

Effect of Counselling Sessions on Women's Satisfaction during Gynecological Examination

Background: Gynecological examination was a nursing concern because the nurse is expected to be beside female pre, during, and post-gynecological-examination. Nurses had very important role in preparing women before an examination.

Aim: This study was conducted to evaluate the effect of pre-gynecological-examination-counseling-session on relieving women's pain, discomfort and enhancing their satisfaction, as well.

Setting: The study was conducted at the gynecological clinic at Beni-Suef University Hospital.

Subjects and methods: *design:* A quasi-experimental research design was utilized in this study (an intervention pre/post-test). *Sampling:* 60 women who were attended the previously mentioned study setting for the first time. *Sample type:* A purposive sample. *Tools:* six tools of data collection were used. (I): Interviewing questionnaire; (II): Comfort and pain scale; (III): Visual analogue scale; (IV): Patients' satisfaction questionnaire sheet; (V): Counseling interviewing sheet; (VI): An Instructional supportive brochure.

Results: there was a marked improvement in knowledge of the studied sample about gynecological examination post-implementation of an instructional supportive guideline with a highly statistically significant difference ($P < 0.01$) between pre and post-implementation of the instructional supportive guideline. There was a positive correlation between the level of pain of the studied sample and their discomfort, satisfaction, self-reported barriers during gynecological examination, and satisfaction level post gynecological examination.

Conclusion: Counseling sessions regarding pre-gynecological examination had a positive effect on relieving women's pain, discomfort and enhancing their satisfaction.

Recommendation: Nurse Administrators must be designed, and apply a monitoring system to certain that nurses are well competent during providing pre-gynecological examination counseling sessions.

Keywords: counseling; knowledge; pain; discomfort; satisfaction; gynecological examination