





When Making a Diagnosis, always... Screen for trauma, abuse, and distress



Respect the Patient's History...

Treatment is a Collaboration...

Take the history of the patient while they are dressed and explain the steps of the examination and the reasons for performing a pelvic examination













Throughout exam...

Give the patient the option to ask questions or choose what can be done. Offer them the option of using a mirror to allow for visualization. Never tell them to "relax", never say "spread your legs" and always observe verbal and nonverbal cues. Ask for their permission to stop.



Do a trauma-informed exam!

Obtain consent before starting or resuming the pelvic examination and have a chaperone or assistant present during the examination. Give the patient the option to stop the examination at any point and resume at a later time.



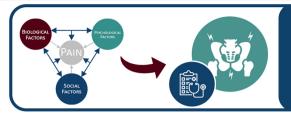
COLLABORATIVE



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Pelvic Pain 101: It's not all endo, Physical Exam



Making a Differential Diagnosis of Chronic Pelvic Pain:

Differential diagnosis of pelvic pain involves distinguishing a particular disease or condition from others that present similarly. The diagnosis should be informed by the biopsychosocial model of pain.



Muscoskeletal Pain (MSK): All structures are painful, worse with movement



Endometriosis/ Adenomyosis



Painful Bladder Syndrome, Interstitial Cystitis: Dysuria



Vulvodynia: Touch is extremely painful



Pudendal Neuropathy: Painful with sitting

Pain	++++	++++	++++	++	++++
Bowel	+++	+			+
Bladder	+++	+	++++	+	++
Cyclic	+	++++	++	++	+
Physical		Xil			

Exam







Watch how patient walks, examine abdomen, low back, & SI joints. Check for hernias. Vaginal exam (one finger. check posteriorly laterally for spasm).



Diagnosis is surgical. Not all pelvic pain in people with endometriosis is from lesions, and it is also common to have significant MSK pain.



Dysuria, check urine, check for MSK pain.



Hyper-sensitivity when touching the vulva.



Vaginal exams check pudendal area. Rectal exam is better for the pudendal nerve.