

The Pap Test

January, 2018

Presenter notes:

Round

To introduce the topic, choose a question from the list below, and ask each woman in the circle to respond:

1. What is one question you have about Pap tests?
2. What comes to mind when you think of Pap tests or cervical cancer screening?
3. Do you know anyone who has ever had a Pap test?
4. Do you know anyone who has ever had an abnormal Pap test result?

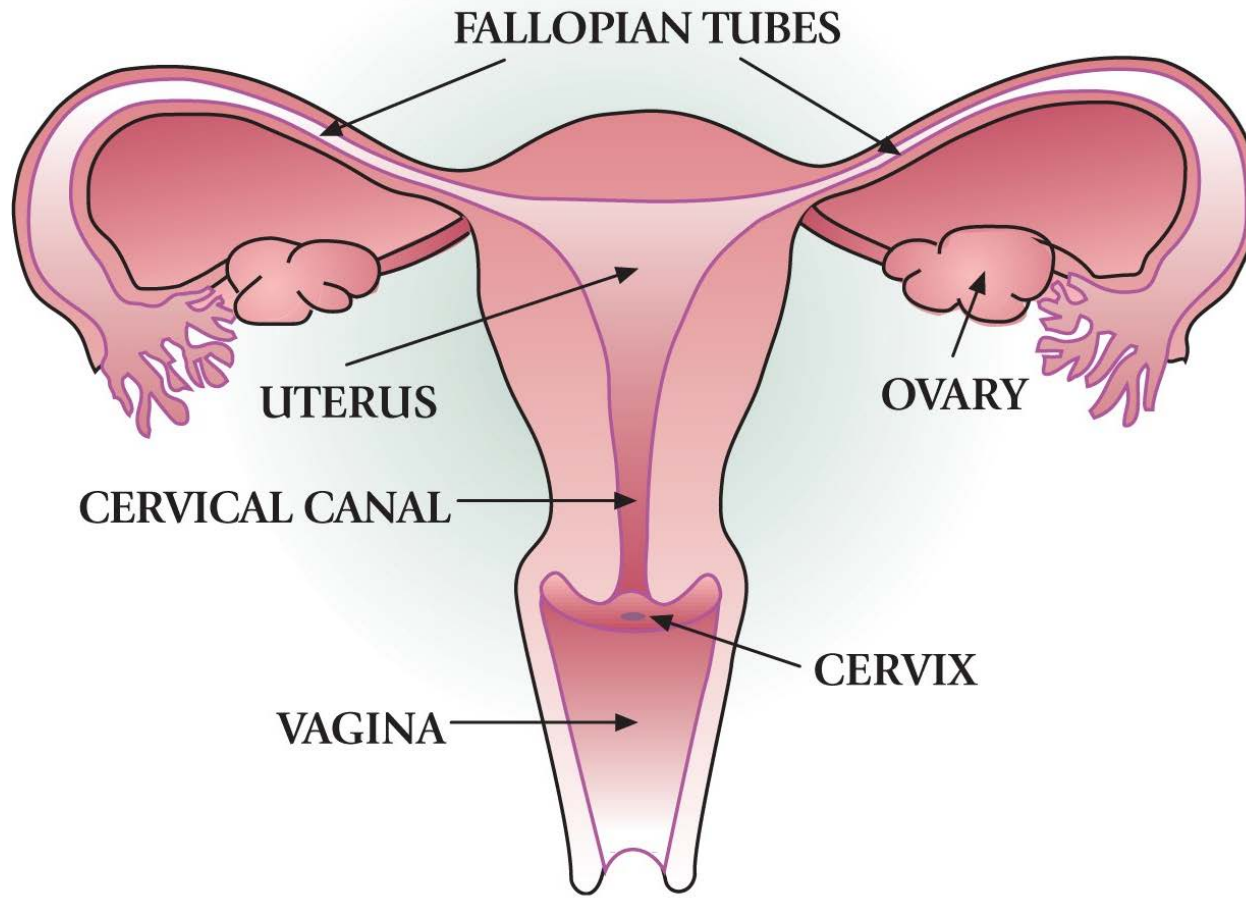


Presenter notes:

The Cervix

- The cervix is the bottom part of the uterus, found at the top of the vagina.
- *Optional:* Print out an **extra copy of the cervix slide** to pass around for people to take a closer look at where the cervix is located.
- *Optional:* For facilitators **working with immigrant groups** - Please mention the following points when talking about the reproductive system:
 - Not everyone's genitals look the same.
 - Some women may have been circumcised.
 - If a woman has been **circumcised** she can still have a regular Pap test.

