## **CPD EVENT RECORD**

## **Clinical Discussion - Preserving Patient Dignity**



The discussion focussed on the need to ask patients to undress, how far they should undress and for how long. Emphasis was placed on gaining appropriate consent and being alert to signs that patients might be uncomfortable.

Several contributors said they no longer asked patients to undress, or that they only exposed the injured/painful part. A number recommended the use of gowns, or a separate, partitioned space in the treatment room where they could undress.

A great deal of importance was attached to good communications, both before and during the consultation, although it was recognised that patients could not be relied on to read websites or emails.

Inviting patients to wear clothing they were comfortable in (shorts/sports bra/tee shirt) was seen to be a good idea, and some practitioners felt it was helpful to keep a supply of disposable underwear, or spare shorts in the clinic.



**Evaluation, Reflection and Impact on Practice** (this part of the certificate is **not** automatically generated - it has been entered by the participant)

This was a useful exploration of ideas concerning patient dignity/comfort and the need to undress to ensure a comprehensive examination. It has prompted me to revisit my communication procedures and ensure that I am providing the best service possible to patients.