

## Competencies for Pelvic Examination

**Preamble:** The following core competencies for pelvic examination (exam) are for non-pregnant clients who are 14 years and older and have not undergone upper instrumentation (e.g. gynecological procedure such as therapeutic abortion) in the previous two weeks.

Core Nursing Practice Competencies for Pelvic Exam			
KNOWLEDGE of:	SKILL in:	JUDGMENT determining:	ATTITUDE that:
<ul style="list-style-type: none"> <li>client centred-care in the context of reproductive health</li> <li>gender variance</li> <li>trauma-informed care</li> <li>socio-economic determinants of health and barriers that impact client care</li> <li>cultural and spiritual beliefs, generational and community attitudes regarding reproductive health</li> <li>etiology, signs &amp; symptoms, testing, complications, diagnostic findings (e.g. cervical cytology, Sexually Transmitted Infections [STI])</li> <li>education, counselling, prevention and harm reduction</li> <li>available educational, community and specialized resources</li> <li>current cervical screening and STI guidelines</li> <li>documentation requirements</li> <li>informed consent</li> <li>current legislation and reporting requirements as per age of consent for sexual activity</li> </ul>	<ul style="list-style-type: none"> <li>assessing clients' knowledge of their sexual health; status of cervical cancer screening; STI screening and risk factors</li> <li>obtaining a sexual health history</li> <li>performing all aspects of a pelvic exam including:               <ul style="list-style-type: none"> <li>external genital exam</li> <li>speculum exam</li> <li>bimanual exam</li> </ul> </li> <li>collecting specimens, ordering appropriate tests</li> <li>providing appropriate education, support and resources</li> </ul>	<ul style="list-style-type: none"> <li>appropriate STI Screening</li> <li>appropriate cervical cancer screening as per <a href="#">BC Cancer Guidelines</a></li> <li>indications for pelvic exams</li> <li>the need for appropriate referral and/or follow up services</li> </ul>	<ul style="list-style-type: none"> <li>respects individual's choices and beliefs</li> <li>demonstrates self-awareness of own beliefs, values, and practice limitations</li> <li>demonstrates sensitivity regarding:               <ul style="list-style-type: none"> <li>the impact of cervical cytology,</li> <li>STI diagnoses,</li> <li>infectious disease surveillance, reporting,</li> <li>and partner notification</li> </ul> </li> <li>advocates for reducing barriers to care</li> <li>fosters open communication</li> </ul>