

## JINNAH SINDH MEDICAL UNIVERSITY

### STUDY GUIDE

<b>PROGRAM</b>	<b>MBBS</b>
<b>COURSE TITLE</b>	<b>Obstetrics &amp; Gynaecology</b>
<b>ACADEMIC YEAR</b>	<b>5<sup>th</sup> YEAR- 2024</b>
<b>INTRODUCTION</b>	<p>Obstetrics and gynecology are medical specialties that focus on two different aspects of the female reproductive system. Obstetrics deals with the care of the pregnant women, the unborn baby, labor and delivery and the immediate period following childbirth. The obstetrician ensures that mother and child get the best prenatal care to ensure labor and delivery is accomplished without complications and that should intervention be needed, it is done quickly and safely.</p> <p>Gynecology deals with any ailment concerning the reproductive organs; uterus, fallopian tubes, cervix, ovaries and vagina. A gynecologist may also treat related problems in the bowel, bladder and urinary system since these are closely related to female reproductive organs.</p>
<b>RATIONALE</b>	<p>For doctors to provide effective health care to the female community and the neonate, it is imperative that learners be given adequate opportunities in managing relevant common conditions so that they are productive as house officers and as primary care physicians. No MBBS program can be complete without satisfactorily gaining competence in the management of women and child health issues.</p>
<b>OUTCOMES</b>	<p>By the end of the final year MBBS, students will be able to</p> <ul style="list-style-type: none"><li>• Demonstrate competence in basic clinical skills which they can utilize as doctors to improve the quality of health care delivery to women and the newborns</li></ul>

## JINNAH SINDH MEDICAL UNIVERSITY

	<ul style="list-style-type: none"><li>• Demonstrate clinical reasoning in decision making</li><li>• Justify management plans for common conditions in Emergency, in- and out-patient situations related to Obstetrics &amp; Gynecology</li><li>• Appropriately and promptly refer patients to specialists</li><li>• Consistently demonstrate professional &amp; ethical behavior along with communication skills with all stakeholders</li></ul>
<b>COURSE OBJECTIVES</b>	By the end of the course of Obstetrics & Gynaecology, final year MBBS students will be able to:
<b><u>LECTURES</u></b> <b>OBSTETRICS</b>	<p><b>1. Multiple pregnancies</b></p> <ul style="list-style-type: none"><li>• describe the types, risk factors, pathophysiology and complication of multiple pregnancies</li><li>• differentiate between monochorionic and dichorionic pregnancies</li><li>• summarize the management plan</li><li>• describe the steps of counseling the patient about multiple pregnancy and care</li></ul> <p><b>2. Medical disorders in pregnancy</b></p> <ul style="list-style-type: none"><li>• Describe the clinical features and management plan for Pregnancy Induced Hypertension, pre-eclampsia and eclampsia</li><li>• Outline the pathophysiology &amp; management of gestational diabetes</li><li>• Describe the sign and symptoms of thyroid diseases in pregnancy and complications</li><li>• describe the clinical features and outline of management for cardiac disorders of pregnancy (Heart failure, Ischemic heart disease, Rheumatic fever and Mitral valve disease)</li></ul>

- summarize the plan of management of asthma in pregnancy
- Describe the clinical features and outline of management for Viral Hepatitis in pregnancy and obstetric cholestasis

**3. Fetal growth restrictions**

- Define the terms FGR, SGA, low birth weight, and very low birth weight infant
- Discuss the principles of Doppler Ultrasound for FGR

**4. Standard precautions for prevention of peri-natal infections**

- Discuss the standard precautions for prevention of these infections

**5. Peri-natal Infections in Pregnancy**

- Discuss the prevention, transmission, investigation, diagnosis, complications, management and prognosis of the following infections in pregnancy:
  - i. Chicken pox
  - ii. Chlamydia
  - iii. Cytomegalovirus
  - iv. Gonorrhoea
  - v. Group B streptococcus
  - vi. Hepatitis B, C
  - vii. Herpes
  - viii. HIV
  - ix. Malaria
  - x. Parvo virus
  - xi. Rubella
  - xii. Syphilis

xiii. Toxoplasmosis

**6. Post-partum hemorrhage**

- Define PPH
- Discuss the causes, risk factors, pathophysiology, clinical presentations, investigations and complications of PPH
- Discuss management of PPH using the Bundle approach

