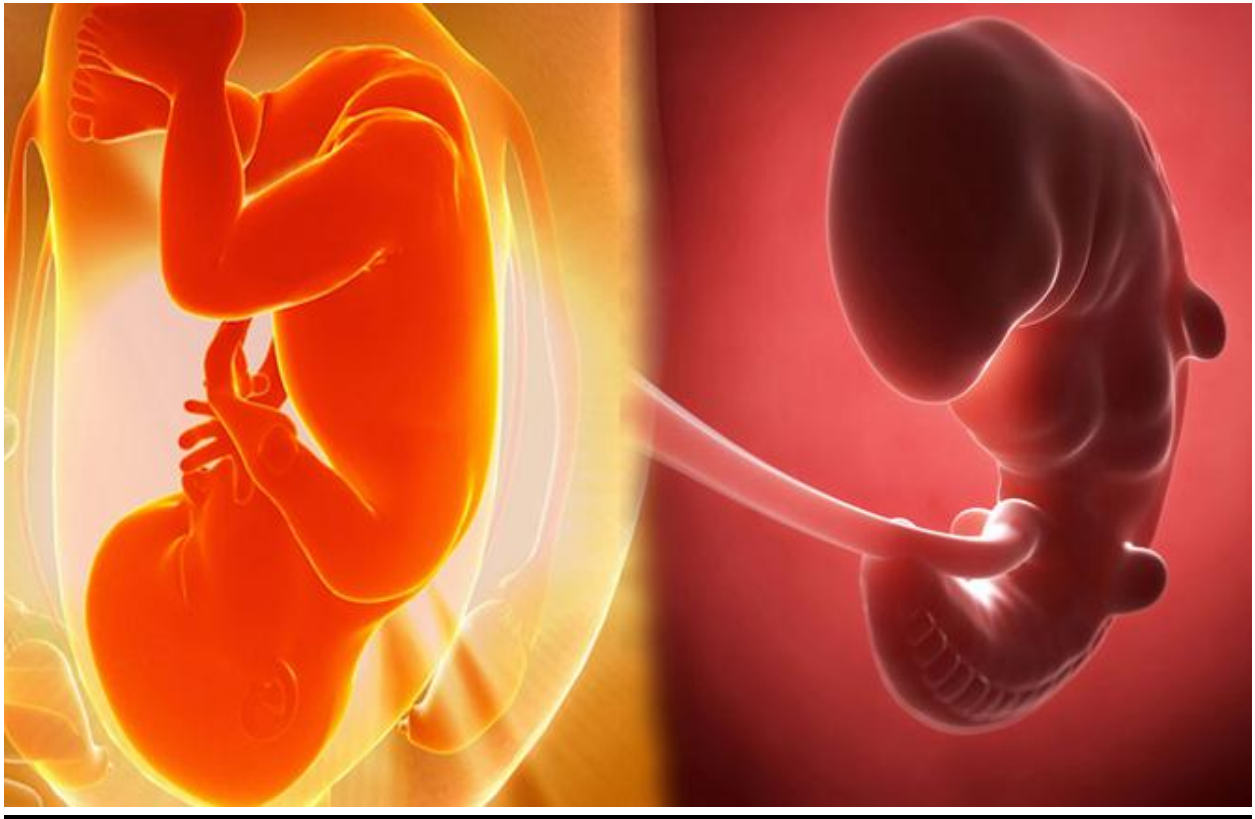


STUDY GUIDE
GYNAECOLOGY & OBSTETRICS
(FINAL YEAR MBBS)



Introduction

AFMDC is attached to 500 Bed Aziz Fatimah Hospital which is recognized for House job by PMDC since 1999. The Hospital covers an area of 44 kanals. Every type of advance care is provided to patients in almost all fields of Health. AFH is equipped with new technology like CT scan, MRI, Biocare labs, X rays, ECG.AFH expansion plane to 700 Bed Hospital is also in progress. Teachers are highly qualified and well experienced in their areas of specialization.

Our flexible objective to medical education has allowed us to respond rapidly to the changing needs of the society and the practice of Gynea & Obs.

