ...

Positioning Chart - NRRTS

pelvic belt (typically 60 degrees) or rigid anterior pelvic stabilizer • change upholstery type • extensor thrust • provide anti-thrust or aggressively contoured seat • stabilize pelvis using ...

Study Guide for Women's Health Procedures (Pelvic Exam, ...

Procedures (Pelvic Exam, Specimen . Collection) 2020 . Introduction to Pelvic Exam: 1. Overview a. The specific components of a pelvic examination will vary depending on the woman's age, ...

APGO Clinical Skills Curriculum

Jan 4, 2017 • centered pelvic examination may be broken down into communication or interpersonal skills and technical skills. Important components are listed below and references ...

Female pelvic floor 2: assessment and rehabilitation

patients and teach them pelvic floor exercises. Part 1
([Bit.ly/NTPelvicFloor1](https://bit.ly/NTPelvicFloor1)) described the anatomy and functions of the female pelvic floor and the causes and consequences of pelvic ...

PATIENT & CAREGIVER EDUCATION How To Use a ...

Help your healthcare provider do a full pelvic exam. A pelvic exam is when your healthcare provider checks your vulva and internal reproductive organs. Help make vaginal penetration ...

The Neurologic Examination - Illinois State Veterinary ...

: Opisthotonus with extension of the front limbs and loose pelvic limbs in . lateral recumbency. Front limb and head posture improves with standing position, but back legs will still . be loose ...

Ritter 204 Manual Examination Table | Dimensions ... - Medline

during pelvic exams. Assist Handles Provide patients with secure hand-hold to access the exam table or reposition themselves during an exam. Assist Handles can easily be removed for ...

Optimal Labor Positions - ilpqc.org

These positions are excellent for alleviating low back pressure. With the knee press, the mother is sitting in the chair while the chair is placed against the wall. Support will person gently push ...

Improving women's experience during speculum ...

studied. Alternative positions,¹⁰ alternative speculums,¹¹ alternative foot rests,¹² self insertion of the speculum,¹³ and different types of gowns¹⁴ have shown varying degrees of improvement ...

Patient-Centered Language for Reproductive Healthcare

the exam table." "There is more room here on the exam table for you to move down." Note "exam table," not bed. "I'm inserting the speculum into you now." "Are you ready for the speculum ...

Genital Examination of the Prepubertal Female: Essentials ...

Another less common variation in normal hymenal morphology is the redundant or sleeve-like hymenal opening (Figure 5). There are also hymenal morphologies since birth, again

Pelvic Girdle Pain in Pregnancy - apps.worcsacute.nhs.uk

Pelvic Girdle Pain in Pregnancy WAHT-TP-094 Page 1 of 8 Version 7 ...
Alternative positions for the birth could be -All fours -Supported kneeling - Side lying with pillows/knees to chest -Labour ...

Transvaginal Ultrasound Examinations Guidance for ...

5.7 Is transrectal ultrasound a suitable alternative for patients not having TVUS? 10 6. Conclusion and recommendations 10 7. References 10 ... likely offer superior imaging compared with ...

ICD-10 for OB/GYN - Centers for Medicare & Medicaid Services

Z00.01 Encounter for general adult medical exam with abnormal findings

Z01.411 Encounter for gynecological examination (general) (routine) with abnormal findings Z01.419 Encounter for ...

Alternative Birth Positions - BIRTH IN MOTION by Anne ...

Alternative Birth Positions SUMMARY The dorsal supine position for birth appears to be an aberration practised only in North America during the last 150 years and contrasting to ...

INTRO TO PEDIATRIC MSK RADIOGRAPHS: APPROACH ...

complained of minor pain, and is not fussy in the exam room. On physical exam, you notice that when she walks, she has a Trendelenburg gait and she has limited internal rotation and ...

Gynecologic Causes of Pain Disclosures - UCSF CME

Physical Exam • T=38.3. Other VS Normal • Mod distress but stoic, difficulty changing positions in bed, pain worse when lying flat. • Abd: Soft, ND, +BS. Localized rebound in LLQ. Large firm ...

CE Credit Package 10A - AST

section became a more acceptable alternative to other options of that time, including high forceps delivery and cutting the pubic bone. By 1960, the mortality rate was near zero, and today it is ...

GOOD PRACTICE STATEMENT - thepogp.co.uk

pelvic floor muscle exercises in the treatment of urinary incontinence during pregnancy and the postpartum period. International Urogynecology Journal and Pelvic Floor Dysfunction 20 (10), ...

Fluoroscopic Hysterosalpingogram - UT Southwestern ...

o Active pelvic infection (chronic PID requires antibiotic prophylaxis) o Pertinent surgical history o Reason for exam o Recent U/S and results • Technologist to explain exam to the patient and ...

Pelvic Inflammatory Disease: Diagnosis, Management, and ...

September 15, 2019 PELVIC INFLAMMATORY DISEASE

Advance Beneficiary Notice of Noncoverage - Women Partners

Pelvic Exam & PAP Collection . listed above. Note: If you choose Option 1 or 2, we may help you to use any other insurance that you might have, but Medicare cannot require us to do this. G. ...

