

STUDY GUIDE



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Gynae & Obs.

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2. Department Team- AFMDC

NAME	Designation
Dr. Nazia Mussarat	Head of the Department
Dr. Raheela Farhat	Professor
Dr. Aalia Farhan	Associate Professor
Dr. Nadia Zulfiqar	Assistant Professor
Dr. Abroo Fatima	Assistant Professor
Dr. Shazia Anwar	Assistant Professor
Dr. Nazia Yasmeen	Senior Registrar

Posta-graduate Residents

NAME	Post-graduate Year
Dr. Hajra Altaf	4th year
Dr. Mahnoor Ahsan	3rd year
Dr.Hira Latif	3rd year
Dr. Maryam Batool	2nd year
Dr. Aqsa Azhar	2nd year
Dr. Anum	2nd year
Dr. Mahnoor Chaudary	2nd year
Dr. Sidra Kishwar	2nd year
Dr. Adeela	1st year
Dr. Urooj	1st year
Dr. Aqsa Irum	1st year
Dr. Rida	1st year
Dr. Javeriya Akhtar	1st year
Dr. Afia	1st year
Dr. Saba	1st year
Dr. Aimen	1st year

3. SYLLABUS OUTLINE

- Learning Objectives
- List of practicals
- Learning Methodologies
- Assessment Methodologies

3.1. LEARNING OBJECTIVES

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Development+ anatomy of female sexual organs+pelvic	1- Female anatomy	1.Understand that sexual differentiation and development begin in early embryonic life
	2- Structure problems of pelvic organs	2.understand embryonic development and anatomy of perineum
		3.describe structural anomalies resulting from mullerian tract disorder
Hormonal control of menstrual cycle +hormonal disorder	<ul style="list-style-type: none"> • Physiology of menstrual cycle • Puberty +Secondary sexual development • Disorders of sexual development • Disorders of menstrual regularity • polycystic ovary syndrome • Premenstrual cycle 	<ul style="list-style-type: none"> • 1.to describe feature of normal menstrual cycle • 2.To understand classification and causes of abnormal puberty and DSD • 3.To describe primary +secondary amenorrhea • 4.To describe common effects and management of PMS

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Implantation and early pregnancy	<ul style="list-style-type: none"> • Miscarriage • ectopic pregnancy • Molar pregnancy 	To obtain detailed knowledge of clinical presentation and management of miscarriage ,ectopic pregnancy and gestational trophoblastic diseases
Contraception	<ul style="list-style-type: none"> • contraception targets • Methods of contraception • Emergency contraception 	<p>Understand mechanism of action of current contraceptive methods</p> <p>Remember medical eligibility criteria for contraception</p> <p>Describe factors that effect contraception</p>
Subfertility	<ul style="list-style-type: none"> • causes of fertility • female subfertility • male factor • IUF 	<ul style="list-style-type: none"> ● To understand causes of subfertility ● Understand history ,examination and investigations relevant to subfertility ● explain the process involve in ART
Menopause	<ul style="list-style-type: none"> • physiological menopause • Non physiological menopause • Hormonal replacement therapy 	<ul style="list-style-type: none"> ● To know defination of menopause ● to understand physiology +effect of menopause ● Explain main forts of tratment of menopause ● Describe benefits of hormonal +non hormonal HRT

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Urogyneacology +pelvic floor problems	Pelvic organ prolapse + urodynamics	1. To understand anatomy of supporting ligaments +fascia of female pelvic organs
		To understand principles of treatment of prolapse
Genitourinary problems	sexually transmitted infection HIV	<ul style="list-style-type: none"> ● To understand importance of ST's in gynaecology ● To describe testing ,diagnosis +transmission of common ST,s
Benign condition of pelvis	<ul style="list-style-type: none"> • benign disease of ovary ,cervix • benign endometrial lesion including polyp +fibroid • benign condition of vulva +vagina 	<ul style="list-style-type: none"> ● To understand presenting symptoms ,examination finding and available treatment options for fibroid +ovarian benign tumors

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Obstetric history +examination	<ul style="list-style-type: none"> • obstetric history • examination • presentation skills 	<ul style="list-style-type: none"> • To understand the principles of taking an obstetric history • To understand key components of obstetric examination • how to perform an appropriate obstetric examination
Antenatal care	<ul style="list-style-type: none"> • the development of antenatal care • overview of antenatal care • identification of high risk women • governance of maternity care 	<ul style="list-style-type: none"> • To understand the principles of routine antenatal care • to be aware of the rationale for ,and purpose of,clinical investigation during each trimester • to differentiate normal pregnancy symptoms from potential underlying pathology
Normal fetal development and growth	<ul style="list-style-type: none"> • introduction • fetal growth • fetal development • amniotic fluid 	<ul style="list-style-type: none"> • to understand that fetal growth and birthweight are important determinants of immediate neonatal health and long term adult health • to appreciate fetal,maternal and placental factors that effect fetal growth and development • to be familiar with the fetal circulation ,the specific shunts that ensure the best oxygenated blood from placenta is delivered to the fetal brain • to recognize the importance of normal amniotic fluid physiology to fetal growth and development