The structured program is prepared for guidance of students. We hope to improve the quality of training which will ultimately lead to production of efficient and visionary undergraduates.

Gynecology & Obstetrics Department Team-AFMDC

HEAD OF DEPARTMENT	Professor Dr. Nazia Mussarat
PROFESSOR OF GYNAE & OBS	Professor Dr. Rahila Farhat
ASSOCIATE PROFESSOR	Dr. Alia Farhan
ASSIATANT PROFESSOR	Dr. Nadia Zulfiqar Dr. Shazia Anwar
POSTGRADUATE RESIDANT'S	Dr. Areeb Sarfraz Dr. Erum Dr. Rukhsana Dr.Hajra Dr. Iqra Dr.Farkhanda Dr. Hira Dr. Mahnoor

Learning Objectives/Goals

- Build on a good knowledge of basic health sciences (e.g. Anatomy, Physiology, Biochemistry, Pharmacology and Pathology) applied to Obs/Gynae.
- Communication skills to obtain pertinent history from patient or husband/family
- How to approach a sick female and perform physical examination of all systems
- Analyses data to formulate a logical conclusion and plan a management plan
- Order appropriate investigations
- Ability and skills to perform Obstetric & Gynecological procedures
- Care of the newborn and know common neonatal diseases
- Obstetrics and gynecological emergencies and their management
- Active participation in research and publications
- Ethics of gynaecological medicine and maintenance of medical records and follow-up
- Advise the community on matters relating to promoting health and preventive care
- Participate actively in lecture/presentations CPC and Journal Club
- Is well versed in all aspects of Obstetrics & Gynae and have the additional knowledge of the specific needs of the country with regard to maternal and child health, its health promotion and health education in Gynae, including national health programs such as ARI, CDD, EPI, SAP and Nutritional programs.
- Recognize the role of team work and function as an effective team member

A. Clinical Training

Obs & Gynae training will be a graded EXPERIENCE offering more independence, teaching opportunities and supervisory roles to the students as they progresses through training programme.

4th & 5th Years: Emphasis during the final year will be on direct patient care with acquisition of the basic knowledge and technical skills essential for the care of both sick and routine antenatal patients. First year assignments will include rotations on inpatient obs/Gynae services and emergency room. The final year students will be the primary physician on all of the inpatient units and will gain EXPERIENCE in patient management under the supervision of senior resident and faculty.

Didactic Content

This will comprise of daily sessions involving patient care meetings, grand rounds, morning report, journal club, case conferences, and clinical seminars and under graduate lectures. In addition to these there will be perinatal, and maternal morbidity and mortality meeting, radiology conferences and audit evaluation sessions. Guest lectures by eminent gynecologist from Pakistan and overseas are arranged regularly. Interested students are encouraged to join the research activities of the department.

Evaluation

Students will be evaluated by the faculty regularly at monthly intervals. In addition to continuous evaluation, multiple choice questions (MCQs), slide tests and OSCE will be used for resident evaluation. An UHS type examination will also be arranged once a year with long case and short case examination with external and internal examiners, to train the students and evaluate them on a regular basis.

Administrative Setup

The program will be directed by _Program Director and coordinated by _ Head of Department of Obs/Gynae.

Trainee In Obs & Gynae:

The Students on completion of study in obs/gynae at SIH will be expected to:

- Have a good knowledge of basic health sciences (e.g. Anatomy, Physiology, Biochemistry, Pharmacology and Pathology) applied to obs/gynae.
- Be competent in gathering of pertinent clinical information of patients, including histories, physical examination and be able to order and correctly interpret investigations. She should be skilled in using all the data gathered for efficient and cost effective management of his patients.
- Be competent in data collection and maintenance of efficient records.
- Be able to monitor the health of normal patients.
- Be able to differentiate sick patients from healthy ones.
- Have good communicating skills with the patients, their parents, family, colleagues and peers.
- She will be expected to be well versed in all aspects of obs/gynae and have the additional knowledge of the specific needs of the country with regard to maternal

health, its health promotion and health education in obs/gynae, including National Health Programs.