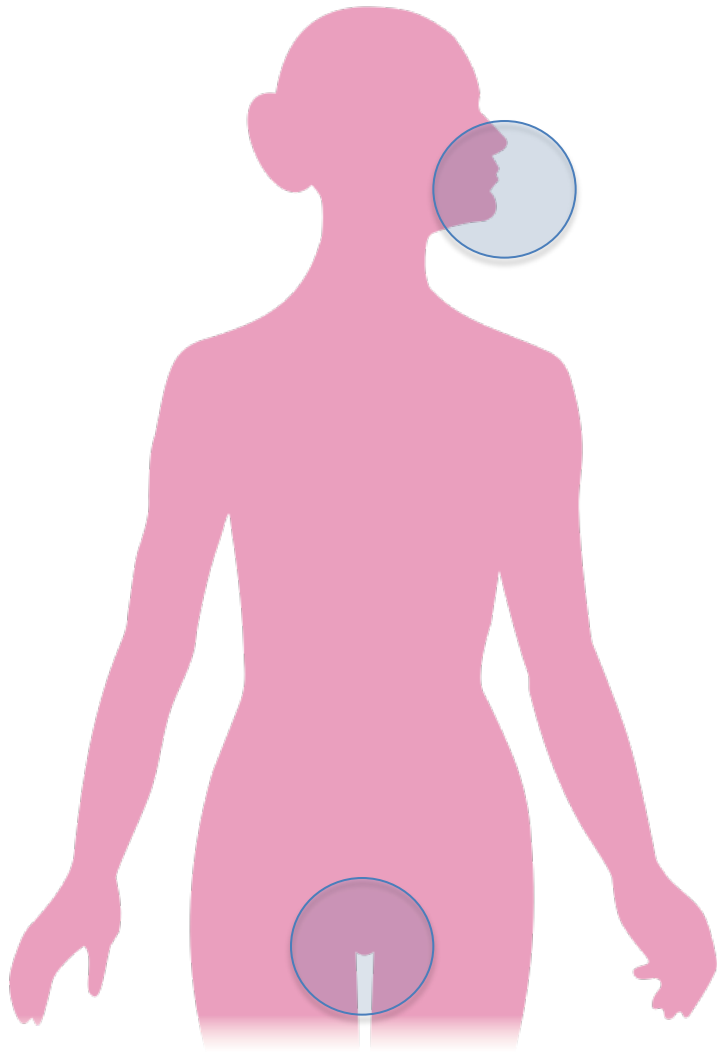
The Cervix



What causes cervical cancer? (presenter notes)

- Cervical cancer is caused by Human Papillomavirus (HPV).
- HPV is a common sexually transmitted virus
- HPV can cause genital warts
- HPV can also cause cancer of the vagina, vulva, penis, anus, mouth and throat.

What causes cervical cancer?

