

Gynaecology & Obstetrics

Study Guide & Clerkship book



MBBS Final Year

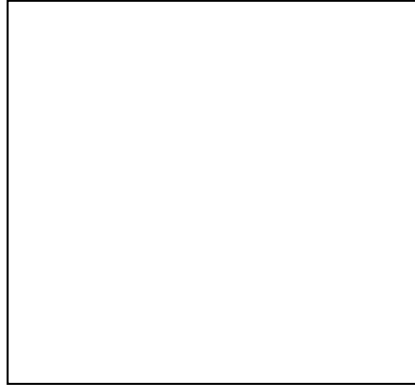
Faisalabad Medical University (FMU)

Faisalabad.

OBSTETRICS & GYNAECOLOGY

STUDY GUIDE & CLERKSHIP BOOK

Student's Identity



Photograph

Name: _____

Father's Name _____

Residence: _____

Cell No. _____

Final Year Roll No. _____

Session: _____

Message from Vice Chancellor

HEADS OF GYNAE DEPARTMENT

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**Department of Obstetrics & Gynaecology
Faisalabad Medical University Faisalabad.**

Vision

To be the leader for women's healthcare.

Mission

Our mission is to provide excellence, innovation and superior quality in the compassionate care of patients, in the training and mentoring of health professionals, and in the creation and sharing of knowledge in woman's health.

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SECTION 1

BASIC PROTOCOLS AND GUIDELINES

PROTOCOLS OF OBSTETRICS & GYNAECOLOGY ROTATION

(i) Dress Code:

- Students need to wear their O.T kits (Royal Blue in colour) during their residency period in Labour Room.
- No jewellery or valuable items to be carried
- Student should wear either back pack or across the body bags for their belonging. Department would not be responsible for the loss of any valuable item.

(ii) Personal Kit:

- White coat
- Stethoscope
- Hammer
- Measuring tape
- Wrist watch
- Pen torch

(iii) Cell Phones:

- Cell phone should be remained on silent mode.
- Students would not be allowed to use their cell phones during working hours.
- If any student found to be violating the would be fined.

(iv) Punctuality

Students must reach in time. There would be no relaxation for missing any class. There would be no remedial class.

(v) O.T Protocols

- Students should wear OT kit, mask, cap and disposable shoe covers.
- Students should observe silence in the OT and maintain discipline.
- Students are encouraged to ask questions after surgical procedure.

Assessment

At the end of Final Year MBBS, University examination will include a theory paper of 135 marks (MCQ and SEQs) and OSPE + Viva of 135 marks. Students have to pass in OSPE and Viva examination separately. Internal assessment of 30 marks will be calculated from following.

- | | |
|--------------------------------|----------------|
| - Attendance | 30% |
| - 10 compulsory clinical cases | only in 10% |
| - Ward test (OSPE + Viva) | final year 60% |

Learning Outcomes

At the end of Gynae rotation Final Year Students will be able to:

1. Develop competence in Gyane & Obs history taking and physical examination.
2. Demonstrate knowledge of preconception care including the impact of genetics, medical conditions and environmental factors on maternal health and fetal development.
3. Antenatal care and pick up risk factors.
4. Demonstrate knowledge of intrapartum care (including APH, obstetric emergencies)
5. Demonstrate knowledge of postpartum care of the mother and newborn.
6. Manage common problems in obstetrics.
7. Describe and evaluate medical disorders in pregnancy.
8. Early pregnancy complications.
9. Describe menstrual cycle physiology, discuss puberty and menopause and explain normal and abnormal bleeding.
10. Describe the etiology and evaluation of infertility.
11. Develop a thorough understanding of contraception, including sterilization describe.