- Show interest in self-reading, research, continuous education and keep up with current literature. Be competent in patient advocacy.
- Be able to practice obs/gynae in the community, keeping in view Pakistan's maternal and child health problems and the prevalent socioeconomic conditions.
- Be aware of the health delivery system of Pakistan, Ministry of Health, WHO Projects and UNICEF Projects etc.

Core Programme

The prime purpose of residency program in obs/gynae is to enhance and direct the development of young medical doctors so that they can serve with distinction as specialists. Within the residency programme is a recognizable "core" program of knowledge, skills and human qualities essential for all gynaecologist + obstetricians. The instructional objectives in gynea&Obs are separated into

i. Knowledge

This will involve the ability to acquire, store, and retrieve facts, information and concepts and to establish relationship among facts and pattern recognition.

ii. Skills

This will include acquisition of clinical skills by history taking, physical examination, communication by written medical record and by case presentation, problem solving, critical appraisal of medical literature and ability to apply rules of evidence pertaining to the value of diagnostic and therapeutic procedures.¹

The program will also impart technical skills with an ability to perform the procedures of physical examination and investigation, safely and efficiently.

iii. Attitudes

The various components of doctor-patient relationship including the observable demonstration of sympathy, understanding, objectivity, professional conduct and ongoing support will we hope help in making not only good physicians but compassionate professionals. Additional characteristics including critical attitude towards medical literature, cooperative interpersonal relationship with other members of the health care team, awareness of ethical, moral, social and economic implications will also be part of the program.

Curriculum of the Core program of Obs/Gynae

The curriculum of the core program of obs/gynae will include educational objectives with application to the broad fields of obs/gynae.

- Clinical anatomy of the pelvis and reproductive tract
- Maternal physiology
- The placenta and fetal membranes
- Normal fetal growth
- Pre-conception counseling
- Antenatal care
- Normal labour
- Fetal monitoring during labour
- Analgesia and anaesthesia
- Puerperium and lactation
- Neonatal care for obstetricians
- Spontaneous miscarriage
- Recurrent miscarriage
- Ectopic pregnancy
- Trophoblast disease
- Prenatal diagnosis and genetics
- Fetal medicine in clinical practice
- Obstetric emergencies
- Disorders of fetal growth and assessment of fetal well-being
- Multiple pregnancy
- Preterm Labour
- Prolonged pregnancy
- Induction and augmentation of labour
- Malpresentation, malposition, cephalopelvic disproportion and obstetric procedures
- Hypertensive disorders
- Heart disease in pregnancy
- Diabetes and endocrine disease in pregnancy
- Renal disease
- Haematological problems in pregnancy
- Miscellaneous medical disorders in Obstetric
- Contraception
- Termination of pregnancy
- Normal and abnormal development of the genital tract
- The menstrual cycle
- The role of ultrasound in gynaecology

- Gynaecological disorders of childhood and adolescence
- Primary amenorrhoea
- Polycystic ovary syndrome and secondary amenorrhoea
- Menstrual problems: menorrhagia and primary dysmenorrhagia
- Premenstrual syndrome
- Pelvic infection
- Chronic pelvic pain
- Endometriosis
- Infertility
- Assisted reproduction
- Menopause and the postmenopausal woman
- Pelvic floor dysfunction I: uterovaginal prolapse
- Urinary incontinence
- Hysteroscopy and laparoscopy
- Benign disease of the vulva
- Malignant disease of the vulva and the vagina
- Benign diseases of the vagina, cervix and ovary
- Premalignant and malignant disease of the cervix
- Epithelial ovarian cancer
- Benign disease of the uterus
- Cancer of the uterine corpus
- Sexual dysfunction
- Ethical dilemmas in obstetrics and gynaecology
- The law and the obstetrician and gynaecologist
- Domestic violence and sexual assault

Recommended Textbook

Ten Teachers

Daily Schedule

Class lectures according to college time table

OPD clinical Session

Rotation Stations

- Labour Room
- OR
- Wards
- OPD

All students are assigned at different stations for period of 1 months after which they rotate to next station.

