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Experience of Adolescents & Virginal Patients with the Transvaginal Ultrasound Scan Using a Miniature Probe

Ria Shetty, Mahsa Gholiof, Saar Ahorani, and Mathew Leonardi

Department of Obstetrics and Gynecology, McMaster University, Hamilton, Ontario, Canada

Introduction

- Dysmenorrhea, chronic pelvic pain and endometriosis are commonly under-diagnosed, particularly in adolescents, young adults, & patients with no history of penetrative vaginal intercourse.^{1,2}
- Transvaginal ultrasound (TVS) is a key diagnostic tool, but its use is limited in these populations due to anticipated or experienced pain, cultural and emotional concerns, lack of patient awareness or informed choice.^{3,4}
- The miniature TVS probe offers a smaller, less invasive alternative to the standard probe.

Objectives

Primary objective

To evaluate pain levels experienced during TVS with a miniature probe.

Secondary objectives

1) To evaluate anxiety and **2)** comfort during the procedure and **3)** To explore patients' perceived autonomy and control.

Methodology

- **Participants:** Adolescents, young adults, and virginal patients.
- **Data Collection:** Participants completed a post-scan survey assessing pain (0–10 scale), comfort, anxiety (STAI-5), and perceived autonomy during the procedure.

Results

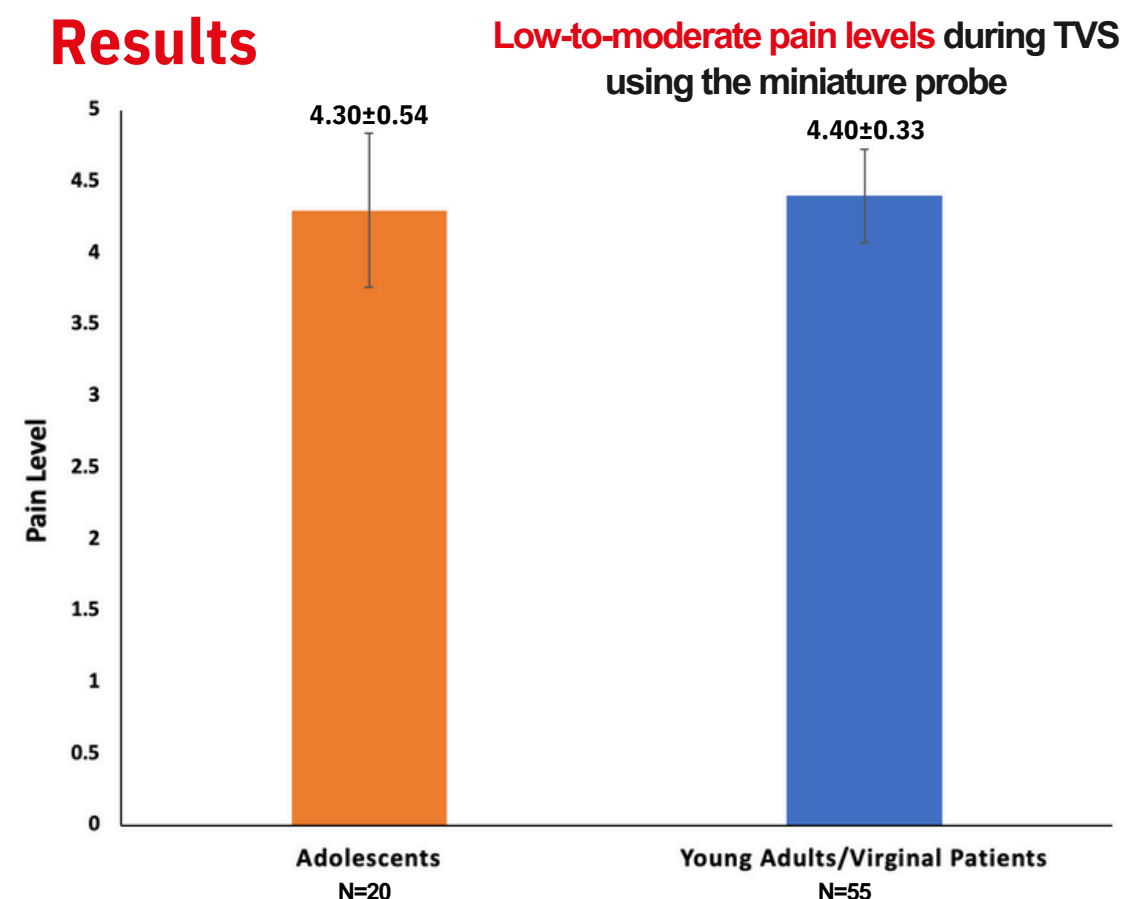


Figure 1. Mean pain level (±SEM) during TVS with miniature probe among adolescents and young adults/virginal patients.

