

# Medical Chaperones

## *Learn about our policy for patients 18 and older*

At Vanderbilt Health, we're always working to improve our patient care. We've created our medical chaperone policy to support you and your providers. It's not a response to any event at Vanderbilt Health.

### *Our policy for patients 18 and older*

- For all sensitive exams and procedures, we provide a chaperone.
- For all other exams and procedures, we provide a chaperone if you ask us for one.

### *What is a medical chaperone?*

A medical chaperone is an adult who stays in the room with a patient and their provider during an exam or procedure. Their main role is to support you and your provider during an exam or procedure. Some chaperones may also assist the provider.

### *What is a sensitive exam?*

This is an exam or procedure that involves the genital, rectal, female breast, or pelvic areas. There are a few exceptions to this. Ask us if you have questions.

### *Who can act as a medical chaperone?*

For adult patients, all our chaperones are clinical staff members who have gone through special training.

### *What if I don't want a medical chaperone—can I decline?*

If you don't want a chaperone for your sensitive exam or procedure, talk with your provider.

### *Will the medical chaperone be the gender that I'm most comfortable with?*

We'll always do our best. It depends on the staff we have available.

### *Can I ask my family member or a friend to be my medical chaperone?*

No. Even though you may have someone with you during your exam or procedure, they would not count as the chaperone.

A medical chaperone needs special training. Because our chaperones have been trained, they know exactly how to support you and your provider during exams and procedures.

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## *What if I'm worried about the medical chaperone hearing details about me?*

Like all our medical staff, our chaperones are trained to keep your information private. They won't share details about you or your exam with anyone.

Before or after your exam or procedure, you'll also have the chance to talk with your provider in private.

## *If I'm the caretaker of another adult, can I decline a medical chaperone on their behalf?*

If the person you care for can't give informed consent, you can't decline.

## *What if I'm having a medical emergency and there's no medical chaperone?*

If you need emergency care, including a sensitive exam, we won't delay your care based on our chaperone policy.

## *Can I ask for a medical chaperone if one isn't provided to me?*

Yes. We'll provide chaperones for all sensitive exams and procedures. For any other exam or procedure, we'll provide a chaperone if you ask.