WAH MEDICAL COLLEGE

2023-2027



Department of Medical Education

STUDY GUIDE
5th YEAR MBBS
Gynecology

2023-2027

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VISION

National University of Medical Sciences envisions a world with a better quality of life for all by enhancing our contribution to healthcare, education, innovation, and research.

MISSION

To produce competent medical professional graduates equipped with sound knowledge & research capabilities based on scientific principles, imbued with ethics and moral values, primed to serve the community through the profession and pursue research & advanced training in any branch of medicine".

1. Outcomes of WMC MBBS Program

At the end of our five-year MBBS program, the graduates should be able to:
1. Independently manage common, non-critical clinical problems.
2. Assist in the management of critically ill patients & demonstrate competency in life-saving procedures.
3. Exhibit the attributes of an ethical professional.
4. Conduct research which brings relevance to health care practices.
5. Act as an efficient community health promoter.
6. Exhibit scientific knowledge in all professional activities.
7. Demonstrate clear and efficient written &verbal communication skills.
8. Exhibit the habits of a lifelong learner.

2. Introduction to the Study Guide

Dear Students,

The subject experts at Wah Medical College developed this study guide to support your learning during the clerkship block.

The guide aims to:

- Inform you about the organization of the learning programs, which includes the right contacts for support.
- Help you organize and manage your studies throughout the clerkship block.
- Define the expected outcomes to be achieved by the end of the clerkship block.
- Guide you on assessment methods, rules, and regulations.
- Identify the learning strategies that will be employed to achieve these outcomes and provide a list of recommended learning resources (books, journals) to maximize your learning.

Please note that:

A clerkship is a period of practical, supervised clinical training that medical students undergo, often specializing in a particular medical discipline (like internal medicine, pediatrics, or surgery). These training periods are scheduled consecutively in distinct time segments, and each segment is referred to as a clinical rotation.

There are eight rotations in total in the academic year, divided into two clerkship blocks. (Each having four clinical rotations). Students are divided into eight batches, and they undergo clerkships in rotations in specified disciplines as mentioned in the "Clerkship rotation schedule".

I. Commonly used abbreviations & Logos in the study guide

Learning Outcomes:

Learning outcomes are statements that define the expected goal of your course, lesson, or activity in terms of demonstrable skills or knowledge that will be acquired by you because of instruction. In simple words, these are the things that you must be able to tell or do with the required attitude after learning a particular topic.

1. Educational Strategies:

These are the methodologies through which you will be taught by your instructors.

Abbreviation	Logos
CBL: Case based learning.	
Demonstrations	
SGD: Small group discussions	
BST: Bedside Teaching	
Skill Lab	
Clinical Teaching (OPD/ OT/ IPD	

Small Group Discussion

This format helps students to clarify concepts, acquired skills or attitudes. Sessions are structured with the help of specific exercises such as patient cases, interviews, or discussion topics. Students exchange opinions and apply knowledge gained from lectures, tutorials, and self-study. The facilitator's role is to ask probing questions, summarize, or rephrase to help clarify concepts.

Case-Based Learning

This is a small group discussion format where learning is focused around a series of questions based on a clinical scenario. Specifically designed case scenarios and the learning outcomes to be achieved are shared with the student before the session. Students prepare for the CBL and during class they discuss and answer the questions applying relevant knowledge gained in clinical and basic health sciences during the block. Faculty members are present as a guide and an assessor.

Self-Directed Study

Students assume responsibilities of their own learning through individual study, sharing and discussing with peers, seeking information from the Learning Resource Center, teachers, and resource persons within and outside the college. Students can utilize the time within the college schedule hours for self-study.