TOPIC//	SUBTOPICS	LEARNING OBJECTIVES
Assessment of fetal wellbeing	<ul style="list-style-type: none"> • ultrasound in the assessment of fetal wellbeing • The cardiotopograph • ultrasound and invasive procedure • 3d and 4d ultrasound • magnetic resonance imaging 	<ul style="list-style-type: none"> • To understand the principles of imaging in obstetric • to know how ultrasound is used in pregnancy to confirm gestational age, to detect fetal structure abnormalities, to monitor fetal growth and development • to recognize the value of antenatal cardiotopography to assess fetal wellbeing and to screen for fetal hypoxia • to be aware of the role of doppler ultrasound to monitor and guide the management of pregnancies at risk of adverse outcome
Prenatal diagnosis	<ul style="list-style-type: none"> • why is prenatal diagnostic testing performed • Down syndrome and other aneuploidies 	<ul style="list-style-type: none"> • to understand why prenatal diagnosis is performed and what conditions can be tested for in the fetus • to be aware of invasive potential diagnostic tests that can be performed, their risks and benefits • to know the various screening tests that are used to predict the risk of women having a pregnancy affected by down's syndrome • to learn about newer noninvasive methods of prenatal diagnosis based on measurement of cell-free fetal DNA in maternal circulation

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Multiple pregnancy	<ul style="list-style-type: none"> • introduction • epidemiology • aetiology • complications of multiple pregnancy • antenatal care • delivery • higher order multiples 	<ul style="list-style-type: none"> • understand classification of multiple pregnancies • understand risk factors for multiple pregnancies • understand the increased complications that occur in multiple pregnancies • understand the antenatal care of women with multiple pregnancies
Preterm labour	<ul style="list-style-type: none"> • why does preterm labour occurs • causes of preterm labour • management of preterm labour • management of PPRM • Prevention of preterm delivery 	<ul style="list-style-type: none"> • to understand the extent of problem,its causes and consequences • to be aware of limitations of our current understanding • to appreciate the problems and potential complications accociated with our current management of preterm labour • to grasp the potential for improvements in our management of preterm labour

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
hypertensive disorders of pregnancy	<ul style="list-style-type: none"> • introduction • classification of hypertension in pregnancy • pre-eclampsia • chronic hypertension • fetal growth restriction • new developments 	<ul style="list-style-type: none"> • to understand the classification of hypertension in pregnancy • to appreciate and be able to differentiate the different risk associated with various types of hypertensive disorders in pregnancy • to understand the pathophysiology of pre-eclampsia • to be aware of the clinical presentation of pre eclampsia and understand the principles of management • to understand the long term risks to both mother and baby from pre eclampsia
MEDICAL COMPLICATIONS OF PREGNANCY	<ul style="list-style-type: none"> • renal disease • diabetes mellitis • heart disease • respiratory disease • neurological disorder • liver disease • connective tissue disease 	<ul style="list-style-type: none"> • understand the importance of medical complications in pregnancy • understand the impact of common medical complications such as hypertension ,kidney disease • appreciate the importance of preconceptual counselling and its impact of improving pregnancy outcome

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Perinatal infections	<ul style="list-style-type: none"> • infections causing congenital abnormalities • other congenital infections associated with pregnancy loss and preterm birth • perinatal infections during long term disease • infections acquired around the time of delivery with serious neonatal consequences 	<ul style="list-style-type: none"> • to understand the common viral and bacterial infections seen in pregnancy that have implications for the mother • learn which infections are include in routine pregnancy screening and principles of their management • learn the consequences of perinatal infection on developing fetus
Labour ;normal and abnormal	<ul style="list-style-type: none"> • maternal and fetal anatomy • normal labour • management of normal labour • abnormal labour • management of abnormal labour • induction of labour 	<ul style="list-style-type: none"> • to understand the maternal and fetal anatomy relevant to labour and delivery

