**«Special gynecological examination»**

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| № | **Steps** | **Algorithm for actions** |
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| 1. | Established contact with the patient (verbal, non-verbal component) | Established initial contact with the patient – greeted, introduced himself; learned the name of the patient; during this set the optimal distance. Explained to the patient the essence of the examination. Received oral consent to perform medical manipulation. |
| 2. | Treated hands with antiseptic and put on disposable gloves for examination.  | The student washed his hands, wiped them with a disposable towel and put on disposable gloves. |
| 3. | Asked to take the right position  | The student laid the patient on a gynecological chair, on a pre-laid disposable diaper.Demonstrated the skill of informing about the patient's body position and the skill of checking the patient's understanding (feedback) |
| 4. | Relieve emotional tension | Demonstrated the skill of relieving emotional tension, used words of empathic support. |
| 5. | External examination | The student began with an examination of the external genitalia. He/she paid attention to the type of hair loss, labia majora and labia minora, clitoris, excretory ducts of the large glands of the vestibule of the vagina and perineum. |
| 6. | Enter the gynecological mirror | The student examined the patient on the mirrors: he spread the labia with the thumb and forefinger of his left hand, after which he inserted the Cusco mirror in a closed state with his right hand, observing the rule of introducing the mirror sideways. After fully inserting the mirror, he turned it 90 degrees and set it in the correct position. |
| 7. | Examine the vagina and cervix | The student paid attention to the color of the vaginal mucosa and cervix, the presence or absence of pathological changes in the cervix, the nature of secretions. After the examination, he closes the mirror flaps and, as a rule, carefully removes them from the vagina and lowers them into a container with a disinfectant solution. |
| 8. | Conduct a bimanual examination. | Conducted a bimanual study: spread the labia I and II with the fingers of the left hand. He inserted the third finger of his right hand into the vagina and pressing on the perineum, inserted the second finger, took the thumb up, pressed IV and V to the palm.The student disposed of the used tools, took off his gloves, threw them into a recycling container, washed his hands and wiped them with a disposable towel. |
| 9. | Explain the result of the examination | Demonstrate the skill of commenting and informing. |
| 10. | Dispose of everything that was used and give the final information to the patient. | The student disposed of the used tools, took off his gloves, threw them into a recycling container, washed his hands and wiped them with a disposable towel. |