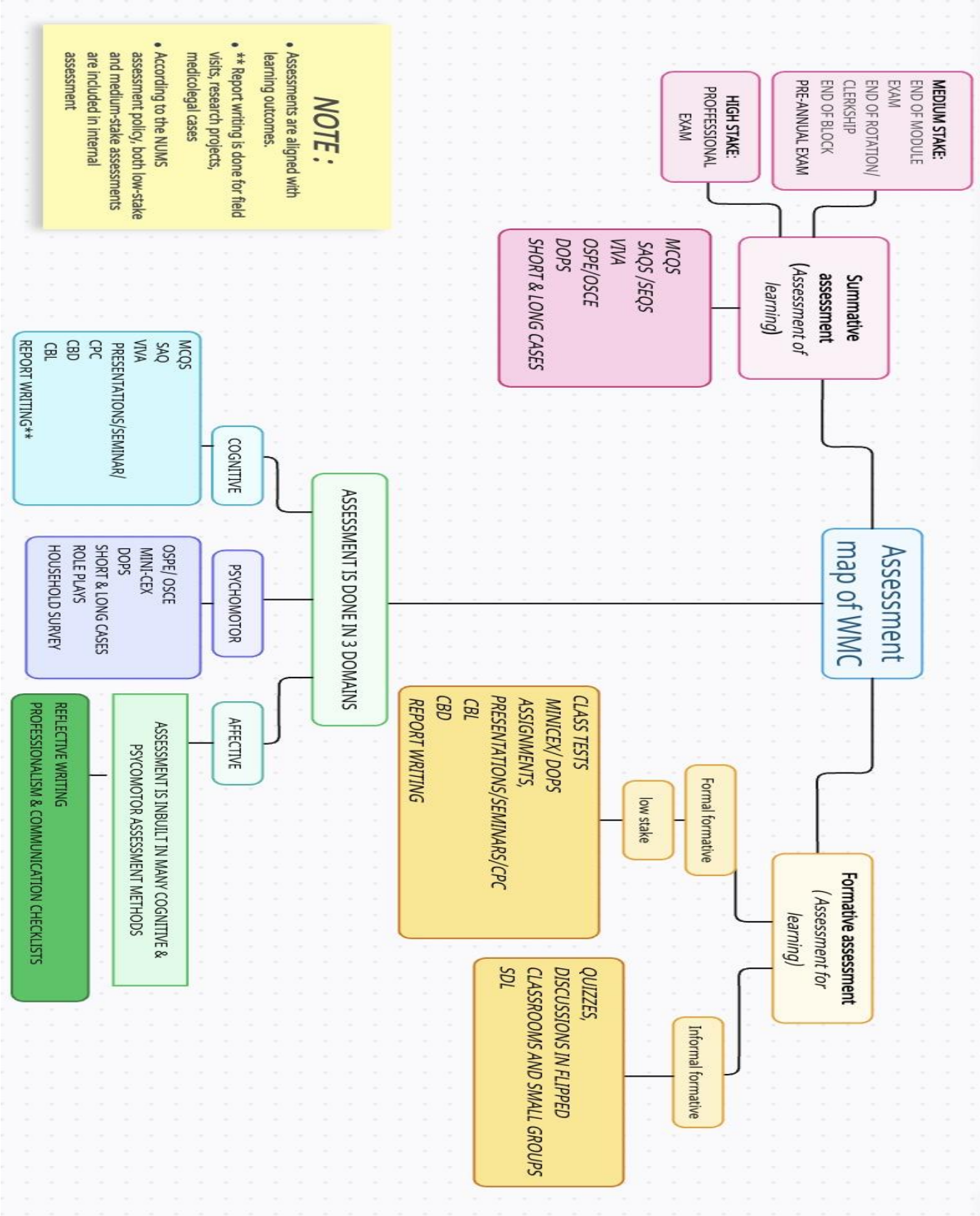
Bedside teaching/ Ward rounds

Students learn clinical case scenarios/ patient examination firsthand at the patient's bedside with the help of the instructor in case of online teaching, the same cases will be shown to you online with the help of videos and live clinical teaching.

OPD cases: This clinical teaching is based on outpatient profiles based on the models of basic and community-based care. Outpatient clinics offer more diverse and effective educational opportunities as it gives students the chance to encounter a wide range of pathologies in several evolutionary phases enhancing the clinical reasoning ability, communication skills and medical-patient relationship.

Observation of clinical procedures in OT, Minor OT

3. Assessment Map & Strategies



Internal Assessment.

During the clerkships the students will be continually formatively assessed as explained in the logbooks. The weightage of internal assessment will be 10-20% in final professional MBBS Examination (as per decision of NUMS). There will be one EOC and one pre-annual examination. There will also be end of rotation exams at the end of clinical rotation in different units. The scores of the end of each clerkship assessment, clinical rotation assessment and pre-annual examination will be used for calculation of the internal assessment. It is mandatory for MBBS students to appear and pass the pre-annual exam with at least 33% marks in each subject as per PMC rules, failing which student is not eligible to appear in the university exam.

i. Annual Professional Examination.

The University will take the final professional Examination as per PMC guidelines at the end of the academic year. Annual Theory & Practical Examination will be of 600 marks each in Surgery and allied & Medicine & allied. Annual Exam for Paediatrics & Gynecology and Obstetrics will be of 200 marks each. The pass score will be 50% in theory and practical separately.

4. Clerkship Module Committee

Chairperson	Prof. Dr. Musarat Ramzan	
Coordinators	Medicine:	Prof. Dr. Muzamil Jamil
	Surgery:	Brig (R)Prof. Dr. M. Pervez
	Gynecology:	Dr. Shabana Kalsoom
	Pediatrics:	Prof. Dr. Sohail Ashraf
Study guide Developed By	Department of Medical Education Wah Medical College under the Supervision of **Dr. Memoona Mansoor**	

5. Structured Summary Gynecology

Name	Clerkship module
Duration	5+1 Week
Prerequisite	4th-year MBBs
Gynecology	1. Orientation, OBGYN history & examination 2. Specific antenatal complications 3. Medical problems in pregnancy 4. Menstrual problems & genital tract infections 5. Common OBGYN emergencies 6. Benign & malignant diseases of genital tract

6. Course content

Gynecology

Subject Learning Outcomes:

By the end of the final-year programme student in OBGYN would be able to:

1. Triage and refer women to the appropriate facility of care.
2. Conservatively manage common illnesses.
3. Assist in management of critical cases.
4. Counsel patients and their attendants regarding management options and preventive measures.

By the end of the clerkship in Obstetrics & Gynaecology, a final year student should be able to:

1. Perform risk assessment to triage /refer women with OBGYN problems to the appropriate facility of care.
2. Perform routine examination of women with obstetric and gynaecological problems/conditions.
3. Perform essential obstetric & gynaecological procedural skills on model /manikin to show concept.
4. Suggest preventive measures/management plan for common obstetric & gynaecological problems after making differential/provisional diagnosis.
5. Assist in managing critical obstetric and gynaecological cases as a member of health care team.
6. Practice evidence–based medicine & exhibit readiness to search for the latest solutions & guidelines.
7. Demonstrate effective communication skills, professional conduct and respect for women autonomy.
8. Demonstrate ethical, social & diverse perspectives to provide competent health care.

First Week.