**7. Obstetrics emergencies**

- Diagnose the sign and symptoms of common obstetric emergencies
- Outline management plan for these
  - i. Shoulder dystocia
  - ii. Uterine rupture & inversion
  - iii. Cord prolapse
- **Antepartum hemorrhage (Abruptio placenta & Placenta Previa)**
- Describe signs and symptoms of APH
- Explain the outline of a management plan

**8. Preterm labor**

- Discuss the causes of preterm labor & Pre term, pre-labor rupture of membranes
- Explain the Management of preterm labor

**9. Prolonged & obstructed labor**

- Define Prolonged labour & obstructed labour
- Explain the causes and complications of prolonged and obstructed labour

- Explain the outline of a management plan of obstructed labor

**10. Breech presentation**

- Describe the causes of breech presentation
- List the complication of breech presentation

**11. C- section**

- List the indication of C- section
- Discuss steps, types and complications of C-section

**12. Fetal surveillance**

- Describe the tests of uncomplicated fetal surveillance

**13. Post-term pregnancy**

- Define Post term pregnancy
- Discuss the pathophysiology
- List the complications of post-term pregnancy

**14. Rh ISO immunization**

- Describe the pathophysiology, complications and management of Rh ISO immunization

**15. Amniotic fluids and their abnormalities**

- Define the terms related to amniotic fluid abnormalities (Polyhydramnios, Oligohydramnios & AFI (Amniotic Fluid Index))
- Describe the causes and clinical conditions associated with amniotic fluid
- Discuss the management and complications of amniotic fluid abnormalities

	<p><b>16. Post-partal Maternal Neonatal and Child Health (MNCH)</b></p> <ul style="list-style-type: none"> <li>• Define the terminologies (Neonatal care Kangaroo mother care, Essential newborn care and breast feeding, Post-pregnancy family planning (PPFP) and nutritional counseling, Importance of neonatal cord care and feeding practices)</li> <li>• Discuss the significance of PPFP and breast feeding</li> <li>• Describe the importance of cord-care &amp; neonatal care</li> <li>• Describe the steps of essential new born care and helping babies breathe (HBB)</li> </ul> <p><b>17. Urinary incontinence</b></p> <ul style="list-style-type: none"> <li>• Signs and symptoms of urinary incontinence</li> <li>• Different conditions causing urinary incontinence</li> </ul>
<p><b><u>LECTURES</u></b></p> <p><b>GYNAECOLOGY</b></p>	<p><b>1. Adenomyosis &amp; Endometriosis</b></p> <ul style="list-style-type: none"> <li>• Describe symptoms, signs, diagnosis investigations, treatment plan and prevention</li> </ul> <p><b>2. Endometrial hyperplasia &amp; carcinoma</b></p> <ul style="list-style-type: none"> <li>• Describe symptoms, signs, diagnosis investigations, treatment plan and prevention</li> <li>• Discuss the screening for Endometrial hyperplasia &amp; carcinoma</li> </ul> <p><b>3. Abnormal Uterine Bleeding using PALM COEIN Approach</b></p> <ul style="list-style-type: none"> <li>• Define Abnormal Uterine Bleeding</li> <li>• Discuss the Differential diagnosis &amp; management of AUB</li> </ul> <p><b>4. Malignant ovarian tumors</b></p> <ul style="list-style-type: none"> <li>• Describe symptoms, signs, investigations, and treatment options</li> <li>• Discuss the screening prevention &amp; management of ovarian</li> </ul>

