

Genitourinary System

Los Angeles County
College of Nursing and Allied Health
School of Nursing

N113 Medical-Surgical Nursing
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Genitourinary (GU) System Nursing Assessment Objectives



- Identify appropriate nursing assessment questions
- Discuss methods utilized to assess clients
- Describe various associated characteristics
- Identify cultural variations
- Discuss older adult variations
- Identify appropriate health promotion and client/family teaching

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Student Activities



Required Readings



- Berman
- Chapter 30
- Pp. 589-596

Recommended Videos

- Alexander
Street Press



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Genitourinary System Nursing Assessment

Female

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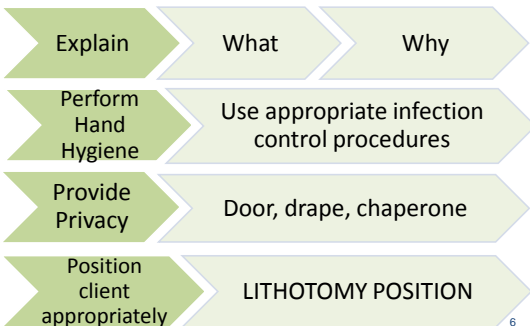
Nursing Assessment Questions



- Last menstrual period (LMP)
- Vaginal discharge and/or bleeding
- Number of pregnancies, live births
- L & D complications
- Urination
 - Urgency, frequency, blood, pain, incontinence
- STD's (past & present)

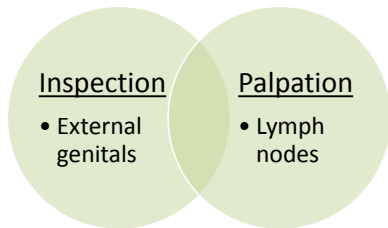
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Nursing Assessment Procedure



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Methods of Nursing Assessment



(Internal genital assessment by MD or NP, if needed)

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Female GU Assessment: Genitals and Inguinal Area

WHO ASSESSES WHAT

Nursing Assessment	MD or NP (a more complete exam)
<ul style="list-style-type: none"> • Inspect external genitals • Palpate lymph nodes 	<ul style="list-style-type: none"> • Internal genitals • Papanicolaou test (Pap smear)

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Methods of Nursing Assessment: Female Inspection

Pubic hair	• Distribution, amount, and characteristics
Skin of pubic area	• Parasites, inflammation, swelling, and lesions
Presence of discharge	• Amount, color, consistency, duration, & foul odor

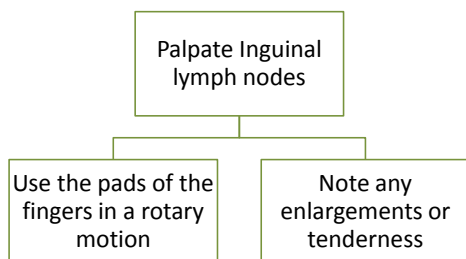
Female Assessment Findings



	Normal	Abnormal
HAIR		
Pubic skin		
Discharge		
Lymph nodes		

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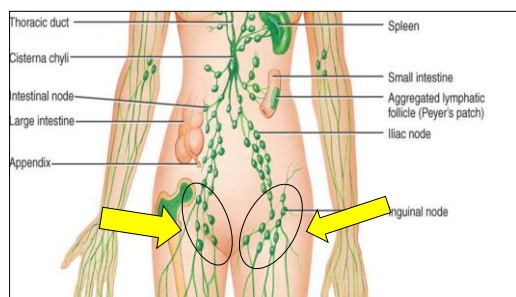
Methods of Nursing Assessment: Palpation (Female)



(Boxed skill 30-18; Berman, page 591)

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Lymphatic System



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Assessment Findings Upon Palpation of Lymph Nodes



Normal

- No enlargement, non-tender

Abnormal

- Enlarged, tender

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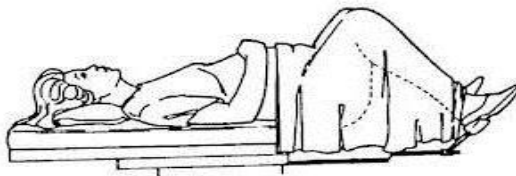
Female Internal Genital Assessment Performed By MD or NP



- RN responsibilities:
 - Assemble equipment
 - Pre-procedure: prepare the client
 - Intra-procedure: support the client
 - Post-procedure: monitor and assist client
 - Document the procedure
 - Assisted MD _____ with pelvic exam. (SN, RN, NA, etc.) _____ present as chaperone. Client tolerated well without incident.