No	Topic	Educational Strategy	Instructor	Importance (Must Know Should Know Could Know
Day 1	Students Orientation Patient safety + Ethical Issues in Obstetrics	SGD	Dr. Shabana Kalsoom (Assoc Prof)	**Must know**
Activities • Orientation about WARDS, OPD, LR& OT Dress code & OT dress Maternity duty WhatsApp study group Log books, maternity &history copy • Learn Infection control, Patient safety & Self-safety measures in OPD, Ward, OT, LR rotation • Learn ethical issues related to history taking, informed consent and patient confidentiality				
Obstetrical History		SGD	Dr. Shabana Kalsoom / SR	**Must know**
Learning Outcome ● Learn basic principles of consent taking, ethics & obstetric history. ● Elicit current obstetric, detailed past obstetric, menstrual, medical, surgical, relevant family & personal history ● Formulate differential & provisional diagnosis				
Obesity in pregnancy Effects of smoking, drugs and alcohol misuse in pregnancy		SGD	SR	**Must Know**
Learning Outcome ● Appraise antenatal, intrapartum, postpartum complications of obesity ● Understand the fetomaternal complications of smoking, alcohol and drug misuse in pregnancy				
Role of ultrasound in Obstetrics (Practical)		Clinical teaching SGD	Radiologist Dr. Shabana Kalsoom/SR	**Must know**
Learning Outcome ● Appraise the use of USG in pregnancy to confirm gestational age, to detect fetal structural anomalies and to monitor fetal growth				
Prenatal genetic diagnosis counselling of women about down syndrome and thalassemia screening		SGD	Dr. Shabana Kalsoom/SR	**Must know**

Learning Outcome ● Learn various invasive and noninvasive tests used for prenatal genetic diagnosis, their risks and benefits ● Counsel a woman about various screening and diagnostic tests for down syndrome ● Counsel a woman with fetal anomaly				
Day 2	Antenatal Care Routine antenatal care & in high-risk women	SGD	Lt Col Zaib un Nisa	**Must know**
Learning Outcome ● Discuss the purpose of antenatal care and plan a schedule of antenatal visits for a pregnant woman ● Understand the purpose and plan of antenatal screening tests & booking investigations ● Manage minor ailments of pregnancy ● Explain the purpose and goals of routine antenatal care. ● Criteria for classifying women as low-risk vs. high-risk. ● Common risk factors (maternal age, medical disorders, obstetric history, social factors).				
Risk assessment using antenatal card & interpretation of antenatal INV		SGD	Lt Col Zaib un Nisa /SR	**Must Know**
Learning Outcome ● Perform antenatal risk assessment using antenatal card. ● Appraise the importance of booking investigations				
Postnatal care Puerperium and its complications		SGD	Dr. Sidra Khan	**Should know**
Learning Outcome ● Describe the physiological changes that occur in the normal puerperium ● Discuss common disorders of puerperium & their management i.e., secondary postpartum hemorrhage, puerperal sepsis/pyrexia, obstetric palsy etc. ● Recognize & manage common postpartum psychiatric problems ● Counsel woman about postnatal care and benefits of breastfeeding				
Day 3	Normal labour pain relief in labour	SGD	Prof Kinza Alam	**Must know**
Learning Outcome ● Appraise the stages of normal labour and their management ● Critically appraise various methods of pain relief in labor ● Describe techniques, indications contraindications & side effects of epidural and spinal anesthesia				
Anatomy &diameters of fetal		SGD	Prof Kinza Alam/	**Must**

skull and maternal pelvis Demonstrate mechanism of labour (dummy pelvis)		Dr Irum (Assist Prof)	**Know**
Learning Outcome • Demonstrate normal maternal pelvic inlet, cavity and outlet diameters on model and appraise different shapes of maternal pelvis & their significance in labor • Demonstrate fetal vault fontanelles & sutures on fetal skull and different presenting diameters in labor & their relevance to normal & abnormal labor (model)			
Assessment of fetal wellbeing by CTG & BPP	SGD	Dr Irum	**Must Know**
Learning Outcome • Appraise the importance of CTG and biophysical profile in assessment of fetal well-being and interpret normal and abnormal CTG and biophysical profile scoring			
Demo plotting of partograph (case discussion: normal labour) **CTG (Normal & abnormal)** **Biophysical profile**	SGD (case discussion)	Prof Kinza Alam/Dr Irum Mushtaq	**Must know**
Learning Outcome • Practice plotting of partograph and discussion of patient in normal labour • Observe/assist in abdominal USG (BPP) • Perform & interpret CTG under direct supervision.			
Day 4	Abnormal labour Dysfunctional labour Malposition (OT & OP)	SGD(Theme)	Prof Mehreen Mehdi (HOD)	**Should Know**
Learning Outcome • Identify contributors to poor progress in first stage of labor & appraise their management • Identify contributors to poor progress in second stage of labor & appraise their management • Appraise clinical presentation and risks associated with obstructed labour and its management • Recognize fetal malposition in labor & suggest management • Demonstrate assisted breech delivery on dummy • Demonstrate difference between malposition & malpresentation (transverse lie and compound presentation)				
Interpretation of partogram of abnormal labour	SGD (case discussion)	Dr. Mehreen / SR	**Must know**
Learning Outcome • Identify abnormal labor on partogram			

• Identify contributors to poor progress in first and second stage of labor & appraise their management			
Demo of instruments used in normal and operative vaginal delivery (delivery set, forceps /vacuum)	SGD	Dr. Mehreen / SR	**should know**
Learning Outcome • Discuss vacuum versus forceps delivery (choice of instrument, indications, prerequisites, fetal & maternal complications) • Decide choice of instrument for application acc to the scenario			
Case discussion Prolonged pregnancy Induction of labour	SGD (case scenario-based discussion)	Dr. Mehreen / SR	**Must Know**
Learning Outcome • Discuss management & potential complications associated with post term pregnancy • Counsel woman with Post term pregnancy about induction of labour			
Day 5 Obstetrical haemorrhage Postpartum haemorrhage (PPH)	SGD (theme)	Dr. Khairun Nisa	**Should Know**
Learning Outcome • Explain the general principles of management of obstetric shock • Identify the risk factors for PPH in an antenatal woman • Enlist the common causes of PPH • Formulate a stepwise plan for the management of PPH Summarize the complications of PPH			
Demonstration Bimanual uterine compression Uterine massage Uterine packing	SGD	Dr. Khairun Nisa /SR	**Should Know**
Learning Outcome Perform Bimanual uterine compression, uterine massage & uterine packing on model			
Preterm labour, preterm prelabour rupture of membrane	SGD	Dr Khairun Nisa / SR	**Must know**
Learning Outcome • Differentiate between threatened preterm labor, PTL&PPROM • Appraise the principles of diagnosis, management & potential complications associated with PTL&PPROM • Appraise perinatal infections and their management causing preterm labour			
Skill lab (Practical) Practice Obstetric abdominal	Practical	SR	**Must know**