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Operative delivery	<ul style="list-style-type: none"> • perineal repair • Episiotomy • Operative vaginal delivery • Caesarean section 	<ul style="list-style-type: none"> • To understand appropriate management of perineal tears • To understand appropriate management of episiotomy • To understand indications, contra indications, procedures and complications of instrumental delivery • To understand indications, procedure, complications and consequences of caesarean section • To understand concept of risk management in relation to operative delivery
Obstretic emergency	<ul style="list-style-type: none"> • Sepsis • Obstretic haemorrhage • Eclampsia • Umbilical cord prolapse • Shoulder dystocia • Uterine rupture 	<ul style="list-style-type: none"> • To understand incidence of common obstretic emergencies • To understand the risk factors for common obstretic emergencies • To be able to understand early warning signs in obstretic emergencies

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Antenatal obstetric complications	<ul style="list-style-type: none"> • minor problems of pregnancy • urinary tract infection • abdominal pain in pregnancy • venous thromboembolism • oligohydromnios and polyhydromnios • fetal malpresentation at term • post term pregnancy • vaginal bleeding in pregnancy 	<ul style="list-style-type: none"> • to appreciate the causes and management of minor complications of pregnancy • to be able to provide a differential diagnosis for abdominal pain in pregnancy • to understand the risk factors ,presentation and management of venous thromboembolic disease in pregnancy • to understand the complications of drug abuse in pregnancy • to understand the causes ,complications and management of oligohydromnios and polyhydromnios • to understand causes and management of malpresentation in late pregnancy • to understand the causes ,prevention and treatment of haemolytic disease of fetal and newborn
The puerperium	<ul style="list-style-type: none"> • Puerperal disorders • Psychiatric disorders • Contraception • Perinatal death 	<ul style="list-style-type: none"> • To understand physiological changes that occur in normal puerperium • To understand common disorders of puerperium and how to manage them • To understand process of breastfeeding and common disorders associated with it • To be able to recognize and manage common postpartum psychiatric disorders

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
Malignant disease of pelvis	<ul style="list-style-type: none"> • Ovarian cancers • endometrial cancers • sarcomas of uterus 	<ul style="list-style-type: none"> • To learn how malignant disease of ovary and uterus present • To know FIGO staging of endometrial cancer +ovarian cancer • To know the management of ovarian +uterine malignancies
Premalignant and malignant disease of lower genital tract	<ul style="list-style-type: none"> • Premalignant disease of cervix • malignant disease of cervix 	<ul style="list-style-type: none"> • To understand the pathogenesis of lower genital tract • To understand the diagnosis ,staging and management of premalignant and malignant disease of lower genital tract

TOPIC	SUBTOPICS	LEARNING OBJECTIVES
The neonate	<ul style="list-style-type: none">• Neonatal anatomy and physiology• Neonatal care• Congenital anomalies• Preterm babies• Breastfeeding• Palliative care	<ul style="list-style-type: none">• To understand and be able to describe the unique features of newborn babies• Urgent action in delivery room or soon afterwards• To describe key points relevant to post natal management that need to be communicated by professionals involved in antenatal care

3.2. List of Practical

1. Catheterization
2. PPH
3. Shoulder Dystocia
4. Breech Delivery
5. Normal Delivery
6. Diagnostic D & C
7. MVA Procedure
8. C- Section Procedure

4. Learning Methodologies

- Lectures
- Skill Labs
- Clinical Rounds
- Ward Classes
- Monthly CPC
- Case Presentation
- Rotation in Operation Theatre and Labour room

5. Assessment Methodologies

1. Class Test (SEQs and MCQs)
2. OSPE
3. Case Presentation
4. Mini CeX Form

6. TABLE OF SPECIFICATIONS OF GYNAECOLOGY

CONTENTS		SEQs
1.	Anatomy & Embryology 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 ITEMS		10
TOTAL MARKS		30

TABLE OF SPECIFICATIONS OF GYNAECOLOGY

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

TABLE OF SPECIFICATIONS OBSTETRICS

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

TABLE OF SPECIFICATIONS OBSTETRICS

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

7. TIME TABLE

Date	1	2	3	4	5
	8-8;45 AM	8:45-9;30 AM	9:30-12;30 AM	12;30-1;15 PM	1;15-2 PM
Monday	Class test	Class Test	WARD	Medicine Lec	Surgery Lec
Tuesday	Surgery Lec	Medicine Lec	WARD	Paeds Lec	GYN/OBS Lec
Wednesday	Medicine Lec	GYN/OBS Lec	WARD	Paeds Lec	Surgery Lec
Thursday	Medicine Lec	GYN/OBS Lec	WARD	Surgery Lec	Paeds Lec
Friday	PPERL	SKILL LAB	WARD 10-1;00PM		JUMMAH BREAK
Saturday	Surgery Lec	Medicine Lec	WARD	Surgery Lec	Paeds Lec

RECOMMENDED
TEXTBOOKS
REFERENCE BOOKS

Thank You