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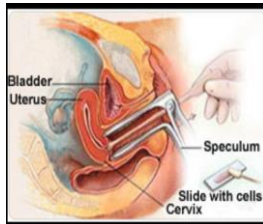
Lithotomy position for female internal genital vaginal examination



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MD or NP Assessment of Internal Female Genitals

- Palpate glands
- Insert vaginal speculum
- Inspect cervix and vagina
- Obtain specimens
 - Pap test
- Perform bimanual exam



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Lifespan Considerations Female

Infant

- Labia and clitoris may be edematous and enlarged

Elderly

- Cervix & uterus _____ in size
- Ovulation & estrogen production _____
- Fallopian tubes & ovaries _____
- Vaginal environment becomes _____
- Pubic hair becomes thin, gray, and brittle

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Cultural Variations: Female

Asians and Native Americans

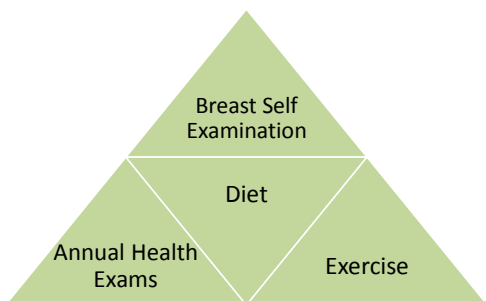
- Usually less pubic hair than other races

Family member presence

- Does NOT replace staff chaperone

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Health Promotion & Maintenance



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Breast Self Examination

➤ https://www.youtube.com/watch?v=NmP_moV1BZs



While lying down, use the three middle fingers and apply three levels of pressure in a circular motion. Follow an up and down pattern.



Check for changes with hands on hips and chest muscles flexed.

Examine underarm while upright, with arm slightly raised.

ADAM²⁰



Genitourinary System Nursing Assessment

Male

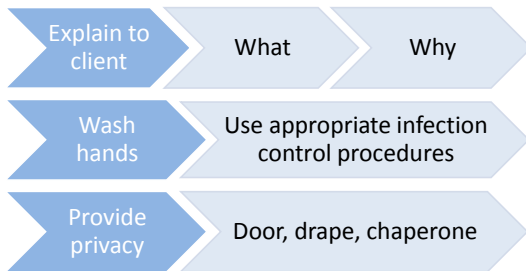
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Nursing Assessment Questions

- Urinary problems
 - Urgency, frequency, blood, pain, incontinence
- Abdominal pain
- STD's (past and present)
- Swelling or discharge
- Skin discolorations
- Past Medical and Family history

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Nursing Assessment Procedure



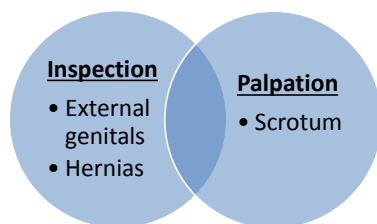
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Male GU Nursing Assessment: Genitals and Inguinal Area **WHO ASSESSES WHAT?**

Nursing Assessment	MD or NP (a more complete exam)
<ul style="list-style-type: none"> • External genitals • Hernias 	<ul style="list-style-type: none"> • Prostate gland exam

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Methods of Nursing Assessment



(Prostate gland assessment by MD or NP)

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Methods of Assessment: Inspection of External Genitals



Pubic hair

- Distribution, amount & characteristics

Penis

- Lesions, nodules, swelling, & inflammation

Urethral meatus

- Swelling, inflammation, & discharge

Scrotum

- All surfaces for appearance, size, & symmetry

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Male Normal Assessment Findings



	Normal
Pubic Hair	Triangular distribution
Penis	Skin intact, varies in color
Meatus	Pink, slit-like
Scrotum	Asymmetric

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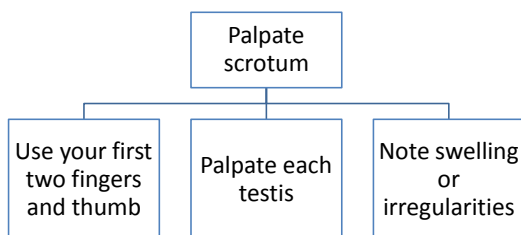
Male Abnormal Assessment Findings



	Abnormal
Pubic Hair	Scant distribution
Penis	Lesions, nodules, swelling, inflammation
Meatus	Inflammation, discharge, varying locations
Scrotum	Discolorations, edema, masses, marked asymmetry in size

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Methods of Nursing Assessment: Palpation of Scrotum



Transilluminate any lesions

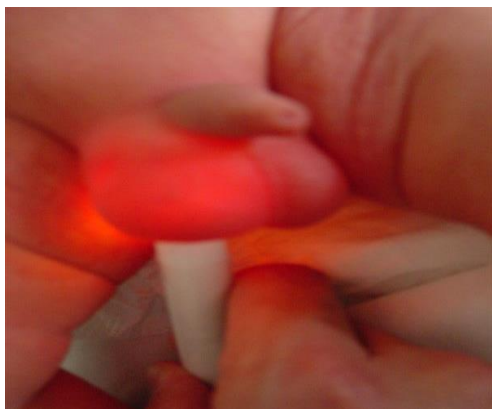
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Transilluminate the Lesion