examination on manikin Mechanism of normal delivery on manikin Dummy demonstration, delivery of placenta, episiotomy and perineal tears				
Learning Outcome • Perform obstetrical examination after introduction, consent taking, keeping in view the privacy of patient and perform Leopold's maneuver correctly • Learn the mechanism of normal delivery and aseptic measures during normal delivery				
• **Physiological changes in pregnancy** • **smoking, alcohol and drug abuse in pregnancy Drug safety in pregnancy, Pre-pregnancy care** • **Perinatal infections causing congenital abnormalities (rubella, Toxoplasmosis, Syphilis, CMV, Chicken pox) HIV in pregnancy**				**Assignments**
Learning Outcome • Discuss physiological changes in pregnancy • Describe the complications associated with smoking and drug abuse • Formulate a pre pregnancy care plan for high risk women • Enlist the drugs that are not safe in pregnancy • Discuss congenital abnormalities associated with TORCH infections • Formulate a management plan for patient with chicken pox and HIV in pregnancy				
Second Week				
Day 7	Review of development & anatomy of female genital tract (by anatomy deptt)	SGD (theme)	Lt Col Zaib un Nisa	**Should know**
Learning Outcome • Discuss relevant embryonic development, sexual differentiation & anatomy of female reproductive & urinary tract. • Appraise the malformations of uterus and vagina, their investigations, complications & treatment.				
History taking (Gynaecology)		SGD	Lt Col Zaib un Nisa /SR	**Must know**
Learning Outcome • Learn basic principles of consent taking before obtaining gynecological history. • Elicit targeted gynecological, menstrual, medical, surgical, family & personal history.				

Structural problems of pelvic organs		SGD	Lt Col Zaib un Nisa /SR	**Should know**
Learning Outcome ● Discuss relevant embryonic development, sexual differentiation & anatomy of female reproductive & urinary tract. ● Appraise the malformations of uterus and vagina, their investigations, complications & treatment.				
Puberty (normal precocious and delayed)		SGD	Lt Col Zaib un Nisa /SR	**Must know**
Learning Outcome ● Appraise the changes & their sequence of appearance at puberty ● Describe causes and management of disorders of puberty like precocious and delayed puberty. ● Discuss the causes, clinical presentation and management of disorders of sexual differentiation (DSD)				
Day 8	Review Hormonal control of menstrual cycle and interpret graph of hormonal changes, Heavy menstrual bleeding Teenage menorrhagia Adenomyosis	SGD (Theme)	Dr. Shabana Kalsoom	**Must know**
Learning Outcome ● Review hormonal control of menstrual cycle and interpret graph of hormonal changes ● Describe the various terminologies of abnormal uterine bleeding ● Discuss the causes, investigations and management of heavy menstrual bleeding, teenage menorrhagia and adenomyosis				
Bimanual pelvic examination Methods of endometrial biopsy (Instruments used and method) Dx D & C Pipelle sampler Endo sampler Dummy Demonstration		SGD/Demo in procedure room	Dr. Shabana Kalsoom /Dr. Ruqaiya Azhar	**Must know**
Learning Outcome ● Demo of endometrial biopsy by endo sampler and pipelle sampler Differentiate between dilatation & curettage & evacuation of retained products of conception ● Demo of instruments used and steps of D &C observing patient safety & asepsis				
Polycystic ovarian disease		CBL	Dr. Ruqaiya	**Must know**

			Azhar	
Learning Outcome • Define and describe polycystic ovarian disease (PCOD) and distinguish it from other causes of ovarian dysfunction. • Understand the epidemiology and risk factors of PCOD (genetic, metabolic, environmental). • Discuss complications and long-term risks Infertility, Endometrial hyperplasia/cancer, Metabolic syndrome, diabetes, cardiovascular disease, Psychological impact (anxiety, depression, body image issues).				
Day 9	Subfertility	SGD(Theme)	Prof Kinza Alam	**Should know**
Learning Outcome • Differentiate between primary and secondary subfertility • Discuss the common causes of subfertility and identify women at risk of tubal damage • Appraise the general principles of investigations & treatment of subfertile couple • Discuss indications and procedures of the types of ART available • Take targeted history of subfertility • Counsel a couple with subfertility				
Demo- Tests of tubal patency HSG Laparoscopy Interpretation of various reports of semen analysis		SGD	Prof Kinza Alam /SR	**Must know**
Learning Outcome • Appraise how to confirm tubal patency on laparoscopy and HSG • Interpret HSG X-ray film • Interpretation of various reports of semen analysis				
Amenorrhoea (primary and secondary) Oligomenorrhoea		SGD	Prof Kinza Alam / SR	**Should know**
Learning Outcome • Differentiate primary from secondary amenorrhea • Explain the causes of primary and secondary amenorrhea • Summarize relevant and appropriate investigations & principles of management of amenorrhoea. • Explain the causes and management of secondary amenorrhoea				
Day 10	Bleeding in early pregnancy Miscarriage Ectopic pregnancy GTD	CBL	Prof Mehreen Mehdi	**Should know**
Learning Outcome • Differentiate causes of bleeding in early pregnancy (ectopic & GTD)				