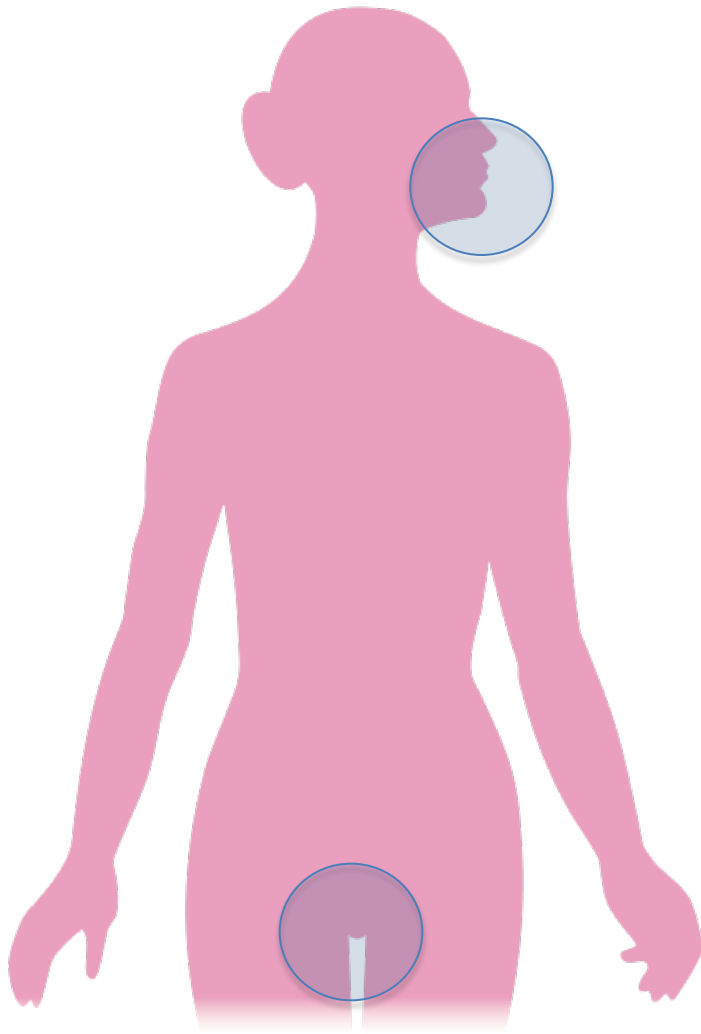


- Human Papillomavirus (HPV)
- Common
- HPV causes other cancers & genital warts

Are you at risk for HPV? (presenter notes)

- If you have ever had sexual contact, you are at risk for HPV. HPV is **easily** spread through current or past sexual contact, which can include:
 - Oral, genital and/or rectal skin-to-skin contact or sex with toys
- HPV infection usually has no signs or symptoms.

Are you at risk for HPV?



