

Program Objectives

Following completion of GTA training, participants should be able to:

1. Conduct the well woman gynecological exam using a systematic approach
2. Conduct the gynecological exam from a patient empowerment perspective
3. Reproduce exam techniques for lymph node, breast, and pelvic exam
4. Communicate with effective and appropriate patient education throughout the gynecological exam

Disclosure Statement

All those in a position to control content have indicated that they do not have any relevant interests to disclose.

Target Audience

Practicing Physicians, Physicians Assistants, Nurse Practitioners, and Medical Residents are welcome.

WV STEPS

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- The WVU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- This continuing education activity has been provided by the WVU School of Nursing for 1.8 contact hours. The WVU School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislative Rule #19CSR11-4 under provider number WV-1996-0120RN.

WV STEPS

Techniques of the Gynecological Exam

Gold Standard Instruction for Breast and Pelvic Examination for students, residents, and/or employees

Excellence in Female Breast & Pelvic Exam Education

WV STEPS at WVU Health Sciences has a dynamic in house program for Gynecological Teaching Associates (GTA) which utilizes instructors as models for teaching the components of the female breast and pelvic examination.

GTA as instructor and patient

GTAs are trained on a rigorous protocol. For every instructional unit, students will receive hands on practice with immediate feedback, in depth knowledge of her own body allows the instructor to point out structures for correction of student exam technique. A calm and reassuring environment adds to the value of this experience.

Student feedback

The second year medical students at WVU say...

"The GTA was an excellent learning tool, especially after the pelvic sim on the <manikins>. Being able to do the exam in a controlled setting with the model herself teaching us was a great way to learn and it was easy to relax as she guided us through."

"I like that we were able to do the pelvic and breast exam on an actual person prior to doing them in clinic."

"I liked actually having the instructor able to tell you what you were doing right or wrong."

"It provided a comfortable atmosphere, but was still valuable for learning."

Content Coverage

GTAs are trained on a standardized protocol for conducting safe, comfortable, and respectful exams for all women. In a small group, clinical setting, GTAs use a patient-centered, patient-empowerment model to teach the following components of the female exam:

- Breast visualization
- Lymph node palpation
- Breast palpation
- External genitalia
- Speculum sizing, insertion & removal
- Bi-manual exam

Positive impact

GTA sessions are conducted in a low-stress, interactive and friendly atmosphere that reduces student anxiety and allows for immediate feedback and error correction.

GTA programs have been in practice for more than 40 years across the country and studies have proven this method to:

- improve OSCE scores
- teach better patient communication
- lower anxiety among students
- cost effective instruction

Availability and Cost

Our GTAs are available year-round for in-house or off-campus instruction. Teaching sessions are 90 minutes in duration for a group of 4 students and costs \$200 (additional fees apply for off-campus travel). This method proves cost effective since the model is the instructor and there is no need for preceptor time.

Content may be adjusted to fit the needs of individual programs.



For more information:

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