January 31-February 4, 2005
OB, GYN II, Menopause, Women’s cancer

GOALS AND INSTRUCTIONAL OBJECTIVES

GOALS:
By the end of the week, the second quarter student will have an in-depth understanding of the diagnoses listed under Primary Diagnoses and Secondary Common Diagnoses.

The second quarter student will accurately perform an appropriate history and physical exam on a patient or patient model presenting with one of the obstetric or gynecological diagnoses listed under Primary Diagnoses, Secondary Diagnoses, and Tertiary Diagnoses when seen at the student’s clinical site or during a practicum exam.

OBJECTIVES
The second quarter student will complete the following:

! Accurately explain the epidemiology of primary and secondary common diagnoses.

! Name the (S) chief or common presenting complaint and relevant descriptors of the primary, secondary common and uncommon and tertiary diagnoses.

! Accurately distinguish between (O) Objective negative and positive findings while performing a routine or specialty physical exam technique when evaluating for, or in the presence of, the conditions listed for each primary, secondary common and uncommon, and tertiary diagnosis.

! Formulate a (A) Diagnosis and list relevant differential diagnoses from information gathered through history taking, physical exam, and diagnostic test results provided via case studies or reports or collected in the clinical setting.

• Identify risks associated with specific missed diagnosis

! Identify on written exam or in case presentation of a patient model or clinic patient, a (P) Plan outlining the appropriate medication, non-medicinal treatment, patient education and follow-up evaluation for primary and secondary common diagnoses.

! The second quarter student will be able to identify symptoms and signs of complications of pregnancy.

! The second quarter student will utilize the knowledge and skills obtained during the first quarter as a foundation for developing the advanced skills necessary to manage a patient with any of the following conditions:

• Abnormal pap smear
• Breast lump
• Pelvic pain
• Pelvic mass
• Abnormal vaginal bleeding
• Pregnancy

The second quarter student will be able to provide sensitive, accurate and non-judgmental health care to women with undesired pregnancy.

The second quarter student will be able to provide health care maintenance and appropriate interventions to women in the menopausal years.

**OB/GYN: ANATOMY AND PHYSIOLOGY**

The second quarter student will recognize and explain the anatomy, physiology, and common pathophysiology in sufficient depth for clinical application related to the following Cardiovascular, Hematological, and Ophthalmological components. To meet this objective the student will utilize textbooks, models, electronic, computer or web-based programs, radiographic resources, and lectures according to the standards identified in the Primary Care Associate Program required texts (see booklist in Student Manual).

The second quarter student will identify and explain the structures and functions of the following:

! **Breast:**
  • Glandular tissue
  • Excretory ducts
  • Lactiferous sinus
  • Areolar glands (Montgomery's glands)
  • Nipple
  • Areola
  • Suspensory ligament
  • Pectoralis muscles
  • Lymphatic system

! **External genitalia:**
  • Mons pubis
  • Labia majora
  • Labia minora
  • Introitus
  • Vestibule
  • Perineum
Internal genitalia:
- Vagina
- Fornix
- Rectovaginal septum
- Uterus
- Endocervical canal
- Cervix
- Internal and external cervical os
- Fallopian tubes
- Ovaries
- Broad ligament
- Round ligaments
- Uterosacral ligaments

Obstetrics:
- Physiologic changes of pregnancy
- Landmarks and measurements for pelvimetry
- Special structures of pregnancy
  - Placenta
  - Amnion
  - Chorion
  - Umbilical cord

The second quarter student will describe the hormonal interactions and their expressions in relation to the following:
- During puberty
- Menstrual cycle
- Pregnancy
- Lactation
- Menopause
- Basic hormonal mechanisms of bleeding
- Amenorrhea
- Galactorrhea
- Withdrawal bleeding

The second quarter student will describe and recognize the normal aging physiology as it affects the female.

