



Pelvic Examination: Clinical Importance and Patient-Centered Approach

Neha Verma^{*}

Department of Obstetrics and Gynecology, Riverdale College of Medicine, New York, United States

DESCRIPTION

A pelvic examination is a fundamental clinical procedure used to assess the health of the female reproductive organs. It is commonly performed as part of routine healthcare, as well as for the evaluation of symptoms such as pain, abnormal bleeding or unusual discharge. The examination provides valuable information about the uterus, ovaries, cervix.

identify potential concerns and guide further management. Despite its importance, the procedure may cause anxiety for some individuals, making communication and patient comfort essential aspects of care. The examination typically begins with a discussion between the patient and the healthcare provider. This conversation includes medical history, menstrual patterns, sexual health and any current symptoms. Gathering this information helps the clinician understand the context of the examination and tailor the approach to the individual's needs. Clear explanation of the procedure before it begins can reduce uncertainty and help the patient feel more at ease.

During the physical assessment, the patient is usually positioned lying on an examination table with appropriate draping to maintain privacy the external of genital area is first. This step allows the clinician to observe skin condition, lesions or swelling that may require attention. Following this, an internal examination is conducted using a medical instrument called a speculum, which gently separates the vaginal walls so that the cervix can be visualized. This part of the procedure enables the collection of samples for screening tests, including those used to detect cervical changes or infections. Another component of the pelvic examination is the bimanual

assessment, where the healthcare provider uses gloved hands to feel the internal organs. One hand is placed on the abdomen while fingers of the other hand are inserted into the vagina. This technique helps evaluate the size, shape and position of the uterus and ovaries. It can also reveal tenderness or masses that may indicate underlying conditions. Although this part of the examination may feel unfamiliar, it is generally brief and performed with care to minimize discomfort.

Pelvic examinations serve several clinical purposes beyond routine screening. They are used to investigate symptoms such as pelvic pain, irregular menstrual cycles or difficulties related to fertility. The procedure can assist in identifying conditions such as infections, cysts, fibroids or other structural changes. In some cases, additional diagnostic tests, including imaging or laboratory studies, may be recommended based on the findings of the examination. Patient comfort and consent are central to the process. Healthcare providers are trained to conduct the examination respectfully, ensuring that the patient understands each step and has the opportunity to ask questions.

Pauses or stop the examination at any time. The presence of a trained assistant or chaperone may also be offered to provide reassurance and maintain the most of professionals standards. Cultural, social and personal factors can influence how individuals perceive pelvic examinations. Some may feel hesitant due to modesty, previous experiences or lack of information. Addressing these concerns through education and open communication can improve acceptance and participation in routine care. Creating a supportive environment where patients feel heard and respected is essential for effective healthcare delivery. Regular pelvic

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Corresponding author: Neha Verma, Department of Obstetrics and Gynecology, Riverdale College of Medicine, New York, United States Email: neha.verma.rcm@healthbridge.edu

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examinations contribute to early detection of health issues, which can lead to more effective treatment and improved outcomes. For example, screening tests conducted during the examination can identify early changes in cervical cells, allowing for timely intervention. Early diagnosis of infections or other conditions also reduces the risk of complications and supports overall reproductive health.

Advances in medical practice continue to refine the approach to pelvic examinations. Efforts to improve patient comfort include the use of smaller instruments, better lubrication techniques and enhanced communication strategies. Additionally, evolving guidelines help determine when and

how often the examination is necessary, ensuring that it is performed based on individual health needs rather than routine alone. A pelvic examination is an important component of women's healthcare, offering valuable insights into reproductive health and supporting early identification of potential concerns. Through careful technique, clear communication and respect for patient preferences, healthcare providers can ensure that the procedure is both effective and as comfortable as possible. Encouraging awareness and understanding of this examination can help individuals take an active role in maintaining their health and seeking care when needed.