

Monilial Vaginitis (Candida) Level I

MONILIAL VAGINITIS (CANDIDA)

Level I

(If subjective data sufficient, no exam is necessary.)

Skill Level: RN

Definition: Inflammation of the vagina due to fungal infection by Candida Albicans or occasionally other yeasts. Most cases occur in healthy women with no identifiable precipitating risk factors. Precipitating factors may include pregnancy, uncontrolled diabetes, debilitation, immune suppression, and common after use of systemic or local antibiotic use.

<p>Subjective:</p> <ul style="list-style-type: none">• "I have yeast infection. I'm itching and burning and have discharge."• Complaints of vaginal discharge, and intense vulvar itching or burning.• Patient reports "no vaginal bleeding"• "I've had this before."	<p>Assessment:</p> <ul style="list-style-type: none">• Alteration in comfort: Itching, burning related to fungal infection.
<p>Objective:</p> <ul style="list-style-type: none">• If history typical, subjective data sufficient for institution of treatment plan without exam.• Assess affected area for swelling, redness and discharge. (thick, white discharge), may have odor.• Afebrile• Review history for past infections.• Does not report pelvic pain or yellow/greenish discharge.	<p>Plan:</p> <ul style="list-style-type: none">• After checking for allergy to medications, you may suggest:• Monistat Dual Pak: as directed: one suppository vaginally x 3 consecutive nights at HS and apply cream BID externally for 7 days.• <u>Call provider before issuing any medications to pregnant patients, complete pregnancy test as needed.</u>• If no improvement by third day or if symptoms recur within 2 months, refer to practitioner.• If cause of vaginitis is unclear by history, refer to practitioner.• If pelvic pain or greenish/yellow discharge, refer to practitioner.

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Patient Education:

1. Instruct regarding good perineal hygiene.
2. Use clean washcloths, towels.
3. Wear cotton underwear.
4. Avoid perfumed soaps, sprays, powders.
5. Avoid tight fitting clothes.
6. Complete full course of treatment.
7. If fever or increased discharge return to Health Services.
8. Avoid a diet high in carbohydrate and sugars.

APPROVED:

Medical Services Manager

Date

Chief Medical Officer

Date

Steve Shelton M.D.

Medical Director

2/24/2015

Date

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