DISEASE

Primary Diagnoses:

The second quarter student will state the epidemiology, basic pathophysiology, etiological agents, and/or risk factors, preventive measures, signs and symptoms, differential diagnoses, investigative measures, management and patient education for the following diagnoses:
Pregnancy
- Prenatal diagnosis / care
- Nutrition
  - Pre-natal
  - 1<sup>st</sup> trimester
  - 2<sup>nd</sup> trimester
  - 3<sup>rd</sup> trimester
- Postpartum
- Routine outpatient intrauterine pregnancy
- Rh incompatibility
  - Risk
  - Prevention
- Labor and birth
  - Stages
- Postpartum care
  - Routine postpartum care first 48 hrs.
  - Routine postpartum care for 6-week post birth
  - Postpartum care s/p C-section
- Breast-feeding

Spontaneous Abortion
- Therapeutic Abortion - first trimester
  - Pre-abortion decision/exam
  - Post-abortion/counseling/exam
  - Methotrexate method
  - RFU

Menopause
- psych / social aspects
- HRT
  - risks / benefits of
  - alternatives to
- Surgical vs. chemical vs. natural

Secondary Diagnoses (Common):

The second quarter student will state the epidemiology, basic pathophysiology, etiological agents, and/or risk factors, preventive measures, signs and symptoms, differential diagnoses, investigative measures, general principles of management and patient education for the following diagnoses. Physician consultation is expected.

Breast
- Fibrocystic breast condition
- Fibroadenoma
- Carcinoma
- Mastitis, breast abscess
• Cervix
  • Cervical Abnormalities
    • ASCUS
    • Cancer

• Uterus
  • Adenomyosis
  • Endometrial cancer
  • Uterine Prolapse
  • Nabothian cysts

• Adnexa
  • Ectopic pregnancy
  • Ovarian cancer

• Menstrual disorders
  • amenorrhea

• Pregnancy
  • Anemia in pregnancy
  • RH incompatibility
  • Gestational diabetes
  • Pregnancy induced hypertension (pre-eclampsia)
  • Premature rupture of membranes
  • Premature labor

• Abortion - second trimester

**Secondary Diagnoses (Uncommon):**

The second quarter student will state the epidemiology, basic pathophysiology, signs and symptoms of the following diseases.

• Menstrual disorders
  • Menorrhagia
  • Hypomenorrhea
  • Metrorrhagia
  • Polymenorrhea
  • Menometrorrhagia
  • Oligomenorrhea

• Menopause
  • Post menopausal bleeding

• Trophoblastic disease (molar pregnancy)

• Infertility
  • Female
  • Male

**Tertiary Problems: Problems Requiring Emergency Management or Hospitalization:** The second quarter student will be able to recognize these disorders and initiate treatment. As well, they should be able to describe and identify the basic pathophysiology, risk factors, preventive measures, patient education and referral sources as appropriate.
Complications of pregnancy
• Abruptio placentae
• Dystocia
• Ectopic pregnancy
• Fetal distress
• Gestational diabetes
• Gestational trophoblastic disease
• Hyperemesis gravidarum
• Incompetent cervix during pregnancy
• Multiple gestation
• Placenta previa
• Postpartum hemorrhage
• Pregnancy-induced hypertension / eclampsia
• Premature labor
• Premature rupture of membranes
• Rh incompatibility
• Umbilical cord prolapse

CLINICAL PROBLEMS

For each problem the second quarter student will be able to perform a focused history and physical, generate a differential diagnosis, and order appropriate diagnostic tests. They will be able to present the problem orally, do a write-up in SOAP format, and manage the diagnoses in Primary and Secondary Common Diagnoses.

Infertility
Breast:
• Nipple discharge
• Mass
Galactorrhea
Abnormal vaginal Bleeding
Amenorrhea
Dysmenorrhea
Pelvic pain
Pelvic Mass
Post menopausal bleeding
Menopause/HRT
First trimester bleeding
Third trimester bleeding
Normal Labor and Delivery
Postpartum depression
Unwanted pregnancy
Unplanned pregnancy
Ectopic pregnancy
Pregnancy after 35
Eclampsia
Abortion
Hirsutism
Toxic Shock

OBJECTIVE

In addition to the basic exam, the second quarter student will be able to perform the following physical exam maneuvers:

- Measurement of the gravid uterus, estimate gestational size by fundal height.
- Assessment of fetal position.
- Auscultation of fetal heart tones.
- Recognize signs of pregnancy.
- Perform a postpartum exam.
- Perform vaginal exams at term to ascertain engagement, cervical dilation, effacement, station and presenting part.