• Recognize the social and emotional context of early pregnancy loss. • Classify various types of miscarriages based on clinical presentations & USG findings. • Outline conservative, medical & surgical managements of miscarriages • Counsel a woman with miscarriage • Appraise clinical presentation, diagnosis & management of ectopic pregnancy and GTD			
Demo-instruments used and procedure of • **E &C MVA**	SGD	Prof Mehreen /SR	**Must know**
Learning Outcome • Demonstrate the instruments and procedure of E & C on model			
Case discussion chronic pelvic pain Endometriosis contraception	SGD	Prof Mehreen /SR	**Must know**
Learning Outcome • Categorize current methods of contraception • Discuss mechanism of actions, pros and cons of each with their failure rates and complications • Compare reversible methods of contraception • Discuss WHO medical eligibility criteria for contraception and emergency contraception • Compare and contrast male and female sterilization • Appraise gynaecological and non gynaecological causes of chronic pelvic pain • Explain the diagnostic criteria & principles of management of adenomyosis/ endometriosis, PID & their involvement in CPP and subfertility • Take gynaecological history			
Day 11 Upper genital tract infections (PID) Lower genital tract infections Vaginal discharge	SGD (Theme)	Dr Sidra Khan	**Should know**
Learning Outcome • Learn etiology, clinical presentation, investigation, management and complications of pelvic inflammatory disease • Differentiate physiological from pathological vaginal discharge • Diagnose, investigate and manage patients who present with vaginal discharge			
Contraception counselling of couple sterilization & postnatal contraception scenario based learning common urogenital condition	SGD (case discussion)	Family mrdicine	**Must Know**
Learning Outcome			

- Categorize current methods of contraception
- Discuss mechanism of actions, pros and cons of each with their failure rates and complications
- Compare reversible methods of contraception
- Discuss WHO medical eligibility criteria for contraception and emergency contraception
- Compare and contrast male and female sterilization
- Define and classify common urogenital conditions.
- Describe the etiology and risk factors of common urogenital conditions.
- Identify the common clinical features and presenting symptoms.
- Explain the relevant anatomy and pathophysiology of common urogenital disorders.
- Differentiate between common urogenital conditions based on history and clinical examination.
- Describe the appropriate investigations used for diagnosis.
- Discuss the principles of management of common urogenital conditions.
- Recognize common complications and red-flag features requiring urgent management.
- Explain preventive measures and patient counseling for urogenital conditions.

SKILL Lab **Vaginal Speculum examination HVS, Pap smear**		SR	**Must Know**
Learning Outcome ● Observe Principles of consent taking, privacy & aseptic measures ● Perform vaginal speculum examination, HVS, pap smear on mode			
Third Week			
Day 12	Hypertension in pregnancy (PIH, pre-eclampsia, HELLP syndrome, Eclampsia, Chronic hypertension)	SGD (theme)	Lt Col Zaib un Nisa	**Must Know**
Learning Outcome ● Describe etiology & fetomaternal complications in PIH, preeclampsia & chronic hypertension in pregnancy ● Critically appraise the drugs used in hypertensive disorders of pregnancy ● Interpret PIH profile ● Diagnose & assist in the management of HELLP syndrome & eclampsia ● Appraise postpartum management of hypertensive disorder in pregnancy and follow up			
Eclampsia Triage of a patient with fits in pregnancy Management protocol		SGD	Lt Col Zaib un Nisa	**Must Know**
Learning Outcome ● Triage of a patient with fits in pregnancy			

● Elicit knee, ankle jerk/clonus. ● Demo-urine dipstick for proteinuria			
Multiple Pregnancy	SGD	Lt Col Zaib un Nisa /SR	**Should Know**
Learning Outcome ● Differentiate between monozygotic & dizygotic twins in terms of mechanism, diagnosis & complications in antenatal period and labor ● Summarize the maternal & fetal complications in pregnancy and labor ● Appraise the principles of management in pregnancy and labor & how to determine zygosity at birth ● Take targeted obstetric history			
Dummy demonstration Obstetrical examination in twin pregnancy Twin delivery Interpret T-sign and lambda sign on USG	SGD	Lt Col Zaib un Nisa /SR	**Should Know**
Learning Outcome ● Perform obstetrical examination of twin pregnancy on dummy ● Appraise the method of twin delivery ● Appraise the role of clinical examination and USG examination in the diagnosis of multiple pregnancy. Interpret T-sign and lambda sign on USG			
Hypertensive disorders of pregnancy	CBL	Lt Col Zaib un Nisa /SR	**Must know**
Learning Outcome ● Discuss etiology &pathogenesis of preeclampsia and eclampsia ● Discuss clinical presentation of pre-eclampsia and eclampsia ● Discuss and interpret investigations done in hypertensive disorders of pregnancy ● Discuss fetomaternal complications in PIH, preeclampsia & chronic hypertension in pregnancy ● Critically appraise the drugs used to control blood pressure and fits(eclampsia)			
Day 13 Anaemia in pregnancy	CBL	Dr. Shabana Kalsoom	**Must know**
Learning Outcome ● Describe the effects of anemia on the mother & the fetus ● Propose a treatment plan of antenatal women with anemia on the basis of relevant investigations ● Differentiate nutritional anemia from the haemoglobinopathies on the basis of investigations ● Discuss management of antenatal women with haemoglobinopathies ● Interpret CBC, Ferritin &Hb electrophoresis report ● Counseling of antenatal beta thalassemia minor woman ● Take history relevant to causes and symptoms of anemia			