Monthly Events

Multi – Departmental CPC (Every month)

CPC (Every 2 months)

Grand Round

Audit (Once in a month)

TRAINING AND EXAMINATION

WEEKLY TIME TABLE FOR TRAINEE

Monday	Topic Presentation 08:00--09:00	Ward round & Self-study 09:--02:00	Emergency 24 Hours
Tuesday	Journal Club 08:-- 9:00	Ward round/ OPD	Emergency 24 Hours
Wednesday	Grand round 08:--02:00	Ward round & self Study 09:00—02:00	Emergency 24 Hours
Thursday	Mortality Review(monthly) 08:--09:00	Ward round / OPD 09:00—02:00	Emergency 24 Hours
Friday	C P C 08:00—09:00	Ward round & self Study 09:00—12:00	Emergency 24 Hours
Saturday	Long case Presentation 08:00--09:00	Ward round / OPD 09:00—02:00	Emergency 24 Hours
Sunday			Emergency 24 Hours

WARD ROTATION TEMPLATE

FINAL YEAR	TOPIC FOR CASE PRESENTATION 09:30-10:30	TOPIC FOR CASE PRESENTATION 10:30-11:30	CLINICAL METHODS/OSCE
<u>WEEK 1</u>	Antenatal care	Antenatal booking	History taking
DAY 1	Assessment of fetal well being	Antenatal imaging	GPE
DAY 2		Invasive testing	Abdominal examination
DAY 3	Prenatal diagnosis	Miscarriages	Speculum examination
DAY 4	Early pregnancy complications	Molar pregnancy	Bimanual/pelvic examination
DAY 5	Ectopic pregnancy		
<u>WEEK 2</u>	Hypertensive disorders of pregnancy	Chronic hypertension	D & C Instruments
DAY 1		Eclampsia	C-Section instruments
DAY 2	Pre-eclampsia	Gestational Diabetes	Steps of D & C
DAY 3	Diabetes Mellitus	UTI	Steps of C-section
DAY 4	Anemia in pregnancy		
DAY 5	Cardiac disease		
<u>WEEK 3</u>	Male infertility	Female infertility	Tubal patency
DAY 1	Laprosopy	Hysterosalpingography	Laprosopy
DAY 2	PCOS	Endometriosis	Hysterosalpingography
DAY 3	Primary Amenorrhea	secondary amenorrhea	Semen analysis (report)
DAY 4	Contraception	Pre-mature ovarian failure	IUCD/Mirena
DAY 5			
<u>WEEK 4</u>	Female pelvis	Obstructed labour	Skull
DAY 1	Fetal skull	Shoulder dystocia	Normal delivery
DAY 2	Stages of labour	Transverse lie	Breech delivery
DAY 3	Purperium	Breech presentation	ECV
DAY 4	Partogram	ECV	Partogram
DAY 5			
<u>WEEK 5</u>	Pre-PROM/Preterm Labour	Twin pregnancy	Forceps delivery
DAY 1		IUD	CTG
DAY 2	Post-term pregnancy	Oligohydramnios/polyhydramnios	B
DAY 3	Induction of labour	IUGR	iophysical scoring
DAY 4	Augmentation of labour	Rh-Incompatibility	Bishop scoring
DAY 5	Instrumental delivery		
<u>WEEK 6</u>	Obstetrical emergencies	Shoulder dystocia	
DAY 1	Eclampsia	Post-partum haemorrhage	Obstretical emergencies
DAY 2	Uterine rupture	Morbidly adherent placenta	Protocol writing
DAY 3	Cord prolapse	Placental abruption	Drills
DAY 4	Antepartum haemorrhage	Placenta previa	
DAY 5			