12. Demonstrate knowledge of common benign gynecological conditions.
13. Formulate a differential diagnosis of the acute abdomen and chronic pelvic pain.
14. Able to perform normal breast examination.
15. Demonstrate knowledge of perioperative care and familiarity with obstetrics and gynecological procedures.
16. Describe gynecological neoplasia including risk factors, signs and symptoms initial evaluation and treatment.
17. Differentiate between normal and abnormal labour and understand the factors leading to abnormal labour.
18. Lower and upper genital tract infection
19. Urogynaecology and pelvic floor injuries
20. Describe primary & secondary amenorrhea
21. Communicate effectively with the patient and her attendants.
22. Understand medical ethics and its application.

Required/Suggested Reading and Websites

- Ten teachers
- RCOG guidelines (NICE and greentop)
- <http://almostadoctor.co.uk>>browse

By the end of Gynae rotation, final year students would be able to identify the following instruments commonly used in Gynae Operation Theatre. List of instruments has been provided below:

Gynaecology	Obstetrics
<ul style="list-style-type: none"> ➤ Sims Speculum ➤ Cusco's Speculum ➤ Hegar Dilator ➤ Uterine sound ➤ Tenaculum ➤ Rubin's canula ➤ Endosampler ➤ Hysteroscope ➤ Laparoscope ➤ Curette 	<ul style="list-style-type: none"> ➤ Forcep's (Outlet) ➤ Vacuum

By the end of Gynae rotation, final year students will complete and submit 20 histories, 10 each from Obstetrics and Gynaecology. List of topics have been provided below and number of histories to be taken regarding each topic has been mentioned in front.

List of Obstetric topics	No. of histories to be taken	List of Gynaecological topics	No. of histories to be taken
• PIH / Preeclampsia	2	• Miscarriage / Molar pregnancy	1
• GDM / Pre-GDM	2	• Ectopic pregnancy	1
• Preterm labour	1	• HMB due to fibroid	1
• Pre-PROM	1	• Adnexal mass (Dermoid/TO mass)	1
• Multiple pregnancy	1	• Ovarian malignancy	1
• Medical disorders in pregnancy	1	• Postmenopausal bleeding (Endometrial CA)	1
(Cardiac/renal/inner disease)	1	• UP prolapse	1
• Placental abruption	1	• HMB due to AUB	1
• Placenta previa		• Mullerian anomaly (primary amenorrhea)	1
• IUGR		• Infertility (PCOS/Endometriosis)	

SECTION 2

FINAL YEAR CLERKSHIP

Note: At the end of Gynae rotation it is mandatory for the students to submit 10 common clinical cases 05 each of Obstetrics & Gynaecology as listed above.

History Format: Case 1 (Obstetrics)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

- Chest auscultation
- Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 2 (Obstetrics)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation
Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 3 (Obstetrics)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- **Obstetric History:** _____

- **Gynaecological History:** _____

- **History of present pregnancy/presenting illness:** _____

- **Post medical/surgical history:** _____

- **Family history:** _____

- **Socio-economic history:** _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation
Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s

Diagnosis: _____

Management Plan: _____

History Format: Case 4 (Obstetrics)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation
Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 5 (Obstetrics)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

- Chest auscultation
- Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 1 (Gynaecology)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation

Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 2 (Gynaecology)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation
Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 3 (Gynaecology)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- **Obstetric History:** _____

- **Gynaecological History:** _____

- **History of present pregnancy/presenting illness:** _____

- **Post medical/surgical history:** _____

- **Family history:** _____

- **Socio-economic history:** _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation
Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 4 (Gynaecology)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse

- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation
Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

History Format: Case 5 (Gynaecology)

Patient Name: _____ Father Name: _____ Reg. No. _____

Ward/Labour Room: _____ Age: _____ Bed No. _____

- Presenting Complaints: _____

- Obstetric History: _____

- Gynaecological History: _____

- History of present pregnancy/presenting illness: _____

- Post medical/surgical history: _____

- Family history: _____

- Socio-economic history: _____

General Physical Exam:

- Pulse
- B.P
- Temp.
- Resp./Rate
- Pallor
- Jaundice
- Cyanosis
- Ankle edema
- Thyroid

Systemic Exam:

Chest auscultation
Heart sound

Abdominal Examination:

- SFH
- Lie
- FHR

Pelvic Examination:

Obstetrics Examination

- Bishop score

Gynaecological Examination

- Inspection
- P/s
- P/V

Diagnosis: _____

Management Plan: _____

OPD

Student will learn to evaluate **Obstetric patients:**

- Fill antenatal card
- Brief history of obstetric patient
- Obstetric abdominal examination
- Picking up risk factors
- Advising and interpreting the investigations
- Planning further follow up.