Thrombosis & thromboembolism in pregnancy	SGD	Dr. Sidra Khan	**Should Know**
Learning Outcome ● Identify the risk factors for thromboembolism in pregnancy ● Appraise the principles of diagnosis and management of DVT and pulmonary embolism in pregnancy			
Maternal collapse, Amniotic fluid embolism	SGD	Dr. Sidra Khan	**Should Know**
Learning Outcome ● Identify the risk factors for thromboembolism in pregnancy ● Appraise the principles of diagnosis and management of DVT and pulmonary embolism in pregnancy ● Know clinical presentation and management of Amniotic fluid embolism in pregnancy			
Medical disorders in pregnancy 1 (cardiac, renal, respiratory, liver disease, Viral Hepatitis, intrahepatic cholestasis of pregnancy)	SGD	Dr. Sidra Khan	**Must know**
Learning Outcome ● Emphasize importance of preconceptual counseling & multidisciplinary care on improving pregnancy outcomes in pregnant women with medical disorders. ● Discuss the effect of common medical conditions in pregnancy on mother and fetus (i.e., renal, cardiac respiratory & liver) & effect of pregnancy on the medical condition. ● Discuss the principles of management of common renal, cardiac respiratory & liver diseases in pregnancy ● Evaluate the contribution of above mentioned maternal medical diseases to maternal mortality. Identify pregnant women who need prenatal diagnosis			
Day 14	Fundal height Large for dates Diabetes in pregnancy Polyhydramnios Fetal macrosomia	SGD	Prof Kinza Alam	**Must know**
Learning Outcome ● Discuss differential diagnosis of fundal height large for dates ● Evaluate the screening tests for diabetes in pregnancy ● Compare and contrast the effects on mother & fetus of known diabetes and gestational diabetes (GDM) ● Summarize the principles of management of diabetes /GDM in pregnancy			

● Discuss differential diagnosis, diagnostic criteria & management of polyhydramnios. ● Comment on possible complications during labor of polyhydramnios and macrosomia ● Calculate AFI /DVP on USG image			
shoulder dystocia	SGD	Prof Kinza Alam	**Must know**
Learning Outcome ● Discuss predisposing factors for shoulder dystocia ● Demonstrate shoulder dystocia and its management on dummy			
Medical disorders in pregnancy II (SLE/APS, thyroid disease, epilepsy, dermatological conditions)	SDL &SGD	Prof Kinza Alam/Dr Irum	**Should know**
Learning Outcome ● Appraise the effect of autoimmune diseases (SLE/APS) on the mother and fetus in pregnancy and outline the management plan ● Compare and contrast effects of hypothyroidism and hyperthyroidism on mother and fetus in pregnancy ● Describe antepartum, intrapartum and postpartum principles of management of thyroid disease & epilepsy in pregnancy ● Recognize drugs with safety profile and those which have teratogenic effects on the baby ● Observe /assist administration of subcutaneous injection of LMWH			
Day 15	Fetal malpresentation and malposition (breech presentation, transverse lie, brow, face and shoulder presentation, compound presentation, cord presentation and cord prolapse)	SGD (Theme)	Prof Mehreen Mehdi	**Must know**
Learning Outcome ● Appraise types of breech presentations, its incidence, predisposing factors & principles of management in antenatal period & labor. ● Discuss indications, contraindications & complications of ECV procedure ● Explain prerequisites for assisted breech delivery ● Compare maternal & fetal outcomes in assisted breech delivery with delivery by cesarean section ● Appraise clinical presentation, predisposing factors and management of transverse lie, brow, face and compound presentation and cord prolapse			
Obstetric hemorrhage	SGD	Prof Mehreen	**Must know**

Antepartum haemorrhage APH		Mehdi /Dr. Ruqaiya	
Learning Outcome ● Appraise the causes, risk factors and clinical presentation of placenta previa and placental abruption ● Advise investigations and formulate a management plan of patients presenting with APH.			
Antepartum hemorrhage	CBL	Dr. Ruqaiya Azhar	**Must know**
Learning Outcome ● Discuss causes of antepartum hemorrhage ● Discuss immediate resuscitation of severe APH ● Recognize the clinical presentation specific to placenta previa, placental abruption & vasa previa in an antenatal woman with APH ● Discuss the investigations & management of placenta previa & placental abruption ● Summarize the complications specific to placenta previa & abruptio placenta ● Demonstrate different degrees of placenta previa by diagrams ● Diagnose type of placenta previa on USG image			
Day 16	Disorders of fetal growth (SGA, IUGR) Oligohydramnios	SGD(theme)	Dr Khairun Nisa	**Must Know**
Learning Outcome ● Differentiate between the intrauterine growth restriction & small for gestational age terms ● Diagnose intrauterine growth restriction through relevant history, clinical & USG examination ● Distinguish between symmetrical & asymmetrical IUGR ● Compare & contrast etiological factors, pathogenesis, principles of management & prognosis of symmetrical & asymmetrical IUGR ● Take history of patients with IUGR keeping in view the predisposing factors ● Discuss etiology & differential diagnosis of oligohydramnios			
Interpret Fetal growth charts UA, MCA and other Doppler studies in IUGR	SGD	Dr Khairun Nisa/SR	**Must Know**
Learning Outcome ● Interpret Fetal growth charts ● Interpret UA, MCA and other doppler studies in IUGR			
Rhesus isoimmunization, Rh incompatibility Fetal hydrops immune and non-immune	SGD	Dr Khairun Nisa/SR	**Must know**
Learning Outcome ● Distinguish between immune and non-immune causes of hydrops fetalis ● Appraise the principles of prevention and management of fetal haemolytic			

