



MSU Health Care
MICHIGAN STATE UNIVERSITY

PATIENT/FAMILY GUIDE TO PEDIATRIC SENSITIVE EXAMS

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 and their family and caregivers with the information they need to actively participate in their care at MSU Health Care. This is information on our Chaperone policy and process.

A chaperone is an observer who may assist our patients, families, 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 or family/caregiver. 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 are being gathered.

Providers will always provide an explanation of any exam, treatment, or procedure that is planned for the visit. 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.

If you or your child becomes uncomfortable for any reason during an exam tell the provider immediately. If you have questions or concerns about any part of an exam do not hesitate to ask these questions right away.

WELL CHILD EXAMS

Childhood is a time when your child is experiencing rapid growth and body changes. During a well-child exam, your provider will check the child's growth and development to find or prevent future problems from developing. The visit includes checking height and weight, BMI, blood pressure if over age 2, hearing and vision screening. They will talk to you about safety, sleep, immunizations, and growth and development. A physical examination will also be done. The physical exam includes listening to heart, lungs, and stomach with a stethoscope; testing reflexes on arms and legs; looking in eyes and ears and mouths with a scope.

Another important part is assessing the sexual maturity of the child. This standard assessment is important to ensure normal growth and development is occurring; to be able to offer anticipatory guidance; and recognize any problems that need referral. The exam may be different at different ages based on the development of each individual child. Infants will be different than school age.

FEMALE EXAM

The exam includes examining the genital area with the pants and underwear removed or lowered to the knees. The breast exam will require the shirt to be moved aside or a removed and a gown provided.

The provider will look for the stage of pubic hair growth, and breast development. If there is a concern about a mass, the provider may need to more closely examine and palpate the breast.

MALE EXAM

The exam includes examining the genital area with the pants and underwear removed or lowered to the knees. The provider will look for the stage of pubic hair growth and genital development. The provider will manually verify the testes have descended by palpating the scrotum. Sometimes the testes withdraw and are difficult to palpate. This is a normal reaction that can be caused by anxiety, being ticklish, temperature changes, or a reaction to touch. The provider may then need to gently push the testicle down from the upper part of the scrotum. In uncircumcised boys, the provider may gently pull on the foreskin to see if it is retractable.