Sample of Antenatal Card

ALLIED HOSPITAL (FMU) FAISALABAD DEPARTMENT OF OBSTETRICS & GYNECOLOGY	
<i>PROFESSOR</i> DR. SUMERA TAHIR <i>MCPS, FCPS</i>	<i>ASSOCIATE PROFESSOR</i> DR. TASNIM TAHIRA <i>MCPS, FCPS</i>
<i>ASSISTANT PROFESSOR</i> DR. NOREEN BILAL <i>FCPS</i>	<i>ASSISTANT PROFESSOR</i> DR. SADIA SALEEM <i>FCPS</i>
NAME OF PATIENT..... AGE	
EDUCATION..... MARRIED FOR	
HUSBAND'S NAME JOB	
ADDRESS	
L.M.P E.D.D	
FINAL E.D.D	
MEDICAL / SURGICAL HISTORY	
.....	
FAMILY HISTORY	
1. DIABETES MELLITUS: <input type="checkbox"/>	1. TUBERCULOSIS: <input type="checkbox"/>
2. HYPERTENSION: <input type="checkbox"/>	2. MULTIPLE PREGNANCY: <input type="checkbox"/>
3. CONGENITAL ANOMALY: <input type="checkbox"/>	3. MULTIPLE PREGNANCY: <input type="checkbox"/>
Diagnosis:	
.....	

Patient Blood Group Rh Factor
 Husband Blood Group Rh Factor

OBSTETRIC HISTORY

G P A E

Sr. No.	Year Of Birth	Booked/ Unbooked	Abortion/ Premature/ Term	Complication in Pregnancy/ Labour/ Puerperium	Mode of Delivery	Place of Birth	Child: Age. Sex. Wt. Alive/Stillbirth/Perinatal loss Breast/Bottle fed.

OBSTETRICS ULTRASOUND

Date	Date	Date

Investigations	Date.....	Date.....	Date.....
CBC ├── Hb └── Platelet count			
Peripheral B. film			
Serum Ferritin			
Urine Analysis			
24 hr U. Protein			
GTT			
GCT			
Anti HCV Hbs Ag			

Breast: _____

CVS: _____

Date	Duration of Pregnancy	Height of Fundus	Lie and Presentation	F.H.S.	B.P.	Weight	Remarks	Signature of Doctor

TREATMENT ADVISED

Student will learn to evaluate Gynaecological patients:

- History of Gynaecological patient
- Gynaecological examination
- Making a provisional diagnosis
- Advising and interpreting the investigations
- Planning further follow up.

HISTORY TAKING IN GYNAE OPD (TEMPLATE)

Patient Name: _____ Husband/Father Name: _____
Date: _____ Age _____ G ___ P ___ A ___

Presenting complaint:

Brief history:

Provisional diagnosis:

Treatment:

Investigation:

Previous NVD

LSCS

E&C

LBB

History of

- D.M
- HTN
- T.B
- Cardiac problem

Examination

P/A P/S P/V

OPERATION THEATRE

- Student will learn the skill of:
 - Getting wash-up
 - Gowning and gloving
 - Cleaning and draping the patient
 - Writing the post-operative notes
- Will assist as 2nd assistant
- Will be taught steps of surgery and expected intra and immediate post-op complications.