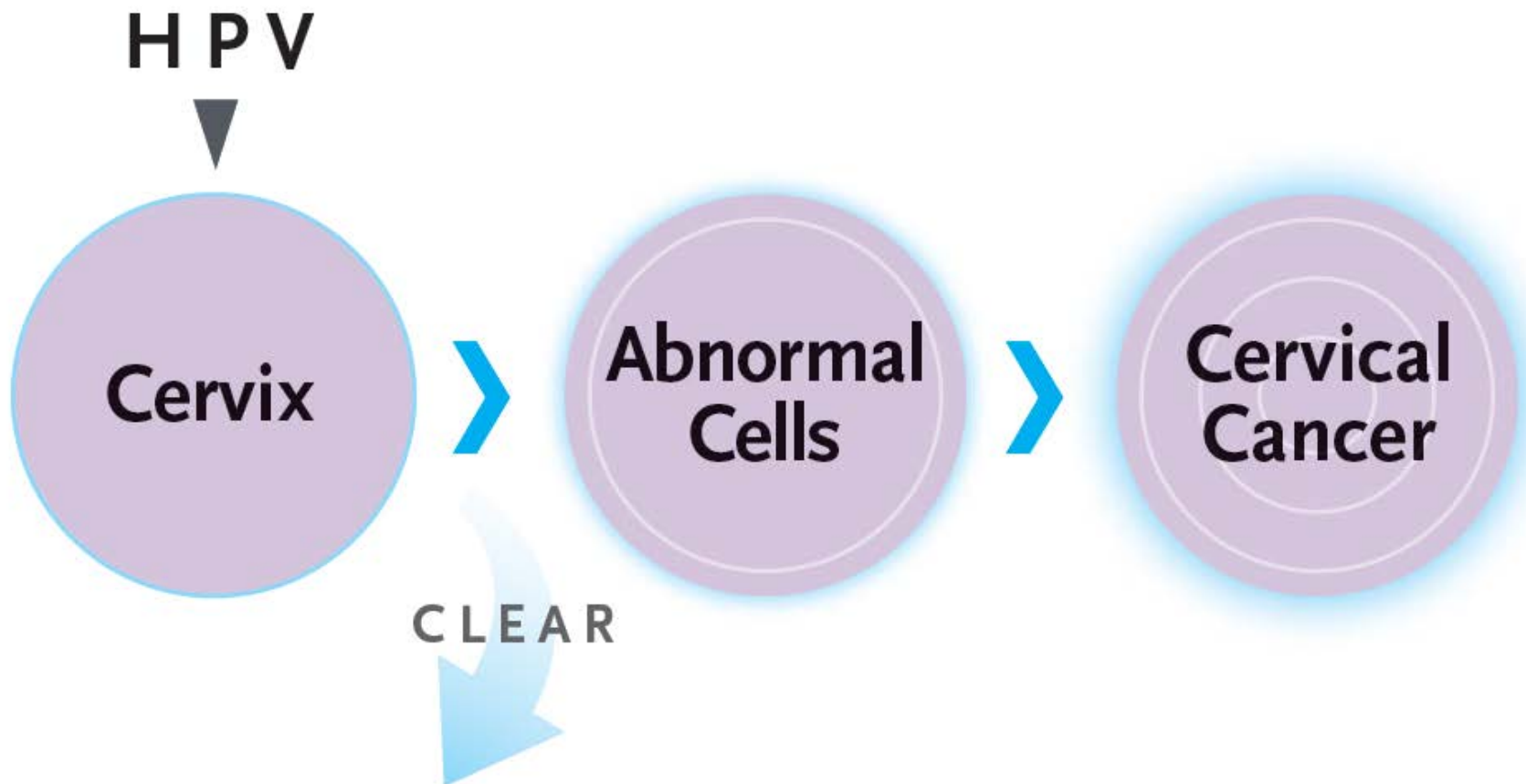
- HPV is easily spread through current or past sexual contact, which can include:
 - oral, genital and/or rectal skin-to-skin contact, or sex with toys.
- HPV usually has no signs or symptoms.

HPV & Abnormal Cells

(presenter notes)

- HPV can cause abnormal cervical cell changes which can lead to cervical cancer.
- HPV infections most often clear on their own. Only a small amount of HPV infections will develop into cancer.


HPV & Abnormal Cells



Presenter notes:

**To lower your risk of cervical cancer
you can:**

- 1. Get checked with regular Pap tests**
- 2. Get vaccinated against HPV**



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of cervical cancer
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Presenter notes:

The Pap Test

- Most women age 21-69 who have ever had sexual contact, regardless of sexual orientation, should have a regular Pap test every 3 years. Some transgender men and women may also need regular screening.
- Even if a woman has had sexual contact just one time many years ago she needs to continue with regular Pap tests. A woman may be able to stop at age 70. Talk to a doctor or nurse about what is best for you.
- Book an appointment with your doctor or nurse. To find a Pap test clinic near you, visit GetCheckedManitoba.ca or call CervixCheck at 1-855-95-CHECK.

The Pap Test

- Women age 21-69
 - Sexual contact
 - A regular Pap test every 3 years.
- 
- Four diverse women of various ages and ethnicities are smiling and looking towards the camera. They are dressed in casual to semi-formal attire, including a pink jacket, a floral shirt, and a purple top.
- Book an appointment with:
 - doctor or nurse, or a
 - Pap test clinic listed at: **Get✓CheckedManitoba.ca**

Presenter notes:

Pap Test

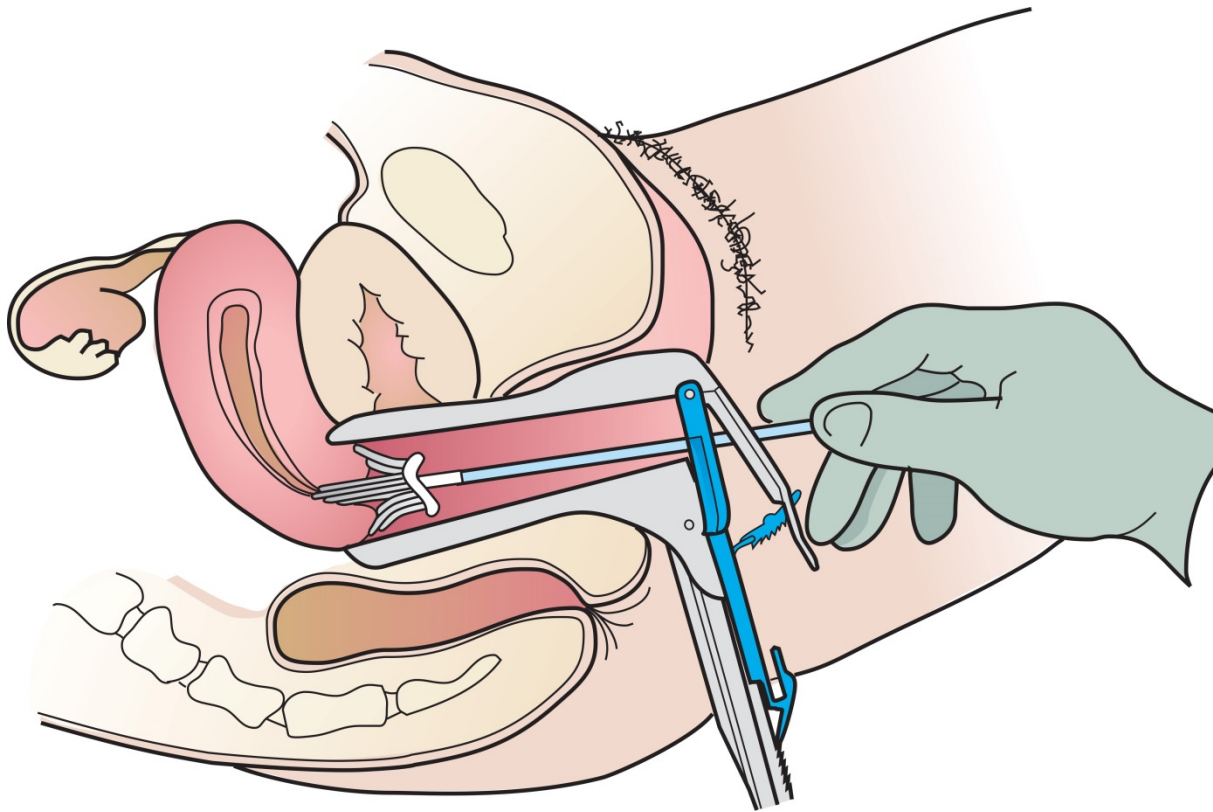
Use the **Pap Test Toolkit** from CervixCheck to demonstrate the Pap test.

- The woman will be asked to undress from waist down & given a drape to place over her legs.
- She will lay on examining table with feet in foot rests.
- The doctor or nurse will:
 - insert speculum into vagina.
 - insert broom into the cervical os, turn 5x clockwise and remove
 - tell audience the broom is dropped into the liquid in the vial
 - remove the speculum from the vagina

The Pap test should not hurt. If a woman experiences pain, she should tell the doctor or nurse.

NOTE: The Pap test does not check for Sexually Transmitted Infections (STIs) (e.g. Gonorrhea, Chlamydia). It looks only for abnormal cervical cells. If a woman is concerned about a possible STI she needs to ask for an STI test.

