Prenatal/Women’s Health Rotation

Course Title: Women’s Health Rotation

Course Description and goals:
This is a 4-week rotation designed to educate the student about the diagnosis, management and treatment of common acute, chronic, routine and preventative medical issues encountered in a gynecology and obstetrics practice. At the conclusion of this rotation the physician assistant student will be able to gather pertinent historical and physical data, obtain indicated laboratory studies, assess the results, formulate a differential diagnosis and management plan and assist in the implementation of the appropriate therapy to the patient who presents to the obstetric/gynecology clinic. Students involved in a prenatal/gynecology rotation, or who see patients with prenatal/gynecology needs in the family practice setting, will likely not be able to accomplish all objectives listed below in the clinical realm and 4 week time frame. However, they are expected to be knowledgeable of the diagnostic entities outlined below in terms of clinical presentation, diagnostic work-up, and management. Students are also responsible for the information on the PANCE blueprint (http://www.nccpa.net/ExamsContentBlueprint.aspx). As a reminder, students will be tested formally on information they are expected to see clinically or review didactically through specialty examinations.

Methods of Evaluation (preceptor evaluation, Typhon, self evaluation, specialty exam score, competency tests, site visit, other)

I. Medical Knowledge
Upon completion of the rotation, the student will demonstrate the ability to evaluate, manage, and educate patients and their families on the following acute, chronic, routine and preventative conditions encountered in the Prenatal and Women’s Health setting:

Women’s Health Objectives:
Upon completion of the rotation, the student will:

Reproductive tract infections and diseases

1. Discuss the common presentations, cause, diagnosis and treatment of the following:

- Chlamydia
- Acute and Chronic PID
- Cysts
- Genital Herpes
- Dysplasia
- Polycystic Ovary Disease
- Trichomoniasis
- Metritis
- Chancroid
- HPV
- Gonorrhea
- Leiomyoma
- Endometriosis
- Cervicitis
- Bacterial Vaginosis
- Syphilis
- Candidiasis
- Lichen Sclerosis

Menstruation
1. Identify reproductive anatomy and describe basic reproductive physiology.
2. Describe the normal physiology of ovulation and the menstrual cycle.
3. Discuss the presentation, evaluation, and management of the following:
   • Menorrhagia  • Metrorrhagia  • Anovulation
   • Menorrhea   • Oligomenorrhea  • Dysmenorrhea
   • Amenorrhea (primary and secondary)
3. Discuss the presentation, evaluation and management of premenstrual syndrome.

Menopause

1. Discuss the symptoms and clinical evaluation of menopause.
2. Describe non-hormonal treatments for symptoms of menopause.
3. Outline the risks, benefits and indications/contraindications for hormone replacement therapy.
4. Summarize the diagnosis, risk factors, classifications and treatment options for osteoporosis.
5. Identify the presentation, evaluation and management of post-menopausal bleeding.

Contraception

1. Explain to patients about various methods of contraception including protection rates, complications, and side effects of the following:
   • Oral contraceptive pills  • Contraceptive ring and patch
   • Condoms   • Spermicides
   • IUD   • Cervical cap
   • Diaphragm   • Depo-Provera injections
2. Educate patients regarding potentially permanent methods of contraception including vasectomy and tubal ligation.
3. Discuss emergency methods of contraception.
4. Discuss natural family planning.
5. Educate patients regarding risk factors, protection and testing for HIV/AIDS.

Infertility

1. Discuss the evaluation and treatment options for female infertility and summarize indications for referral.

Psychosocial issues
1. Recognize the signs and apply the appropriate intervention for domestic violence, sexual abuse, substance abuse, and eating disorders.

Breast Conditions

1. Identify the presentation, diagnosis and treatment of:
   • Breast masses
   • Mastitis
   • Galactorrhea
   • Fibrocystic breast disease
   • Fibroadenomas
2. Explain to patients and demonstrate proper technique for breast self-examinations.
3. Describe risk factors, screening and prevention recommendations, including mammography and self-examination, and treatment options for breast cancer.

Uterine/Ovarian Conditions

1. Discuss presentation, risk factors, diagnosis and management options for cervical, ovarian, uterine and endometrial cancers.
2. Identify the presentation, evaluation and management for ovarian cysts and tumors, cervical tumors, uterine fibroids and endometrial polyps.
3. Describe the indications for endometrial biopsy, colposcopy and ultrasound, and interpret the results.
4. Discuss the presentation, evaluation and management of cystocoele, rectocoele and uterine prolapse.

Prenatal and Obstetrics Objectives:
Upon completion of the rotation, the student will:

Prenatal Visits and Care

1. Outline a program of prenatal care to include nutritional advice, folic acid supplementation, as well as avoidance of alcohol, tobacco, and illicit drug use.
2. Identify the schedules and indications for the following tests:
   • Alpha-fetoprotein screening
   • Glucose tolerance test
   • Amniocentesis
   • Rh factor
   • Group B strep test
   • Chorionic Villus Sampling
3. Define Braxton-Hicks contractions.
4. Recognize the presentation, evaluation and management of the following common prenatal complaints:
• Breast tenderness  • Hemorrhoids
• Edema  • Mood changes
• Hyperemesis gravida  • Vaginal discharge
• Round ligament pain  • Stress incontinence

5. Identify which drugs are safe to use in pregnancy and breastfeeding vs. those that are not safe.
6. Determine the gestational age and track fetal growth according to weeks of gestation with various methods, including fundal height.

