



PATIENT GUIDE TO ADULT SENSITIVE EXAMS/TESTS/PROCEDURES

MSU Health Care's work is focused on our patients, providing the best possible care, reducing risk for our patients and providers, and educating future nurses and physicians. We are committed to building on our efforts to acting more thoughtfully, and to creating solutions for a safer, more secure and more supportive environment. Expanding education and setting consistent standards for patient care are some solutions.

We strive to provide our patients with the information they need to actively participate in their care at MSU Health Care.

Providers will always provide an explanation of any exam, treatment, or procedure that is planned for the visit. Patients are encouraged to ask questions and tell the provider if they are experiencing any discomfort. Patients also have the right to terminate an exam or request a chaperone at any point.

A chaperone is an observer who may assist our patients and providers during sensitive examinations, treatments, or procedures. A chaperone will always be present during exams, treatments, and procedures as defined by our policy. Adults may decline a chaperone by signing a waiver. A chaperone will always be available at the request of the patient. We will make every effort to ensure the chaperone is the gender the patient is most comfortable with.

A chaperone provided by MSU Health Care has many responsibilities. These include providing emotional comfort, providing gowns/sheet to ensure privacy, assist with interpreting instructions, and ensure continuing consent to the exam/treatment/procedure. They do not need to be present through-out a patient visit with their provider such as when discussion of health history is being gathered.

Sensitive exams/treatment/procedures that require a chaperone are ones that involve or expose the breasts, genitalia, or rectum. Examples include: breast exams, vaginal or rectal exams. Below is an overview of these exams.

FEMALE EXAMS

BREAST EXAMS

A breast exam is usually performed if you have concerns such as pain, discharge or a lump. It may also be performed as a screening after age 25 based on your personal and family history. It is not painful. If you become uncomfortable, tell the provider immediately. The exam requires you to remove clothing from the waist up. You will be provided a gown and cover sheet.

The exam includes:

- a visual examination of the breast skin for rashes, dimpling, or other abnormal signs. The provider will ask you to raise your arms over your head to allow visualization for observation of differences in shape or size.
- a manual examination. The provider will use the pads of the fingers to palpate (press lightly) over the breast tissue, underarm and up to the collarbone to check for lumps, on both sides. Nipples may be checked for any discharge when squeezed.

PELVIC EXAMS

Most providers will suggest a first pelvic exam if you have pain or vaginal discharge, or when you turn age 21, whichever comes first. It may cause you to feel pressure or slight discomfort but should not be painful. If you become uncomfortable, experience pain, tenderness or too much pressure, tell the provider immediately. This exam requires you to remove clothing below the waist. You will be provided a gown and sheet. During the exam, you will be lying down on the exam table, your legs will be open, and your feet will be in stirrups.

The exam includes:

- an external examination of the labia, clitoris, vaginal and rectal openings by both visual inspection and palpation (light pressing with fingers).
- an internal exam with the use of a speculum. This is a duck-bill shaped instrument that is gently inserted into the vaginal opening and the 'bill' opened to provide visual access of the vagina and cervix. The provider may gently move the speculum as needed to see the cervix. During the internal exam the provider may collect a specimen for a Pap or STI test. The provider will use a thin, plastic applicator to collect cells from the cervix to send to the lab. The speculum is closed and removed.

A bi-manual exam may be performed if you have pain or other symptoms in the lower abdomen. During a bi-manual exam, the provider will insert one or two gloved fingers into the vagina while palpating points on the abdomen with the other hand to the ovaries, uterus, and pelvic floor muscles for any abnormalities.

MALE EXAMS

Examination of the penis and scrotum is performed to check for hernias, or if you are experiencing pain, swelling or discharge. The exam is not painful, but if you become uncomfortable, tell the provider immediately. Some patients may develop an erection during the examination. This is a normal reaction as erections can be caused by anxiety, temperature changes, or a reaction to touch.

PUBIC/GROIN EXAM

The exam includes:

- visual examination of the groin

- palpation of the scrotum, groin and hip crease to check for abnormalities such as hernia, lumps, testicle and spermatic cord issues.
- during a hernia exam, the provider place fingers through the scrotum while you are standing.

PENILE EXAM

If you have concerns such as pain or sores, the provider will perform a visual and manual exam of the penis. If you are uncircumcised, the provider may ask you to retract the foreskin to be able to examine all surfaces and may palpate the area. They will examine the opening of the urethra and many use a swab to collect a specimen for lab testing. They may squeeze the shaft of the penis and muscles to check for scarring.

RECTAL EXAMS - FEMALE & MALE

If you have complaints of pain in the lower abdomen, blood in your stool, or other gastrointestinal symptoms, the provider will do a rectal exam. It is done either kneeling or lying on the exam table. It should not be painful. If you become uncomfortable tell the provider immediately. It is not uncommon to have a sense of needing to urinate or defecate during the exam. This sensation usually passes quickly, but if it does not, ask the provider to stop the exam.

The exam may include:

- an external visual examination, in order to look for rashes, lumps, sores. specimen collection. If necessary, this will involve inserting a cotton swab into the rectum about one inch and rotating it gently to obtain a sample.
- an internal digital exam. The provider will insert one gloved, lubricated finger into the anus to palpate any lumps or abnormalities. They may put pressure on the prostate gland to check for pain or tenderness.

ANOSCOPE EXAM

It may be necessary to perform an anoscope. This is an examination with the use of a scope that is lubricated and gently inserted into the anus to visualize the rectal canal. The provider may ask you to tense and relax your muscles during the exam. It should not be painful. If you become uncomfortable, tell the provider immediately.

TESTS/PROCEDURES

EKG's on females require the chest to be exposed to place the patches to complete the test. You will be provided a gown and/or cover sheet during the procedure.

Physical Therapy treatments may require the provider to place their hands on skin or over clothing, on areas such as rib cage, axilla, abdomen, thighs or buttocks. Depending on the area of your body that is injured, the intervention may require placing hands close to sensitive areas of the body. For example, treatment for the shoulder may require mobilization which occurs in the axilla or along the rib cage.

Osteopathic Manipulative Treatment (OMT) is a procedure when a physician, using their hands, moves a patient's muscles and joints using techniques that include stretching, gentle pressure, and resistance. Physicians that do OMT evaluate you and perform these techniques while you are fully clothed. Depending on the area of your body they are evaluating and working with, the physician's hands may be close to sensitive areas of your body such as the breasts or genital area. For example, OMT on your hip or lower back may require hand placement close to the buttock, groin, or genital area; or OMT on your shoulder may require hand placement on the rib cage close to the breast.