- Procedure:
 - Darken the room
 - Shine a flashlight behind the scrotum through the mass
 - Serous fluid causes the light to show with a RED glow
 - Tissue, blood, & masses will NOT transilluminate

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Nursing Assessment of Inguinal Area



Inspect

- Both inguinal areas for bulges
- If possible when client is standing

Palpate

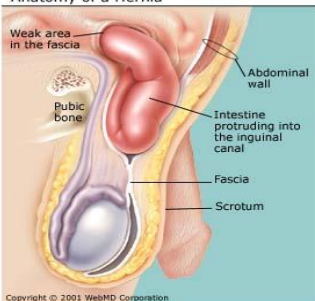
- Inguinal area for masses or bulges

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Hernia



Anatomy of a Hernia



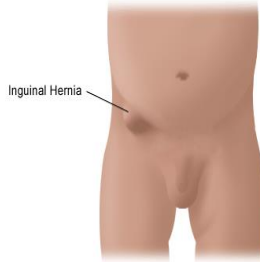
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Inguinal Hernia

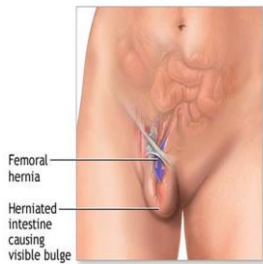


Inguinal Hernia



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Femoral Hernia



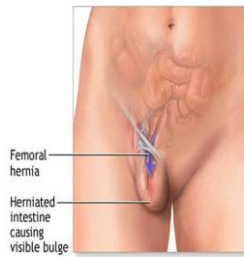
- Lower and more **medial** than inguinal hernia
- May resemble enlarged lymph node
- Felt more when bearing down vs. at rest

#ADAM

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Inguinal vs. Femoral Hernia Location

Inguinal Hernia



#ADAM

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Lifespan Considerations



Elderly

- Testosterone and seminal fluid decrease
- Penis size decreases
- Testes size & firmness decrease
- Prostate enlargement symptoms present

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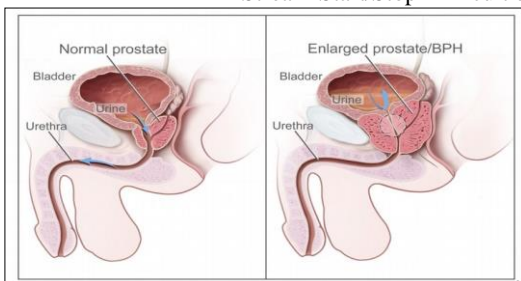
Enlarged Prostate/BPH Symptoms

*Urinary frequency

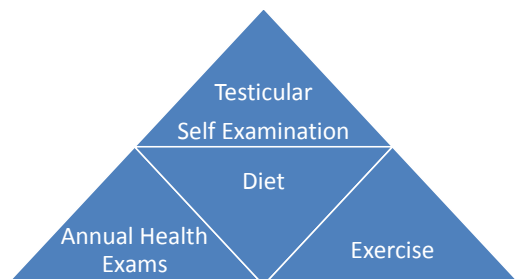
* _____

* _____

*Stream Start/Stop Difficulties



Health Promotion & Maintenance



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Prostate Cancer



- Cancer of the prostate gland
 - Primarily over ____ years of age
- Prostate CA
 - <https://www.youtube.com/watch?v=K3giX8SWse8&feature=relmfu>

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Testicular Cancer



- Testicular Cancer
 - Primarily in males ages _____ yrs.
 - Conduct monthly testicular self –examination
- TSE
 - <https://www.youtube.com/watch?v=IQPBycETUcY>
 - <https://www.youtube.com/watch?v=TL2Vd2sZyn8&feature=related>




Recap of GU Assessment




- Appropriate assessment questions
- Methods to assess
- Associated characteristics
- Cultural variations
- Older adult variations
- Health promotion and patient/family teaching

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QUESTIONS?




Thank you!

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References




➤ Berman, A., & Snyder, S. (2016). *Fundamentals of Nursing: Concepts, Process, and Practice*. Upper Saddle River, N.J.: Pearson.

➤ Kluwer, W. (2008). *Assessment made Incredibly Easy!* Ambler, P.A.: Lippincott, Williams, & Wilkins.

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References (continued)



➤ <http://www.childrenshospital.org/az/Site1018/mainpageS1018P0.html>

➤ <http://www.google.com/imgres>

➤ <http://www.herniaonline.com/typesofhernias/femoral.html>

➤ <http://www.totalbodysurgical.net/blog/?Tag=cosmetic%20surgery>.

➤ http://www.riversideonline.com/health_reference/Test-Procedure/MY00657.cfm

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