Standardized Patient – Pelvic Model - cnsu.edu

Oct 23, 2023 • o Female: speculum/manual pelvic exam, breast exam o Male: hernia, genital exam, rectal/prostate exam • Be willing to wear a hospital gown. • Accept ongoing feedback ...

MLN909032 – Screening Pap Tests & Pelvic Exams

test or pelvic exam during any of the previous 3 years indicating the presence of cervical or vaginal cancer or other abnormality. Pap Test and Pelvic Exam: Annually (at least 11 months ...

Comfort Positions Reducing stress & anxiety for children ...

Comfort Positions Reducing stress & anxiety for children during medical procedures Back to Chest Bear Hug works well for: Blood Draw Injections NG Tube Exam Port Access Frog Hold ...

DARTMOUTH-HITCHCOCK MEDICAL CENTER

routine positions/projections performed at Dartmouth-Hitchcock Medical Center. The routine as indicated by an asterisk is required by radiology, and positions/projections can be omitted ...

The Challenging Pelvic Examination - MN Forensic Nurses

Many women feel anxious about pelvic examinations, especially if it is their first examination, they have had a prior negative experience, or there is a history of trauma.^{8,18} For such ...

WATI Student Information Guide - atinternetmodules.org

Student chooses alternative positions when given a chance (e.g., bean bag chair, standing, lying down). Student frequently falls out of chair. ... Sits in regular chair w/ pelvic belt or footrest. Sits ...

GENERAL PHYSICAL EXAMINATION - National Institutes of ...

exam is important to participants, and is used to evaluate participants for medical fitness to undergo cardiac testing and therefore remains in the exam. Jugular venous distension . There ...

Chronic Pelvic Pain, Genital Pain, and Pudendal Neuralgia

positions and may be relieved by sitting on a toilet seat • Pain that is often not immediate but delayed and stays long after activity is discontinued • Pain that is lower in the morning and ...

THE GYNAECOLOGICAL EXAMINATION - JU Medicine

Inspection – positions at rest, arms above head, on hips 1) Development and symmetry of breasts and nipples. 2) Reddening of skin, ulceration or dimpling (peau d'orange) 3) Retraction of ...

FDA approves first self-test collection kit for HPV - Medical ...

offering an alternative to clinician collection procedures, while also providing accurate and reliable results," Roche said. The HPV test itself is already covered by private insurance, Medicare

Backache in Labor - University of Washington

vaginal exam. Once you know the baby's position, use body positions, pelvic rocking, abdominal stroking, "slow dancing," walking, and the "lunge" to help the baby turn. • Positions – Lie on the ...

Pelvic exam in Gynecology and Obstetrics: French ...

How to learn & teach pelvic exam, and how to perform Question 1 - For a health professional in initial training, does learning the pelvic examination (vaginal examination and insertion of a ...

Coding Corner: Current Procedural Terminology Code ...

Department of Rehabilitation Services - Brigham and ...

Contraindications for internal vaginal/rectal exam: A. Active infections of the vagina, bladder, or rectum B. Open skin lesion C. High-risk pregnancy D. Absence of patient consent E. Impaired ...

Consent for Pelvic Examination - PatientPop

A pelvic examination is an assessment of the external genitalia; internal speculum examination of the vagina and cervix; bimanual palpation of the adnexa, uterus, and bladder; and sometimes ...

Consent for Pelvic Examination - floridawomancare.com

Reasons for a pelvic exam can include (but are not limited to) health screening, abnormal bleeding, pelvic pain, sexual problems, vaginal bulge, urinary issues, or inability to insert a ...

Pelvic Girdle Pain - thepogp.co.uk

- Do your pelvic floor exercises and low abdominal exercises as advised by your physiotherapist.
- Swimming may help, but the breaststroke kick may aggravate ...
- Consider alternative ...

Pelvic Examinations: Speculum, Assisting - ANMC

Mar 13, 2018 · during the exam. 1.1.2 It is important to note that not all pelvic examinations will include a bimanual examination or rectovaginal examination. 1.1.2.1 The extent of exam will be ...

Sims Speculum Examination - Riseup

the additional integrity of the pelvic fascia [6]. Contraction of the pelvic floor muscles should normally result in the anterior and upward displacement of the pelvic organs such that the ...

General Medical Examination - Veterans Affairs

Pelvic exam, including inspection of introitus, vagina, and cervix, palpation of labia, vagina, cervix, uterus, adnexa, and ovaries, rectal exam. Do Pap smear if none within past year. If unable to ...

Guide for Skill Station Female & Male Exams 2020

1. Enlist the patient's cooperation during the exam
4. Follow a logical sequence of exam from one region to another
5. Modify the exam to adapt to patient limitations
6. Avoid ...

MOVING INTO THE FUTURE WITH NEW DIMENSIONS ...

National Center for Complementary and Alternative Medicine Victoria A. Cargill, M.D., M.S.C.E. Director of Minority Research and Clinical Studies .
Office of AIDS Research Office of the ...

[Positions for Labor - thechildbirthprofession.com](https://thechildbirthprofession.com)

Helpful Positions for Every Stage of Labor PUSHing Positions: There are several beneficial positions for the second stage of labor. Consider trying these positions instead of lying flat on ...

[Alternative Positions For Pelvic Exam](#)

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