disease				
SKILL LAB **Basic Neonatal resuscitation** **Female urinary catheterization** **Scrubbing, gowning and gloving** **Transverse lie, compound presentation (Dummy demonstration)**			Dr Khairun Nisa/SR	**Must Know**
Learning Outcome ● Perform basic neonatal resuscitation on dummy ● Perform urinary catheterization on model keeping in view principles of sterilization ● Learn surgical scrubbing and gowning while observing principles of sterilization ● Discuss the predisposing factors for fetal malpresentation ● Diagnosis and manage breech, brow, face &shoulder presentation. ● Counsel a woman with breech presentation				
Day 17	● Premenstrual syndrome ● Viral STIs ● Genital herpes ● Warts Syphilis		Assignments	
Learning Outcome ● Discuss etiology clinical presentation and management of PMS ● Appraise the clinical presentation and management of genital herpes, warts and syphilis				
Fourth Week				
Day 18	Benign conditions of uterus cervix and endometrium	SGD (theme)	Lt Col Zaib un Nisa	**Should know**
Learning Outcome ● Describe the common benign conditions of uterus according to their tissue of origin, the cervix, the endometrium & the myometrium ● Identify the presenting symptoms and examination findings associated with benign uterine pathology. ● Appraise the epidemiology, etiology, clinical presentation & principles of management of fibroid uterus ● Describe the common tests used to evaluate the uterus & endometrial cavity ● Counsel a woman with uterine fibroid				
Demo-Hysteroscopy **Indications, method and instruments used**		SGD	Dr. Ruqaiya /SR	**Must know**
Learning Outcome ● Appraise indications, method and instruments used in hysteroscopy ● Observe hysteroscopy if being done in Operation theater				

● Discuss methods of endometrial biopsy				
Malignant diseases of uterus		SGD	Dr. Ruqaiya /SR	**Must know**
Learning Outcome ● Describe the incidence & classification of uterine malignancy ● Describe the presentation and investigations needed for women with suspected endometrial cancer ● Discuss the FIGO staging of endometrial cancer & survival by stage. ● Appraise the principles of management (role of surgery, radiotherapy & palliative treatment) of endometrial cancer				
Day 19	Premalignant disease of cervix	SGD(theme)	Dr. Shabana Kalsoom	**Should know**
Learning Outcome ● Discuss epidemiology, etiology & pathophysiology of cervical intraepithelial neoplasia (CIN) ● Appraise primary prevention of cervical cancer through human papilloma virus (HPV) vaccination & cervical screening ● Discuss diagnosis & management of CIN1, CIN2 & CIN3 ● Counsel woman with CIN about management options				
Demo-Pap smear Colposcopy Discuss adiotherapy& its complications		SGD (procedure room)	Dr. Shabana Kalsoom	**Should know**
Learning Outcome ● Perform pap smear on model ● Observe/learn colposcopy procedure ● Appraise complications of radiotherapy				
Case discussion of cervix		SGD (case presentation)	Dr. Shabana Kalsoom / Dr. Ruqaiya Azhar	**Must know**
Learning Outcome ● Discuss the etiology, clinical presentation and diagnosis of cervical cancer, ● Describe staging and management of malignant disease of cervix according to International Federation of Gynaecology and Obstetrics (FIGO) staging for cervical cancer				
Case discussion Postmenopausal bleeding		Case presentation	Dr. Ruqaiya Azhar	**Must know**
Learning Outcome ● Discuss causes of postmenopausal bleeding ● Discuss treatment options according to the cause ● Emphasize role of TVS & endometrial sampling in the management fPMB ● Describe various methods of endometrial sampling ● Observe/assist in doing endometrial sampling				
Day 20	**Benign conditions of**	SGD	Prof Kinza	**Must know**

	ovary **Case discussion** **Acute pelvic pain& Adnexal mass (torsion of ovarian cyst, intracystic haemorrhage, corpus luteal cyst rupture, ectopic pregnancy)**	(theme)	Alam	
Learning Outcome ● Classify common benign tumors of ovary ● Discuss relevant investigations, role of tumor markers and follow up of ovarian cyst ● Appraise the differential diagnosis, investigations and management of acute pelvic pain				
Malignant disease of ovary		SGD, case presentation	Prof Kinza Alam /Dr. Irum Mushtaq	**Should know**
Learning Outcome ● Classify malignant ovarian tumors ● Enumerate risk factors which increase and decrease the risk of ovarian cancer ● Discuss the genetic factors, clinical presentation & relevant investigation of malignant disease of ovary ● Apply FIGO staging of ovarian cancer & estimate survival by stage. ● Appraise the management (surgery & chemotherapy) of ovarian cancer				
Day 21	**Uterovaginal prolapse**	SGD	Prof Mehreen Mehdi	**Must know**
Learning Outcome ● Differentiate between cystocele / urethrocele, rectocele/ enterocele, vaginal vault prolapse/ uterine prolapse				
Demo Vaginal pessary insertion **Vaginal packing**		SGD (Procedure room)	Prof Mehreen Mehdi	**Should know**
Learning Outcome ● Observe method of vaginal pessary insertion and vaginal packing				
Urinary incontinence and UTI		SGD	Prof Mehreen Mehdi / Dr. Sidra Khan	**Should know**
Learning Outcome ● Classify urinary incontinence and differentiate between detrusor overactivity and urodynamic stress incontinence.				

● Categorize the symptoms associated with different types of incontinence, &voiding difficulty &vesico vaginal fistula. ● Critically appraise the role of urodynamic investigations in diagnosis of different types of incontinence ● Appraise the principles of management in treatment of various incontinence.				
Day 22	Menopause and reproductive health Counselling of women for prevention of complications of menopause	SGD(theme)	Dr Khairun Nisa	**Must Know**
Learning Outcome ● Define menopause and perimenopause. ● Differentiate between physiological & non physiological causes of menopause. ● Describe the endocrine changes of menopause and its immediate, intermediate & long term effects on the women ● Discuss the nonhormonal and hormonal management of menopause. ● Compare the risks and benefits of hormonal replacement therapy. ● Evaluate the important risk factors for osteoporosis and cardiovascular disease & suggest management plan ● Counsel a woman about menopausal symptoms and prevention of complications of menopause				
Skill Lab **Workshop (Revision)** **Obstetric examination, Mechanism of normal delivery, CPR of pregnant woman, Speculum examination, HVS, Pap smear, Urinary catheterization, D&C, Delivery of placenta**			Dr Khairun Nisa/SR	**Should know**
Learning Outcome ● Revise above skills learned during ward rotation				
Day 23	Conditions effecting vulva and vagina	SGD (theme) SDL	Lt Col Zaib un Nisa / SR	**Should know**
Learning Outcome ● Describe the epidemiology, etiology, clinical presentation & diagnosis of common premalignant and malignant disease of vagina & vulva ● Discuss FIGO staging of vulvar & vaginal cancers ● Appraise the principles of management of vulval & vaginal cancers				
Day 24	**OSPE** **Discussion on OSPE**		**All Faculty members Block incharge**	

