

ОҢТҮСТІК ҚАЗАҚСТАН MEDISINA AKADEMIASY «Оңтүстік Қазақстан медицина академиясы» АҚ		SOUTH KAZAKHSTAN MEDICAL ACADEMY АО «Южно-Казахстанская медицинская академия»
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**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

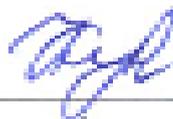
Compiled By: Kulbayeva S. N., Junussova R. K.

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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: Examination of the vagina and cervix in the mirrors.

2. Learning objective: to teach how to examine the lower part of the internal genital organs (vagina and cervix) in a gynecological patient using vaginal speculums, while using a gynecological chair, gynecological phantom, vaginal speculums and sterile disposable gloves.

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: know the step-by-step actions for examining the vagina and cervix in the mirrors.

6. List of simulators, dummies, models, visual aids: gynecological chair, gynecological phantom.

7. List of medical instruments and equipment: vaginal speculums (bivalve Cuzco and spoon-shaped Simps) and sterile disposable 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.			
2	Explain to the patient the procedure for taking a smear for purity. Ask her consent. Explain the indications for the procedure.			
3	The patient must be laid on a gynecological chair, having previously laid a clean diaper. Inspection in the mirrors is carried out with the woman lying on her back with her legs apart and bent at the hip and knee joints. Inspection in the mirrors is carried out before the vaginal examination. For this, various types of gynecological mirrors can be used: bivalve (Cusco), spoon-shaped (Sims).			
4	Wash hands. Wear gloves.			
5	The introduction of folding mirrors is carried out by the following technique: having parted the genital slit with the left hand, grab the mirror with the right hand and, pressing the crotch down with its beak, insert the closed mirror obliquely with respect to the genital slit (that is, in a vertical position). Having advanced the mirror to half, turn it flat (transferring it to a horizontal position).			
6	At the same time, the mirror is moved apart so that the vaginal part of the cervix is between the valves, then the desired degree of expansion of the vagina is fixed with a screw. We examine the walls of the vagina, the presence of anomalies, the			

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	nature of the mucous membrane. Then we examine the cervix, the integrity of the epithelium, the color of the mucous membrane of the cervix, pay attention to the possibility of the presence of hyperemia, we evaluate the nature of the discharge (bloody, purulent, mucous). These mirrors are convenient for use when there are no assistants. With the help of these self-supporting mirrors, you can not only examine the vagina and cervix, but also apply some medical procedures, it is convenient to take swabs from the vagina and cervix.			
7	The introduction of spoon-shaped mirrors is carried out as follows: first, we introduce a spoon-shaped (rear) mirror, and then a lift. When inserted, the spoon-shaped mirror is first oriented vertically along the genital slit, then, as it moves, the mirror is transferred to a horizontal position (flat) with the handle down, while the posterior wall of the vagina is slightly pulled down, and the tip of the mirror is inserted into the posterior fornix of the vagina. After that, the lift is carefully introduced, which, as it moves, on the contrary, is oriented with the handle up, lifting the anterior wall of the vagina, the tip of the lift is inserted into the anterior fornix of the vagina. Inspection of the vagina and cervix is carried out in the same way as when examined in bivalve mirrors.			
8	The vaginal mirrors are removed after the examination and manipulations in the reverse order, moving the valves from a horizontal position to a vertical one as they are removed from the vagina.			
9	Vaginal speculums are sent to a container with disinfectant. Remove surgical gloves and dispose of in a class B container.			

9. Tasks: examine the lower part of the internal genital organs (vagina and cervix) in a gynecological patient using vaginal mirrors.

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.

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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..

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.: Il.

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

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

13. Standard of correct answers based on materials for evaluation - Examination of the vagina and cervix in the mirrors.

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