PROCEDURE NOTES

Date & Time: _____ Name: _____
Operation/Delivery: _____
Pre-Op Diagnosis _____ Post-Op Diagnosis _____
Surgeon / Obstetrician: _____ Assistant/s _____
Anesthetist: _____ Anesthesia _____
Scrub Nurse: _____ Baby Receiving Staff Nurse _____

Findings:

Procedure:

Operative / Post Natal Orders Notes:

Emergency/Labour Ward

Stage-I

Student will learn how to:

- Monitor a laboring patient (including induction and augmentation of labour)
- Do and Interpret CTG
- Make partogram
- Access the Bishop score
- Assist vaginal delivery
- Do the tocolysis of preterm labour
- Manage obstetric shock
- Manage the patient of APH & PPH
- Manage the patient of early pregnancy complication including ectopic pregnancy.

Eclampsia Room

- Management of Hypertensive patient including:
 - Vital monitoring
 - Method of giving MgSO₄
 - How to control blood pressure
 - Send and interpret the investigations
 - Reaching the diagnosis and planning the management

Recovery Room

- Students will learn how to monitor Post-operative and Postnatal patients including:
 - Vital record
 - Maintain input & output chart
 - Document heavy vaginal bleeding
 - Maintain treatment sheet
 - Monitor blood transfusion/blood transfusion reaction
- Care of Newborn
- Council for breast feeding

Ward

Students will learn and participate in

- Helping their seniors in carrying out the round orders
- Care of Post-op and postnatal patients
- Cord care of newborn and note any subjective complaint
- Wound care of patient
- Counseling for breast feeding and contraception
- How to calculate and inject dose of Insulin according to blood sugar levels
- Maintaining input & output chart
- Interpreting the investigations
- Making discharge slip

Admission Area

Students will learn to:

- Write history / exam / diagnosis / planning management and triaging of patients
- Send the baseline and specific investigations
- Do booking CTG
- Monitor latent phase of labour

MUST TO KNOW TOPICS

Obstetrics

Sr. No.	Topics
1	Obstetrics history and examination
2	Antenatal care
3	Normal fetal development and growth
4	Assessment of fetal wellbeing
5	Prenatal diagnosis
6	Antenatal obstetric complications
7	Multiple pregnancy
8	Preterm labour
9	Hypertensive disorders of pregnancy
10	Medical complications of pregnancy
11	Perinatal infections
12	Labour: normal and abnormal
13	Operative delivery
14	Obstetric emergencies
15	The puerperium

Gynaecology

Sr. No.	Topics
1	The development and anatomy of the female sexual organs and pelvis
2	Gynaecological history, examination and investigations
3	Hormonal control of the menstrual cycle and hormonal disorders
4	Disorders of menstrual bleeding
5	Implantation and early pregnancy
6	Contraception and abortion
7	Subfertility
8	The menopause and post reproductive health
9	Genitourinary problems
10	Urogynaecology and pelvic floor problems
11	Benign conditions of the ovary and pelvis
12	Benign conditions of the uterus, cervix and endometrium
13	Benign conditions of the vulva and vagina, psychosexual disorders and female genital mutilation
14	Malignant disease of the ovary
15	Malignant disease of the uterus
16	Premalignant and malignant disease of the lower genital tract
17	Gynaecological surgery and therapeutics

SECTION 3

INTERNAL ASSESSMENT

Team Base Learning (TBL) evaluation

Sr. #	Date	Topic	Attendance	Tutors Sign
1				
2				
3				
4				
5				

Gynae/Obs O.T. procedures evaluation

Sr. #	Date	Name of the procedure	Observed	Assisted	Tutors Sign
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Normal / Operative vaginal delivery evaluation

Sr. #	Date	Name of the procedure	Observed	Assisted	Tutors Sign
1					
2					
3					
4					
5					

Attendance and Performance evaluation

Sr. #	Date	Cases	Indoor/Outdoor/ Operation Theatre	Tutors Sign
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				

24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				

Internal Assessment	Marks distribution	Marks Obtained
Histories submitted (20 histories)	05	
Rotation Attendance	05	
Ward Test (OSPE + Viva)	10	
TBL Attended (5 marks for each TBL)	05	
Gynae/Obs O.T. procedures assisted/observed Vaginal delivery assisted/observed	05	
Total marks	30	

Final Year Incharge

Head of Department