

Effect of Pre-Gynecological Examination Counseling Sessions on Relieving Women's Pain, Discomfort and Enhancing their Satisfaction

Background: Gynecological examination is an essential part in practice and very commonly widely method. **Aim:** This study aimed to evaluate effect of pre-gynecological examination counseling sessions on relieving women's pain, discomfort, and enhancing their satisfaction. **Setting:** The study was conducted at the gynecological clinic at Beni-suef University Hospital. **Design:** A quasi experimental study design. **Sample:** A purposive sample was 120 women who attended to the previously mentioned setting for the first time. **Tools:** Five tools of data collection were used. (I): A counseling interviewing questionnaire; (II): Comfort and pain scale; (III): Patients' satisfaction questionnaire sheet; (IV): Visual analogue scale to assess pain level and (VI): An instructional supportive brochure. **Results:** There was a marked improvement in knowledge of the studied group than control group about gynecological examination after intervention with highly statistically significant difference. 73.30 % of the control group had unsatisfactory knowledge about gynecological examination. While 15% of the studied group had satisfactory knowledge about gynecological examination post intervention. 68.3% of the control group had discomfort during gynecological examination. While 80% of the studied group had comfort during gynecological examination post intervention. 70% of control group were unsatisfied during gynecological examination. While 85% of the studied group were satisfied during gynecological examination post intervention. **Conclusion:** Counseling sessions regarding pre gynecological examination had positive effect on relieving women's pain ,discomfort and enhancing their satisfaction so the hypothesis was supported and accepted and the study aim was achieved after intervention with highly statistically significant difference at ($P = < 0.01$). **Recommendation:** Awareness program must be design and instrumented at gynecological clinic to enhance women's satisfaction and correct their misconceptions related to gynecological examination

Keywords: Counseling, Gynecological examination, Patient satisfaction