PLAN

Evaluation studies: State the indications for the following tests. Explain the significance of a normal vs abnormal result in relation to the diagnoses listed under Primary, Secondary Common and Uncommon, and Tertiary Diagnoses, and describe the general cost effectiveness of the following tests:

- Lab
  - Pregnancy tests (urine, serum, qualitative, quantitative)
  - Lecithin/sphingomyelin ration (L/S ratio)
  - Amniotic fluid analysis
  - Chromosome karyotyping
  - Cord blood analysis (see PEDs)
  - Prenatal panel:
    - CBC
    - VDRL
    - Rh factor
    - Blood type
    - antibody titre
    - hep B
    - HIV
    - rubella titre
  - Cultures:
vaginal
- cervical
- Methods
  "  strep cultures
  "  DNA’s
  "  DFA-urine tests
- Cytology (PAP) specimens of cervix and nipple discharge
- Fern test
- Serum progesterone
- Serum FSH/LH
- Triple marker (trisomy 18, Down’s Syndrome, neural tube defect)
- CA 125
- CA 27.25
- Breast cancer gene

Radiology
- Mammography/xerography, including BiRads classification
- Breast ultrasound
- Pelvic/vaginal Sonography

Other studies
- Amniocentesis
- Colposcopy
- Chorionic villa sampling

Treatment
The first quarter student will identify the indications, contraindications, side effects and describe the general cost effectiveness of the following treatment plans:

- Medications (In addition to the items listed below, read the appropriate sections in the Pharmacology Syllabus.)
  - Rho (D) Immune Globulin (Rho Gam)
  - Clomiphene citrate (Clomid)
  - Ibuprofen (Motrin)
  - Terbutaline (Brethine; Bricanyl)/Magnesium sulfate
  - Ferrous sulfate
  - Oxytocin (Pitocin)/Methergine
  - Lupron
  - Estrogen (oral, vaginal, topical)
  - Progesterone

- Invasive and non-invasive surgical procedures
  - Breast biopsy
    "  Fine needle aspiration
open and closed biopsy
- Mastectomy-simple and modified radical
- Lumpectomy
- Tubal ligation
- Hysterectomy with or without oophorectomy (abd. & vag.)
- Laparoscopy
- Dilation & curettage (D & C)
- Cesarean section
- Cerclage (Shirodkar)
- Vacuum aspiration
- Dilation & evacuation (D & E)
- Induction of labor
- Amniocentesis
- Anesthesia during labor

• Other
  - Test for amniotic fluid presence with pH tape
  - Stress test; non-stress test
  - Aspiration of breast cyst

Patient Education: The second quarter student will be able to identify and then explain to patients the following topics:

- Teach breast self-exam
- Risks of smoking, alcohol, and drug use during pregnancy
- Genetic counseling in older pregnant women or those with family history of genetically transmitted diseases including prenatal diagnosis (amniocentesis)
- High risk pregnancies
- Therapeutic abortion
- Rubella exposure and immunization
- Medications considered safe during pregnancy
- Breast feeding education and support
- D & C
- Menopause and self-image of women at different stages of life
- Hormone Replacement Therapy (HRT)
January 31-February 4, 2005
OB, GYN II, Menopause, Women’s cancer

READING ASSIGNMENT

BA 8th ed
To 10th ed
Stone 5th ed
Tierney 2004 43rd ed
BBZ 6th ed
DeCherney
Wasson 5th ed
Hatcher 17th ed
Schull or Fieschbach
Mettler
Riegelman 4th ed

Pharmacology:
Pharmacotherapeutics for Advanced Practice