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| ОҢТҮСТІК ҚАЗАҚСТАН<br><b>MEDISINA</b><br><b>AKADEMIASY</b><br>«Оңтүстік Қазақстан медицина академиясы» АҚ   |  | SOUTH KAZAKHSTAN<br><b>MEDICAL</b><br><b>ACADEMY</b><br>АО «Южно-Казахстанская медицинская академия» |
| Department of Obstetrics and gynecology   | 044-34/16  |  |
| Guidelines on teaching clinical skills at the Centre of practical skills<br>(using the execution algorithm) | 1 page out of 4  |  |

**Guidelines for teaching clinical skills at the practical skills center  
(using the execution algorithm)**


**Specialty: 5B130100 "General medicine"**

**Discipline: Gynecology**

**Course: 4**

**Department: Obstetrics and gynecology**

**Compiled By: Kulbayeva S. N., Junussova R. K.**

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**Considered at the meeting of the Department of obstetrics and gynecology**

Protocol № 01 « 28 » 08 2022y.


**Head of the Department, PhD, Ass.s Professor**




**S. N. Kulbayeva**

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1. **Clinical skills name:** Bimanual examination
2. **Training objectives:** to teach the technique of bimanual examination with the use of a Phantom and dummies, to develop skills and competencies.
3. **Time for demonstration of skills on a preliminary briefing and a dummy-**5 minutes.
4. **Time to master skills-**10 minutes
5. **The necessary theoretical knowledge for the development of skills:** Anatomy of the pelvic organs, , the presence of indications for bimanual examination.
6. **Simulator, simulator, mannequin, list of models:** phantom
7. **List of medical instruments and equipment:** phantom, gynecological chair, gloves
8. **The execution of skills**

| № | Step-by-step actions (in the absence of a doctor)  | executed | Not executed | notice |
|---|--|----------|--------------|--------|
| 1 | Greet the patient. Introduce yourself. Explain to the patient the procedure for taking a smear for purity. Ask her consent. Explain the indications for the procedure.   |          |              |        |
| 2 | Puts your right foot on the chair stand, left foot on the floor;<br>- by the fingers of the left hand open the large and small labia;<br>the fingers of the right hand (II and III) enter the vagina, I finger to take up, IV and V-presses to the palm, resting on the crotch;<br>- examine the condition of the pelvic floor muscles, vaginal walls (folding, stretching, loosening), vaginal arches;<br>- assess the cervix (length, shape, consistency) and the external pharynx of the cervix (closed, open, round or slit-shaped).                             |          |              |        |
| 3 | Fingers of the left hand gently press the abdominal wall in the direction of the pelvic cavity towards the fingers of the right hand, located in the anterior vault of the vagina. Bringing together the fingers of both exploring hands, palpate the body of the uterus and determine its position, shape, size (corresponding to the term of pregnancy) and consistency;<br><br><p style="text-align: center; color: red;">Двуручное влагалищно-абдоминальное исследование</p>  |          |              |        |
| 4 | examine the condition of the fallopian tubes and ovaries, the fingers of both hands gradually moving from the corner of the uterus to the side walls of the pelvis;  |          |              |        |

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|   | determine the capacity and shape of the pelvis, examine the inner surface of the pelvic bones, sacral cavity, side walls of the pelvis and symphysis |  |  |  |
| 5 | Remove fingers, take off gloves and throw them into a special container. Wash hands.   |  |  |  |

**9. Tasks:** bimanual examination

**10. Materials for assessment on the topic of the lesson**

Clinical case: woman, 33 years old, anamnesis-2 births, 1 abortion. She came to the clinic. Somatic healthy. Allergoanamnesis: without pathology. There were no operations, injuries. There was no blood transfusion.

Diseases: frequent colds

Family history: without pathology

Social history: without pathology

Menstrual function: Menstruation from 13 years, during 4-5 days, every 30 days, painless.

Last menstruation: May 2, 2022, the 5th day of menstruation.

Sex life: since 20 years, married. Contraceptive method-a condom.

Reproductive function: birth -2, abortion-1, without complications, abortion-0.

Objectively: height 164 cm, Weight 60 kg. There are no peripheral tumors. In the lungs, breathing is vesicular, there is no wheezing. Respiratory rate per minute 18. the heart tones are clear, the rhythm is correct. Heart rate of 120/80 mm Hg.

Examination by a mirror: the cervix is clean, the vagina is clean. Mucus in small quantities, light red. The results of the taken smear are normal, checked at the first reception.

Task: do a bimanual examination

**11. performance evaluation criteria**

1. Completed the task completely.
2. Completed the task in full or in part.
3. The specified task is not fully completed.

**12. Literature: basic and additional**

1. Clinical recommendations based on evidence-based medicine: TRANS. /Under the editorship of J. L. Shevchenko, I. N. Denisov, V. I. Kulakov, And R. M. Haitova. - 2nd ed., ISPR. - Moscow: GEOTAR-MED, 2002. -1248 p.: II.

2. Obstetrics, gynecology and women's health, Medpress 2005, F. Carr

3. Gynecology. Handbook of a practical doctor. Honey. Press 2004, Sylvia

4. Standard of correct answers based on materials for evaluation –bimanual examination