Labor and Delivery

1. Outline the course of an uncomplicated delivery.
2. Discuss the stages of labor including effacement and station.
3. Recognize and manage false labor.
4. Discuss the process of fetal monitoring during labor.
5. Explain options for pain management during labor and pros and cons of each.
6. Describe the indications for C-section.
7. Discuss the indications for episiotomy.
8. Summarize prenatal care of the newborn, including APGAR scoring and interpretation.

Complications and Abnormal Pregnancies

1. Discuss the presentation, risk factors, evaluation, and management of abnormal pregnancies including:
   • Threatened abortion  • Ectopic pregnancy
   • Incomplete abortion  • Multiple gestations
   • Missed abortion  • Agenesis
   • Complete abortion  • Hydatidiform mole
   • Inevitable abortion  • Incompetent cervix

2. Discuss the presentation, evaluation, and management of complications during pregnancy including:
   • Abruptio placenta  • Premature labor
   • Placenta previa  • HELLP syndrome
   • Preeclampsia/eclampsia  • Fetal distress
   • Third trimester bleeding  • Prolapsed umbilical cord
   • New onset hypertension  • Multiple gestation
   • Gestational diabetes  • Postpartum hemorrhage
   • Premature rupture of the membranes  • Rh incompatibility
   • Shoulder dystocia  • Fetal macrosomia
Postnatal Care

1. Discuss postnatal assessment for vaginal discharge and hemorrhoids.
2. Describe presentation, evaluation and treatment of postpartum depression.
3. Give proper postnatal contraceptive advice and lactation counseling.

II. Patient Care
Students are expected to gather and document essential and accurate information about their patients, make informed decisions about diagnostic and therapeutic interventions based on patient information and preferences, up-to-date scientific evidence and clinical judgment, and develop and carry out management plans. Prior to completion of the Women’s Health rotation, the student should:

1. Obtain an age-appropriate medical history.
2. Perform an appropriate physical exam.
3. Perform vaginal speculum and bimanual exam.
4. Perform a breast examination.
5. Perform and interpret Doppler fetal heart rate monitoring.
6. Observe and assist in colposcopy.
7. Observe and assist in endometrial biopsy.
8. Observe and assist in cryosurgery.
9. Order and interpret ultrasound diagnostic tests.
10. Order and interpret the following laboratory tests:
    • Alpha-fetoprotein screening • Pregnancy tests
    • Saline wet mount • Hepatitis B titers
    • KOH wet prep • Pap Smear
    • Rubella antibody titers • STD testing
    • Serologic tests for syphilis • Rh factors
    • FSH/LH levels • Blood typing
11. Perform a routine prenatal exam including weight check, routine UA, fetal Doppler monitoring, measurement of fundal height, appropriate screens at appropriate times.
12. Observe and assist in normal vaginal delivery.
13. Observe and assist in C-section delivery.
14. Obtain vaginal cultures.
15. Insert and remove an IUD.

III. Interpersonal & Communication Skills
Students are expected to communicate information respectfully, efficiently and effectively in verbal, nonverbal and written exchange. During the rotation, the student must:

1. Present an oral presentation to the preceptor, which includes pertinent clinical information about the patient.
3. Effectively communicate appropriate information with patients, patients’ families, physicians, professional associates, and other members of the health care team.

IV. Professionalism

Students are expected to demonstrate professionalism at all times during their Prenatal/Women’s Health rotation. During the rotation, the student must:

1. Deliver care to patients of all cultures, ages, genders and disabilities with respect and compassion.
2. Demonstrate a professional and respectful attitude with patients and all members of the health care team.
3. Arrive at the clinical rotation on time and adhere to attendance policies.
4. Demonstrate accountability to the health needs of patients and always act in the best interest of patients.

V. Practice-Based Learning & Improvement

Practice-based learning and improvement includes the processes through which clinicians engage in critical analysis of their own practice experience, medical literature and other information resources for the purpose of self-improvement. During the Prenatal/Women’s Health rotation, students are expected to:

1. Describe the principles of evidence-based medicine as they pertain to acute, chronic, routine and preventative practice.
2. Locate, interpret and evaluate medical literature which pertains to the current standards of clinical practice for medical conditions encountered in the Prenatal/Women’s Health setting.

Suggested Reading List

Online texts can be accessed through the following websites:

2. www.uptodate.com
3. www.mdconsult.com
4. www.pubmed.com
5. www.dynamed.com
6. www.emedicine.com

VI. System-Based Practice

Students must be aware of the societal and economic environments in which health care is delivered. During the Prenatal/Women’s Health rotation, the student must:
1. Promote a safe environment for patient care.
2. Promote cost-effective health care without sacrificing the quality of patient care.
3. Describe the systems in which patient care is funded at a private, state and federal level.