



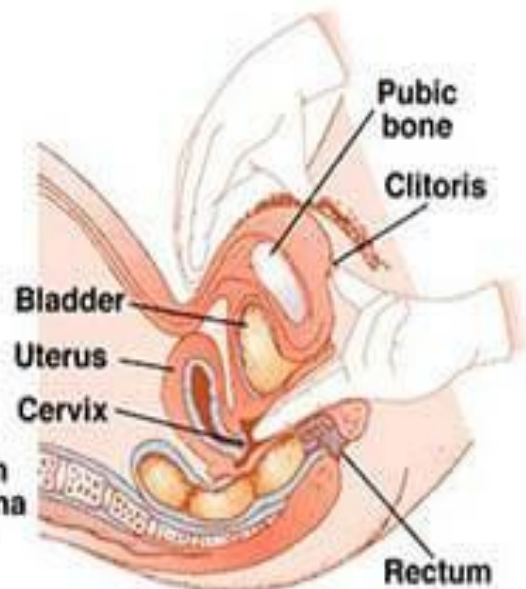
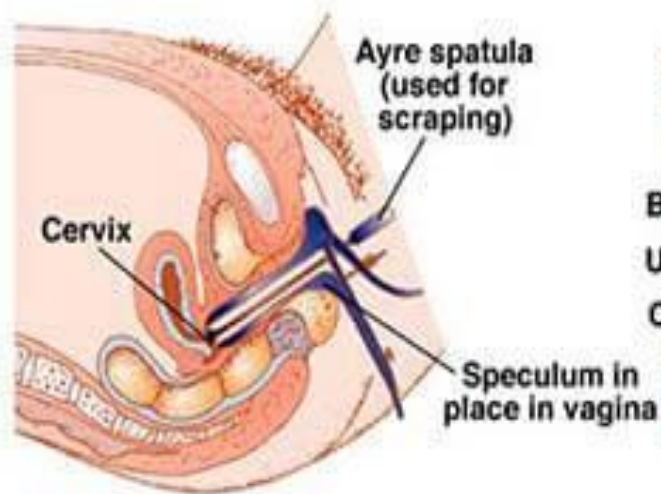
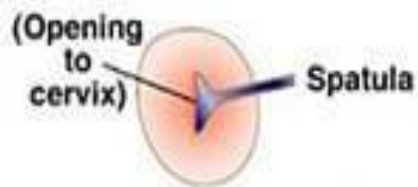
Health Literacy: Pelvic Exams

Acknowledgement: Ebonie Carter, Eden Cunningham, Kimberly Hailey & Shaquira Robinson

Pelvic Exams

- **What is it?**
 - It is part of the woman's well exam, where there is a thorough check of the pelvic organs.
 - Allows doctor to check size and position of cervix, uterus, ovaries, vagina
- **Who gets them?**
 - Women at least 18 years old
- **Why get them?**
 - As part of woman's physical checkup
 - To help find vaginal infections
 - To find causes of pelvic pain or discomfort

Pelvic Exam



Recommendations Over Time

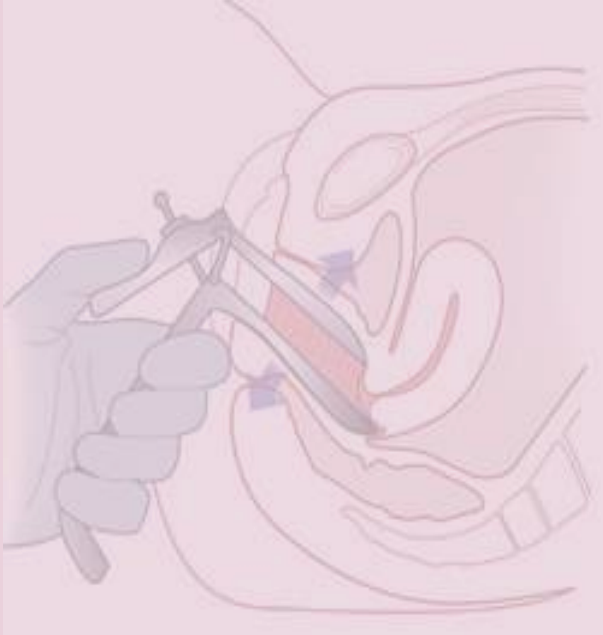
Previous

- Annually for asymptomatic women 18 years and older who are not at risk for gynecologic conditions

New

- Every 3 to 5 years for asymptomatic women 18 years and older for gynecologic conditions other than cervical cancer, gonorrhea, and chlamydia

Guideline Change



ACOG Response

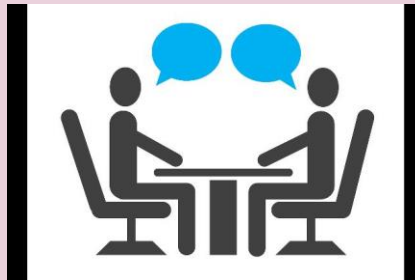
- Continues to recommend annual exams
- 21 and up
- Further research needs to be done in order to adopt the USPSTF guidelines

Interview Findings

Demographics: 20-50 years old

General knowledge: Pelvic exams conducted annually starting at age 18-21

Could be done earlier or more frequently depending on risk factors (family history, sexual activity)



Interview Findings

Information sources: physician, family, friends

Other credible sources: WebMD, Mayo Clinic, NIH

Conclusions

Deeply ingrained belief of “annual exams”

Pelvic exams necessary even when asymptomatic

Pelvic exam vs Pap Smear confusion?

Implications

- **Impacts for clinical practice**
 - Health Literacy Construct Issue
 - Understand
 - Appraise
 - Apply
 - USPSTF guideline change vs ACOG response
 - Clinician recommendation to patients
 - More efficient practice if screening every 3-5 years



Implications

- **Impact on women's compliance with guidelines**
 - Clinician recommendation
 - Women split:
 - Women who will continue annual exams
 - Women who may forget every 3-5 years and not return during that period

References

Marshall, S., & Romito, K. (2015). Pelvic examination. Retrieved from <http://www.webmd.com/women/pelvic-examination#1>

Sorensen, K., Van den Broucke, S., Fullam, J., Doyle, G., Pelikan, J., Slonska, Z., & Brand, H. (2012). Health literacy and public health: A systematic review and integration of definitions and models. *BioMed Central Public Health*, 8(20). 10.1186/1471-2458-12-80

The American Congress of Obstetricians and Gynecologists. (2016). Women's health care physicians. Retrieved from <http://www.acog.org/About-ACOG/News-Room/Statements/2016/ACOG-Statement-on-USPSTF-Draft-Recommendations-on-Pelvic-Exams>

US Preventive Services Task Force. (2016). Draft recommendation statement: Gynecological conditions: Periodic screening with the pelvic examination. Retrieved from [https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryDraft/gynecological-conditions-screening-with-the-pelvic-examination?ds=1&s=pelvic exam](https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryDraft/gynecological-conditions-screening-with-the-pelvic-examination?ds=1&s=pelvic%20exam)