Learning Resources:

1. **Textbooks**
   1. Obstetrics by ten teachers 2. Gynecology by ten teachers
2. **Library resources (Reference Books)**
   1. Evidence-based text for MRCOG by David Luesly
   2. Dewhurst's Text Textbook of Obs& Gynae by Keith Edmonds
   3. PMC-approved journals
3. **Online resources**
   1. Royal College of Obs & Gynae guidelines
   2. American College of Obs& Gynae guidelines

Teaching Faculty:

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Dr. Sidra Khan (Assistant Professor)	doctorsidrakhan@gmail.com

Assessment Strategies (Formative)	Assessment Strategies (Summative)
Assignments; Posters/ Projects; Mini-CEX(4); DOPS (4);CBL(5) During clinical rotation	MCQs; SEQs; OSPE: long cases(as part of OSPE) At end of rotation

7. Rules &Regulation:

I. Student's code of conduct

The Student Code of Conduct sets out the standards of conduct expected of students. It holds individuals and groups responsible for the consequences of their actions. Failure to fulfill these responsibilities may result in the withdrawal of privileges or the imposition of sanctions.

Wah Medical College is a community of students, faculty and staff involved in learning, teaching, research, and other activities. All members of the WMC community are expected to conduct themselves in a manner that contributes positively to an environment in which respect, civility, diversity, opportunity, and inclusiveness are valued, so as to assure the success of both the individual and the community. The Student Code of Conduct reflects a concern for these values and tries to ensure that members of the WMC can make use of and enjoy the activities, facilities, and benefits of WMC without undue interference from others. during the clerkship, the Students must:

- Follow discipline, dress decently, show good manners, and indulge in healthy activities.
- Avoid smoking and refrain from abusive language.
- Be cooperative and respectful towards their seniors, peers, paramedical staff, patients, and their attendants.

II. Attendance policy

a. Students are required to mark attendance for every class.

b. The attendance is compiled by the respective department and submitted to Student Affairs by the 10th of each month.

c. The Students Affair Department will compile the absent report, and a fine of Rs. 500/- for a lecture or for the whole day will be imposed on absent students. It is pertinent to mention here that a fine is imposed on students to compel them to attend classes regularly and not to generate the funds.

d. In accordance with PM&DC and NUMS regulations, MBBS and BOS students must meet minimum attendance standards to qualify for the Annual Professional Examination. From the 2024-25 session onward, 85% attendance is mandatory. For sessions 2020-23, the 85% requirement will be enforced starting the new academic year. Students in the ongoing 2024-25 session must maintain at least 75% attendance but are strongly encouraged to achieve 85% to meet GMC contact hour requirements.

e. Admission forms of students having attendance less than 75% will NOT be submitted to NUMS for appearing in Annual University Exams.

8. Study Tips:

Dear Students,

Becoming a doctor is a tough job, but you can make it easier for yourself by adopting some time-tested techniques or habits. It's never too early – or too late – to develop good study habits. The sooner you get into a good self-study pattern, the easier everything will be and the more your chances of getting good marks will improve. Here are our top tips for getting the most out of your self- directed study time. And remember **Perseverance is the Key to Success!**



Review the material regularly, create a study schedule

Write it down





Test yourself

Find an effective learning environment with limited distractions and some fresh air





Improve memorization with Mnemonics

Incorporate auditory methods; use online podcasts





Use visuals, images, concept maps & illustration charts

Consider forming a study group or find an accountability buddy





Take strategic breaks

9. Feedback on the study guide:

We value your feedback and will use it for improvement of this Study guide. Kindly provide feedback for this study guide. At the email:

dme@wahmedicalcollege.edu.pk

dmewahmedicalcollege@gmail.com

10. References:

HARDEN, J.M. LAIDLAW, E.A. HESKETH, R. M. (1999). AMEE Medical Education Guide No 16: Study guides-their use and preparation. *Medical Teacher*, *21*(3), 248–265. https://doi.org/10.1080/01421599979491

Timetable Template

Department of obstetrics & Gynaecology Clinical Roster Final Year MBBS (Batch A1) Week 1

FIRST WEEK

S	**Session 1 Lecture and student presentation on topic** 8:00 to 9:15am)	**Session 2 SGD** (9:15 to10:00am)	**Session 3** (10.00 11.30am) Bed Side Teaching (OPD +OT+LR +ward)	B R E A K	**SDL** (12-1:00pm)	**Session4** (1:00to3:00pm) **SGD/Tutorial**)	**Maternity Duty** Evening (4pm to 10pm) Night (10pm to 6am) in groups
	Dr. Shabana Kalsoom	**Dr. Shabana Kalsoom /Dr. Nazia**	Observe Pt safety under supervision		**Dr. Nazia Naz**	**Radiologist Dr. Nazia**	LR,ER,OT,Ward activities
	Dr. Shabana Kalsoom	**Dr. Ruqaiya**			**Dr. Ruqaiya**		LR, ER, OT, Ward activities
	Prof Kinza Alam	**Prof Kinza Alam/Dr. Iram**			**Dr. Iram Mushtaq**	**Dr. Iram**	LR, ER, OT, Ward activities
	Holiday Iqbal Day						
1	**Dr Khairun Nisa**	**Dr Khairun Nisa / Dr. Shaherbano**			**Dr. Shaherbano**	**Skill lab** DOPS **Dr. Shaherbano**	