

Manual Vacuum Aspiration/Dilation & Curettage

Goal: To practice the skill of a first trimester Dilation & Curettage using a manual vacuum aspirator

Description: A D&C (dilation and curettage) abortion, is a surgical procedure usually performed between 5 and 12 weeks of gestation. A paracervical block and cervical dilation are completed first to prepare for the procedure. Then, a manual vacuum aspirator (MVA) is inserted into the uterus and used to remove fetal/placental tissue. Several passes with the MVA are often needed to ensure complete removal of all tissue.

Supplies:

- a. 1 assembled *Pelvic Model* – 1st trimester
- b. 1 assembled *Uterine Model* – 1st trimester
- c. 1 speculum
- d. 1 tenaculum
- e. 1 set of cervical dilators
- f. Cannulas of assorted sizes
- g. 1 Manual Vacuum Aspirator

Steps:

1. Place the speculum into the model and visualize the cervix
2. Use the tenaculum to grasp the anterior lip of the cervix (12 o'clock position)
3. Dilate the cervix using sequential dilators until obtaining dilation equivalent to the cannula which will be used
4. Assemble the MVA with a cannula, pull back the plunger to create suction and lock in place
5. Insert the cannula into the uterus and deploy the MVA
6. Twist the MVA while still in the uterus to remove additional tissue
7. Remove the cannula from the uterus and empty the contents in the MVA
8. Reset the MVA (create suction by pulling back the plunger and locking), and repeat steps 5 & 6 as needed
9. Continue to remove additional tissue for 3 passes
10. Remove all tools from the model

Performance Checklist:

MVA/D&C
Traction on anterior tenaculum
MVA assembly
MVA properly activated (suction created)
Canula appropriately positioned in uterine cavity
MVA properly deployed
MVA turned correctly
Uterus not perforated
Canula removed and MVA emptied
Verbalizes checking material for completion

Citations:

- 1) National Abortion Federation Clinical Policy Guidelines:
<https://prochoice.org/providers/quality-standards/>
- 2) Innovating Education in Reproductive Health First Trimester Aspiration Abortion:
<https://www.innovating-education.org/2019/05/uterine-aspiration-abortion/>
- 3) Mediciens Sans Frontieres Medical Guides: Manual Vacuum Aspiration (MVA)
<https://medicalguidelines.msf.org/en/viewport/ONC/english/9-5-manual-vacuum-aspiration-mva-51417954.html>
- 4) Manual vacuum aspiration, a safe and effective alternative in early pregnancy termination by Hemlin, J. & Möller B. <https://pubmed.ncbi.nlm.nih.gov/11380295/>