The Pap Test



Presenter notes:

Pap Test Results

Pap test results come back as:

1. **Normal or negative** - Most Pap test results are normal, meaning that no abnormal cells were found on the cervix.
 2. **Abnormal** - Abnormal cells were found on the cervix. A woman will need another Pap test or a closer examination using a special microscope called a colposcope. This result does not mean that a woman has cancer. A woman should receive a phone call from the clinic to book an appointment for a colposcopy or a repeat Pap test.
 3. **Unsatisfactory** - Not enough cells were taken or there were other types of cells in the sample that made it difficult to read. A woman will receive a phone call from clinic and be asked to return for another Pap test.
- Refer to CervixCheck resources for more detailed information about results.
 - Most of the time, abnormal changes will disappear on their own without any treatment.
 - CervixCheck will attempt to follow up with women directly if the doctor/nurse is unsuccessful in contacting the woman.
 - Women can call the doctor or nurse who did the Pap test or call CervixCheck to request a copy of their Pap test or colposcopy results.

Pap Test Results

- **Normal:** most Pap test results
- **Abnormal:** follow-up is another Pap test or a colposcopy
- **Unsatisfactory:** a repeat Pap test is required.



Presenter notes:

Pap tests and pregnancy

- Screening during pregnancy is **unnecessary** if a woman has:
 - had routine Pap tests prior to pregnancy
 - no visual abnormalities on her cervix (to be confirmed by doctor or nurse)
- To find out when you last had a Pap test, you can call CervixCheck at 1-855-95-CHECK.
- **NOTE:** Pregnant women will need to be swabbed for other infections that involve using a speculum.

Pap tests & pregnancy



Pap test not necessary if:

- Woman has had routine screening prior to pregnancy
- The doctor or nurse does not see any problems on a woman's cervix


Contact CervixCheck to ask for a list of your previous Pap test results.

Presenter notes:

HPV vaccine

- HPV vaccine protects against certain types of HPV that can cause genital warts and cervical cancer, as well as cancers of the mouth, throat, anus, vulva and penis.
- Vaccines do not treat existing HPV infections.
- If an HPV vaccine is received before sexual contact, it will be almost 100% effective in preventing infection. Studies show that females who have already been sexually active may also benefit from receiving the vaccine.
- **A woman will still need to have regular Pap tests as the HPV vaccine does not protect against ALL types of HPV that can cause cervical cancer.**
- Gardasil-4 is free for females and males that fit the eligibility criteria. See the Manitoba HPV Immunization Program website for HPV Vaccine eligibility criteria.
- For more information:
 - Speak with your doctor, nurse, nurse practitioner or your public health nurse

