

North Carolina Department of Health and Human Services
Division of Public Health


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MEMORANDUM

To: Directors of Nursing and Nursing Supervisors, DPH Nurse Consultants, Physical Assessment of Adults Enhanced Role Registered Nurses(PAA ERRN), and Sexually Transmitted Disease Enhanced Role Registered Nurse (STD ERRN)

From: Phyllis Mangum Rocco, RN, BSN, MPH 
Public Health Nursing and Professional Development Unit (PHNPDU)

Date: March 11, 2015

Subject: Speculum exams on pregnant or possibly pregnant STD clients

The Office of Public Health Nursing & Professional Development in consultation with the North Carolina Board of Nursing (NC BON) has determined that the North Carolina Sexually Transmitted Disease Enhanced Role Registered Nurse (STD ERRN) course does not include training for speculum examination on pregnant or possibly pregnant STD clients. Only the Maternal Health Enhanced Role Registered Nurse (MH ERRN) course teaches the skills required to perform this exam component, therefore only rostered MH ERRNs should perform a speculum exam on a pregnant client.

STD ERRNs should assess for possible pregnancy if the client is not using a birth control method or if the client is not correctly and consistently using a birth control method and the client's first day of their last menses occurred more than thirty-five (35) days ago. A pregnancy test is then recommended at no cost to the client. If negative, the STD ERRN should proceed with the regular speculum vaginal exam. If positive, a "blind sweep" vaginal swab should be collected for NAAT and wet mount testing. All clients should be referred to a family planning provider or obstetric provider depending on the results of their pregnancy test.

Local Health Departments should update their STD policies and procedures to reflect this recommendation immediately.

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