	Post-partum haemorrhage		
<u>WEEK 7</u>	Vaginal discharge	Abnormal uterine bleeding	Counselling of patient
DAY 1	PID	Adolescent DUB	Bad news breaking
DAY 2	Dysmenorrhea	Intermenstrual/ PCB	Counselling of GDM
DAY 3	PMS	Post-menopausal bleeding	Counselling of IUD
DAY 4	Chronic pelvic pain	HMB	Counselling of Abnormal fetus
DAY 5			
<u>WEEK 8</u>	Fibroid uterus	Endometrial hyperplasia	Epidural analgesia
DAY 1	Polyps	Ca Endometrium	Invasive testing
DAY 2	Benign ovarian mass	Malignant ovarian tumor	Images/X-rays
DAY 3	CIN	Ca cervix	Colposcopy
DAY 4	Colposcopy	Radiotherapy-Chemotherapy	
DAY 5			
<u>WEEK 9</u>	Menopause	Pre-op Assessment	
DAY 1	HRT	Post-op care	
DAY 2	Incontinence	Analgesia/anesthesia	
DAY 3	Urodynamics	REVISION	
DAY 4	UV Prolapse	REVISION	
DAY 5			

INSTRUCTIONAL METHODS

Graded Responsibility in patient care

- Ward duties
- Emergency duties
- OPD duties

Education Meeting

- Journal club
- Seminars conferences lecture and small group discussions
- Research projects
- Assignments and presentation

Workshops

- Communication
- Computer and internet orientation
- Medical writing and research methodology
- Teaching skills
- Basic cardiac life support
- Advanced cardiac

Assignments

- Audit project
- Topic presentation
- Poster presentation

TABLE OF SPECIFICATION GYNAECOLOGY

(Final year MBBS)

Multiple choice questions

35 MCQ's of one mark each

Time allowed: 45 minutes

Sr.No.	Contents	No. Of Questions
1.	Anatomy & Embryology of genital tract	2
2.	Disorders of puberty and ovulation	2
3.	Disorders of menstruation	4
4.	Abortions	2
5.	Ectopic gestation	1
6.	Infertility	2
7.	Endometriosis & Adenomyosis	1
8.	Infections of genital tract	3
9.	Uterovaginal prolapse	1
10.	Urogynecology & Fistulae	1
11.	Benign diseases of genital tract	4
12.	Malignant diseases of genital tract	4
13.	Contraception	2
14.	Menopause and HRT	2
15.	Common gynecological procedures	2
16.	Pre-intra and post-operative care	1
	Total MCQ'S	35

Short Essay Questions

10 SEQ'S of 03 marks each

Time allowed 2 hours & 15 minutes

Sr.No	Contents	No. of questions
1.	Anatomy and development of genital tract	1
2.	Disorders of menstruation	1
3.	Abortions including ectopic gestation	1
4.	Infertility and endometriosis	1
5.	Infections of genital tract	1
6.	Benign tumors of genital tract	1
7.	Malignancies of genital tract	1
8.	Displacements of the uterus and urinary problems	1
9.	Contraception	1
10.	Common gynecological procedures	1
	Total SEQ's	10

TABLE OF SPECIFICATIONS OBSTETRICS

(FINAL YEAR MBBS)

Multiple choice questions

35 MCQ's of one mark each

Time allowed: 45 minutes

Sr No.	Contents	No. of questions
1	Physiological changes in pregnancy	2
2	Normal fetal development	2
3	Abnormal fetal development	2
4	Assessment of fetal well being	3
5	Role of investigations	1
6	Antenatal care	4
7	Pain relief in labour	1
8	Norma labour	4
9	Abnormal labour	4
10	Puerperal disorders	3
11	Medical disorders in pregnancy	4
12	Role of imaging and radiology	2
13	Statistics	2
14	Neonatology	1
	Total MCQ's	35

Short Essay Questions

07 SEQ's of 05 marks each

Time allowed: 2 hours

Sr. No.	Contents	No. of questions
1	Physiology of pregnancy	1
2	Antenatal care including investigations	1
3	Assessment of fetal well being	1
4	Intrapartum care – Normal labour	1
5	Abnormal labour	1
6	Post – partum disorders	1
7	Medical disorders in pregnancy	1
	Total SEQ's	7