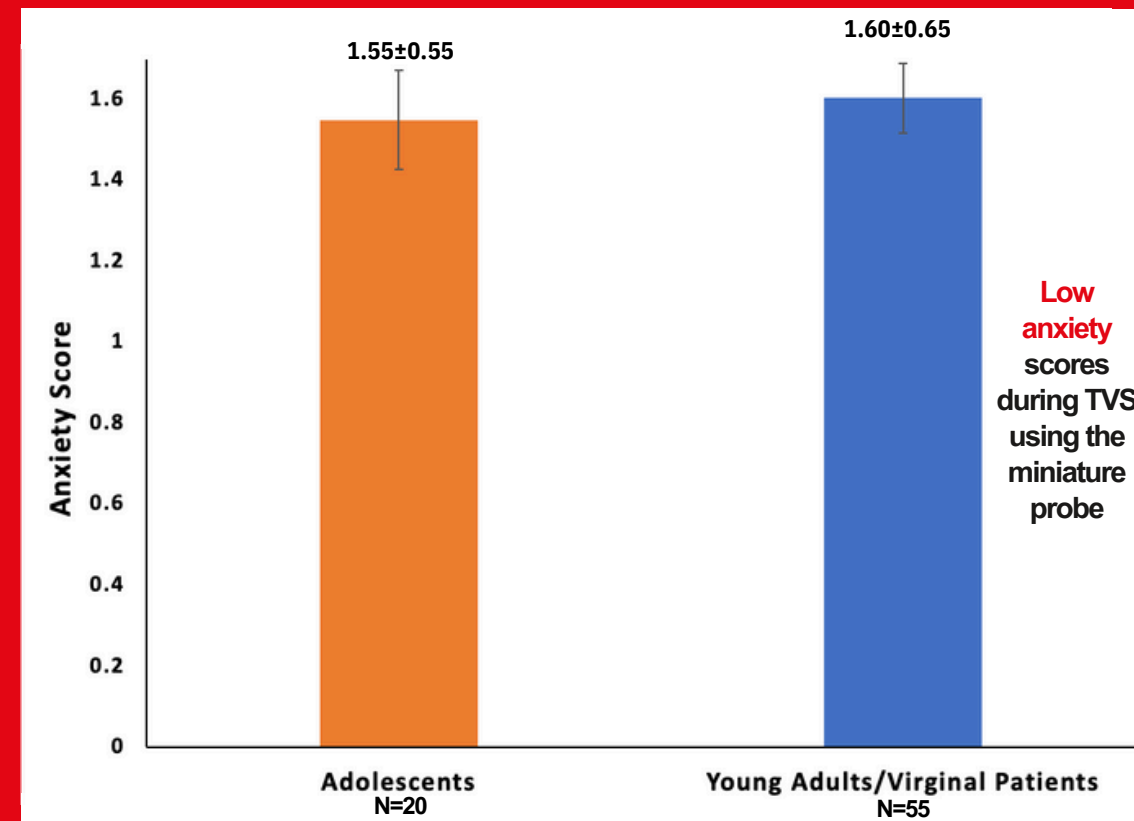


Figure 2. Mean anxiety scores (± SEM) during TVS with miniature probe among adolescents and young adults/virginal patients

- **Most adolescents (55%) reported TVS was well tolerated with only one or two episodes of mild discomfort**
- **Majority of young adults/virginal patients reported well tolerance (34.5%) or adequate (41.8%) tolerance of TVS with miniature probe**
- **Overall, 96% (72/75) reported control and autonomy during TVS**

Conclusion

Participants reported good physical & emotional tolerability, along with high levels of comfort and control during TVS with the miniature probe



shett8@mcmaster.ca

Ria Shetty

