Pain control during gynecological examination: an integrative review

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The lubrication of the vaginal speculum with water-based gel, especially in postmenopausal women, has proved to be one of the most effective to pain control.

Distraction techniques (using light beams) or realization of the pelvic exam (such as new examination techniques and instruments), when available, also contribute to this result.

Introduction

Women are reluctant to perform it because of the arrest, shame, discomfort and pain it may cause.

Cervical Cancer Screening

Objective

Identify pain control methods during the pelvic exam.

Method

Pubmed Science Direct Lilacs Ibict Cochrane Cinahl Scopus Scielo

✓ 8 Databases
✓ Until November 2015
✓ English, Portuguese or Spanish
✓ Keywords/Descriptors: “Papanicolaou”, “Gynecologic Examination” and “Pain”

Studies were excluded, whose abstracts were not available, letters to the editor or chapters of books.

Results

1374 studies
11 articles met the inclusion criteria.

It did not possible to do accomplish meta-analysis because of the different methodologies, population, evaluation moments of pain and instruments used in the studies.

Pain control methods

Topical anesthetic cream
Water based lubricating gel
Modified standard speculum with a flexible polypropylene sheath
Aloe vera gel solution
Passive visual distraction (images with light diffuser on the ceiling)
Espectroscopia ótica

References


We will test a new method of specular examination that depends only on the woman’s body movements, thus being low cost.