

Medication Assistance Activity Sheet: Vaginal Medication

Restricted Activity for Health Care Aides (HCAs)

This activity sheet guides HCAs when assigned to assist with vaginal medication.


check	Activity
<input checked="" type="checkbox"/>	The First Medication Safety Check is done by the regulated health care provider who verifies the completeness and appropriateness of the prescriber's order (e.g., dispensing pharmacy or nurse)
<input type="checkbox"/>	Introduce yourself and review the client's care plan/medication record for instructions
<input type="checkbox"/>	Perform hand hygiene and gather the required supplies: <ul style="list-style-type: none"> • vaginal medication • non-sterile gloves • other items as per care plan: e.g., additional Personal Protective Equipment (PPE), lubricant, disposable pad, applicator, etc.
<input type="checkbox"/>	Perform the Second Medication Safety Check : <ul style="list-style-type: none"> • check for allergies and alerts on the medication label and care plan/medication record • check the expiry date and/or beyond use date of the medication • check & compare the medication rights* on the medication label and care plan/medication record • report any discrepancies or incorrect/unclear information to the supervisor immediately; do not proceed until concerns are resolved
<input type="checkbox"/>	Prepare the medication according to instructions on the care plan/medication record <ul style="list-style-type: none"> • perform hand hygiene • check that the medication characteristics are normal and that the packaging is intact, there is no leakage, the colour is normal and that the medication is not dried out or discoloured • open and prepare the medication as directed on the care plan
<input type="checkbox"/>	Perform the Third Medication Safety Check : <ul style="list-style-type: none"> • identify the client using two (2) unique client identifiers • explain the activity to the client • check the medication rights* comparing the medication label and care plan/medication record
<p>* Medication rights: right client, right medication, right time, right dose, right route, right documentation, right of refusal. Unregulated health care providers are not required to know the "right reason" when providing medication assistance as directions on the care plan are followed.</p>	
<input type="checkbox"/>	Provide medication assistance as per the care plan, including: <ul style="list-style-type: none"> • encouraging/assisting the client to void before the activity • assisting the client to remove clothing from below the waist and providing a drape or cover for warmth and privacy • positioning the client to lie down in a reclining position with knees bent and feet on the bed, placing an incontinence pad under the buttocks • performing hand hygiene and donning non-sterile gloves • gently holding open the labia to expose the vaginal opening • instructing the client to take a deep breath and inserting the medication • reminding the client to remain in position and retain the medication as per care plan instructions
<input type="checkbox"/>	Complete the activity: <ul style="list-style-type: none"> • discard of used supplies and clean reusable equipment (if used) • assist client with adjusting clothing or providing a sanitary pad as directed in the care plan • perform hand hygiene • complete documentation • report observations as instructed on the care plan, or issues/concerns to the supervisor



Seniors Health & Continuing Care



Tips

Filling an applicator with cream	Assisting with vaginal cream
<ul style="list-style-type: none"> Remove the cap from the tube of cream and place upside down on a clean surface Squeeze 1 to 2 mm of cream from the tube and wipe off the tip with a tissue or gauze pad Attach a clean vaginal applicator to the end of the tube according to manufacturer's instructions (e.g. twist applicator onto threads of tube) Squeeze the tube to fill the applicator with the required amount of cream Remove applicator from the tube of medication and replace cap on tube  <p>Attribution: Scienzia58, https://commons.wikimedia.org/wiki/File:Applikatoren_f%C3%BCr_Vaginal-Cremes.png, CC BY-SA 4.0 https://creativecommons.org/licenses/by-sa/4.0, via Wikimedia Commons. Image cropped to shape</p>	<ul style="list-style-type: none"> Unwrap the pre-prepared applicator, or fill an applicator with a dose of the cream as per care plan Apply water-based lubricant to the tip of the applicator, as per the care plan, to help with comfort during insertion Instruct the client to take a deep breath just before inserting the applicator to help the client relax Gently guide the applicator through the vaginal opening Gently advance the applicator 5 cm (or as specified in care plan) along the posterior wall of the vaginal canal, toward the direction of the client's spine Depress the plunger of the applicator to release the medication and then remove the applicator
Assisting with a vaginal suppository	
<ul style="list-style-type: none"> Open the suppository wrapper. If using an applicator, put the medication on the end of the applicator Apply water-based lubricant to the rounded tip of the suppository as per care plan, to help with client comfort during medication insertion Instruct the client to take a deep breath just before inserting the suppository helps the client to relax, making insertion easier Using the index finger, or an applicator, guide the lubricated rounded shaped end of the suppository gently through the vaginal opening Gently advance the suppository 5 cm along the posterior wall of the vaginal canal, toward the direction of the client's spine If using an applicator, depress the plunger to release the medication and then remove the applicator 	
<ul style="list-style-type: none"> Refer to the care plan for specific client position requirements, and the use of tampons after vaginal medication has been provided Only use water-based lubricants, do not use Vaseline as this can irritate the vaginal mucosa If resistance is met when inserting vaginal medication, stop the procedure. Seek assistance from the supervisor 	

References:

- Vaginal ointment, cream, or gel insertion (2022, May 19). *Lippincott Procedures*. <https://procedures-lww-com.ahs.idm.oclc.org/lnp/home.do?setCookie=2948>
- Vaginal suppository administration (2022, May 19). *Lippincott Procedures*. <https://procedures-lww-com.ahs.idm.oclc.org/lnp/home.do?setCookie=2948>