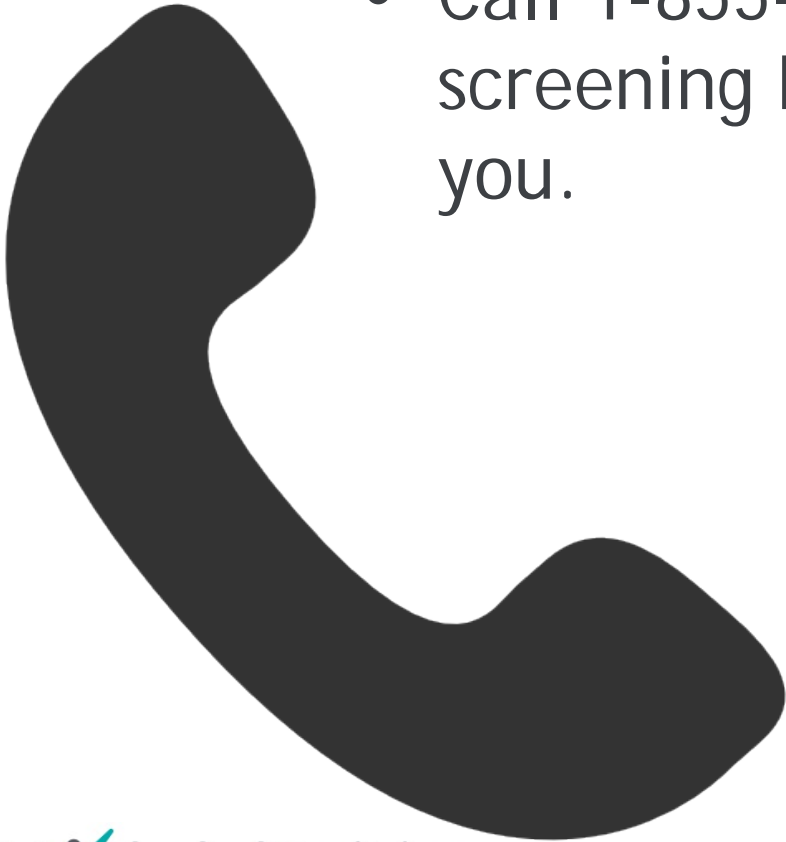
HPV vaccine

- Protect against certain types of HPV which cause cervical cancer
 - Vaccines do not treat existing HPV infections
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- Gardasil-4 is free for females that fit the eligibility criteria
 - **Still need regular Pap tests!!**

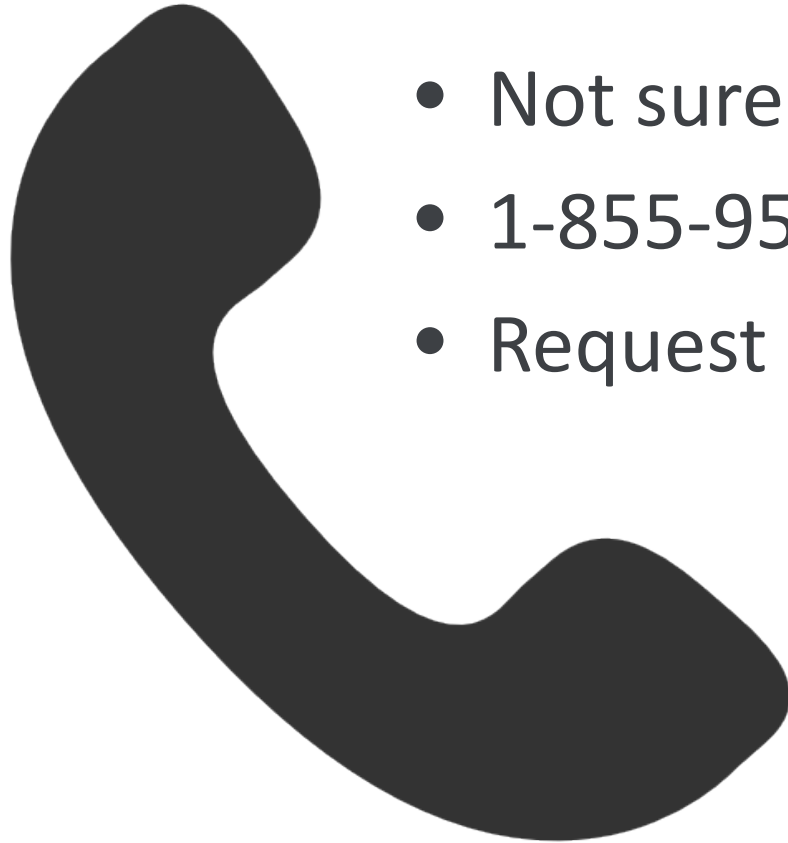
Presenter notes:

When was your last Pap test?

- Not sure?
- Call 1-855-95-CHECK to get a screening history report mailed to you.



When was your last Pap test?



- Not sure?
- 1-855-95-CHECK
- Request screening history

Presenter notes:

What can you do to reduce your risk of cervical cancer?

1. Get checked with a regular Pap test every 3 years.
2. Get vaccinated against HPV.

To reduce your
risk of cervical
cancer:



Presenter notes:

Any questions?

1. Answer questions to the best of your ability.
2. If you are at all unsure of how to respond please refer to the resource materials or call a Health Educator at 1-855-95-CHECK.
3. Encourage your group to contact CervixCheck, CancerCare Manitoba should they have questions or concerns:
 - a) Phone: 1-855-95-CHECK
 - b) Website:

Get  Checked Manitoba.ca

Any questions?





Get  CheckedManitoba.ca

1-855-95-CHECK

Interpreter services available.





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