	<p>tumors</p> <p><b>5. CIN &amp; Carcinoma Cervix</b></p> <ul style="list-style-type: none"> <li>Describe symptoms, signs, investigations, and treatment options</li> <li>Discuss the screening prevention &amp; management of CIN &amp; Ca cervix</li> </ul> <p><b>6. Benign &amp; malignant vulval &amp; vaginal disorders</b></p> <ul style="list-style-type: none"> <li>Describe symptoms, signs, investigations, and treatment options</li> <li>Discuss the screening prevention &amp; management of Benign &amp; malignant vulval &amp; vaginal disorders</li> </ul> <p><b>7. UTI in Gynecology</b></p> <ul style="list-style-type: none"> <li>Discuss the diagnostic criteria of UTI in pregnant women</li> <li>Discuss the principles for their effective investigation and treatment</li> </ul> <p><b>8. Pelvic Inflammatory Disease</b></p> <ul style="list-style-type: none"> <li>Describe clinical features, risk factors, investigations, differential diagnosis, treatment plan and prevention</li> </ul>
<p><b>CLINICAL SKILLS</b> <b>(performing under direct supervision- In skills lab and/ or during ward rotations)</b></p>	<ul style="list-style-type: none"> <li>Abdominal Examination of an expectant mother (including formal-positions and mal presentations)</li> <li>Breast examination</li> <li>Contraceptive equipment</li> <li>Dilatation and Curettage (DnC)</li> <li>Foleys catheterization</li> <li>Forceps &amp; vacuum delivery</li> <li>High vaginal swab</li> <li>I/V &amp; I/M injection</li> <li>Instruments of Lower Section Cesarean Section (LSCS)</li> <li>Interpretation of normal &amp; abnormal Cardiotocography (CTG)</li> </ul>

## JINNAH SINDH MEDICAL UNIVERSITY

	<ul style="list-style-type: none"> <li>• Interpretation of normal and abnormal partogram</li> <li>• Manual vacuum aspiration MVA (assembly, Disassembly, indications, uses)</li> <li>• Per abdominal obstetric &amp; gynecological exam</li> <li>• Technique of taking Pap smear</li> </ul>
<b>CLINICAL SKILLS (Observation)</b>	<ul style="list-style-type: none"> <li>• Breech vaginal delivery</li> <li>• Episiotomy</li> <li>• LCSC</li> <li>• Normal labor &amp; abnormal labor</li> <li>• Perineal tears</li> <li>• Vaginal delivery</li> </ul>
<b>PROFESSIONAL BEHAVIOR</b>	<ul style="list-style-type: none"> <li>• Break bad news to simulated patients by following the prescribed protocols</li> <li>• Communicate clearly with patients / their families and avoid the use of medical jargon while communicating</li> <li>• Communicate with professionally and with respect with patients, their attendants, health care team members, senior physicians and peers</li> <li>• Consistently demonstrate care for the betterment of the patients</li> <li>• Counsel mother for breastfeeding</li> <li>• Counsel the patient regarding reproductive health, with emphasis on Post pregnancy family planning and nutritional counseling</li> <li>• Demonstrate care, empathy and principles of ethical and professional practice in all the therapeutic procedures while taking care of patient safety issues</li> <li>• Demonstrate proactive behavior in fulfilling their responsibilities</li> <li>• Demonstrate punctuality and regularity in all academic</li> </ul>



## JINNAH SINDH MEDICAL UNIVERSITY

	<p>sessions</p> <ul style="list-style-type: none"> <li>• Demonstrate respect, empathy and care while dealing with patients</li> <li>• Effectively counsel patients regarding options for relevant therapeutic procedures</li> <li>• Follow institutional policies</li> <li>• Maintain personal hygiene at all times, especially after being in contact with patients</li> <li>• Observe the process of Breaking bad news to real patients</li> <li>• Perform duties honestly and to the best of their abilities</li> <li>• Present case summary/history in a logical and organized manner</li> <li>• Safeguard themselves from potential harm by adhering to prescribed protocols</li> <li>• Take consent appropriately before all procedures and processes</li> <li>• Work effectively as a productive member of the health care team</li> </ul>
<b>INTERNAL ASSESSMENT</b>	<ul style="list-style-type: none"> <li>• Internal assessment will be according to JSMU policy. The details of internal assessment will be determined by the respective institutions.</li> <li>• Internal assessment carries 20% weightage in the final, end-of-year examination</li> </ul>
<b>ANNUAL EXAMINATION</b>	<p>The Theory exam comprises of MCQS in two separate exams; one on topics from Obstetrics and the other from those on Gynecology. Also, there will be OSCE having stations from Obstetrics &amp; Gynaecology.</p> <p>Clinical Topics and skills related to Obstetrics &amp; Gynecology, taught in previous years, will be assessed in Final year MBBS professional</p>

## **JINNAH SINDH MEDICAL UNIVERSITY**

	examination (theory and OSCE) as well.
--	--

	Students are strongly advised to thoroughly read the policy on Academic Progression in Undergraduate Programs present on JSU website.
--	---