**Longitudinal Ambulatory Clinic Objectives**

**Objective:** This rotation is designed to provide an ongoing exposure and experience to basic office gynecology and prenatal care throughout the PGY2 year of residency. Through a longitudinal format in which the PGY2 resident is paired with a single staff mentor/preceptor for the entire year, it is expected that it will enhance the PGY2 residents’ experience in continuity of care for office Ob Gyn.

It is recognized that the PGY2 resident will gain a working knowledge and ongoing proficiency in the common office Gynecology and Prenatal conditions and procedures but that extensive knowledge and competence in technical skills will be acquired by the time they complete the senior ambulatory experience.

**1. Role: Medical Expert/Clinical Decision Maker**

A. Knowledge of Basic Sciences
   - Genetics
     - Testing
     - Hereditary cancer syndromes
   - Physiology
     - Menarche
     - Reproductive years
     - Menopause
     - Pregnancy-normal and complications
   - Anatomy
     - Interpretation of anatomy on
       - Transvaginal ultrasound
       - CT
       - MRI
   - Pharmacology
     - Medications to
       - Induce ovulation
       - Inhibit ovulation (GnRH agonist and antagonist, OCP)
       - Inhibit the effects of prostaglandins
     - Contraception
     - Hormone replacement therapy (HRT) and selective estrogen receptor modulators (SERMS)
     - Medication used to inhibit bone resorption (bisphosphonates)
   - Pathology and neoplasia
     - Histologic appearance of endometriosis
o Histologic changes of the endometrium associated with
  ▪ Normal menstrual cycle
  ▪ Ovulation inducing or inhibiting drugs
  ▪ Chronic anovulation
  ▪ Leiomyoma
  ▪ Endometrial polyps
  ▪ Endometrial hyperplasia/malignancy

o Histologic appearance of the ovary
  ▪ Normal state
  ▪ Androgen excess disorders i.e. PCOS and hyperthecosis

o Histologic appearance of the cervix
  ▪ Normal state
  ▪ Metaplasia
  ▪ Neoplasia

o Histologic appearance of the vulva/vagina
  ▪ Benign vulvar conditions
  ▪ Neoplasia/malignant conditions

  • Microbiology and immunology
    o Normal bacteriologic flora of the upper and lower genital tract
    o Histologic alterations in the vagina, vulva, cervix, endometrium and fallopian tubes associated with bacterial/viral infection

B. Clinical Application of Knowledge
  • Pediatric and adolescent gynecology
    o Anatomy/physiology
      ▪ Normal changes of genital tract and breasts at different ages
      ▪ Sex hormonal changes at different ages
      ▪ Hormonal changes at puberty
    o Pediatric gynecology
      ▪ Vulvovaginitis
      ▪ Vulvar disease
        ▪ Lichen sclerosis
        ▪ Labial adhesions
      ▪ Prepubertal vaginal bleeding
      ▪ Trauma
      ▪ Foreign body in vagina
      ▪ Sexual abuse
      ▪ Abnormal pubertal development
      ▪ Ambiguous genitalia
      ▪ Effects of long term diseases on reproduction
      ▪ Precocious Puberty
    o Adolescent gynecology
      ▪ Normal and abnormal pubertal development
- Primary amenorrhea
- Breast mass
- Menstrual irregularities
- Dysmenorrheal
- Vulvovaginitis
- Sexuality
- Contraceptive needs
- Sexually transmitted diseases
- Pregnancy
- Sexual abuse
- Ovarian diseases and masses
- Endometriosis
- Pelvic pain
- Delayed puberty

- Reproductive age group
  - Preconceptual health
  - Prenatal care
    - Prenatal record
    - Prenatal testing and diagnosis
    - Routine antenatal monitoring and screening
      - Management of low risk pregnancies
        - Anemia
        - Gestational diabetes
        - IUGR
        - PIH
        - Malpresentation
        - Post term pregnancy etc.
  - Post partum
    - Contraceptive counseling
    - Lactation management
    - Normal and abnormal puerperium
    - Psychological issues
  - First trimester complications
    - First trimester bleeding
      - Miscarriage
      - Ectopic pregnancy
        - Treatment and follow up
          - Medical
          - Surgical
    - Nausea and vomiting
  - Contraception and family planning
  - Abortion
    - Referral and counseling as appropriate
o Routine gynecological screening
  ▪ PAP smear
    • Follow up or normal and abnormal results
  ▪ Breast exam
    • Management of abnormal results
o Sexuality
  ▪ Normal sexual response
  ▪ Disorders of sexual function
  ▪ Elicit a sexual history and focused physical exam
  ▪ Describe interventions available and long term followup
o Menstrual and endocrine disorders
  ▪ Dysmenorrhea-primary and secondary
  ▪ Dyspareunia
  ▪ Dysfunctional uterine bleeding
  ▪ Amenorrhea
  ▪ Premenstrual syndrome and PMDD
  ▪ Poly cystic ovarian syndrome
  ▪ Leiomyomyoma
o Acute and Chronic pelvic pain
o Infertility
  ▪ Evaluation female and male
o Vulvar diseases
o Gynecological Infection
  ▪ Management and followup
• Climacteric period
  o Peri-menopause and menopause
  o Osteoporosis
• Post-menopausal health
  o Screening
    ▪ Breast
    ▪ Lower genital tract
  o Pelvic relaxation
  o Urinary incontinence

C. Appropriate and directed use of lab and diagnostic testing for topics listed above including:
  • Pediatric and adolescent specific testing
    o Microbiologic cultures of lower genital tract
    o Vaginoscopy
    o Vaginal lavage
    o Ultrasonography
    o CT/MRI
    o Endocrinologic assays
Peripheral blood karyotype assessments

- Adult
  - Microbiologic/viral cultures of lower genital tract
  - Ultrasonography
  - CT/MRI
  - Endocrinologic assays
  - Vaginal, vulvar, cervical and endometrial cytology and biopsy
  - Progestin challenge test
  - Bone densitometry

D. Analytical thinking regarding diagnosis and treatment option for topics above

E. Application of evidence based medicine for topics above

F. Technical/Procedural – performance of

- Acquisition of cytology
  - Vagina
  - Vulva
  - Cervix
- Biopsy
  - Endometrial biopsy
  - Cervical and endocervical biopsy
  - Vulvar biopsy
- Insertion of IUCD

G. Self assessment of personal traits and expertise

2. Role: communicator

- Listens effectively
- Creation of therapeutic relationship with patient/family/others
- Obtain and synthesize relevant history
- Present management plan
- Counseling and education patient/family/parents
  - Adolescent health
    - Psychological health
    - Confidentiality issues
    - Normal anatomic and psychological development
    - Menses
    - Sexuality
    - Prevention of pregnancy, STDs, emergency contraception
  - Dysmenorrhea and dyspareunia
  - Chronic pelvic pain
- Evaluation of amenorrhea
- PMS/PMDD
- Long term consequences and follow-up of PCOS (non-fertility issues)
- Menopause and HRT
  - Management of general health
    - Lifestyle issues—smoking, alcohol, weight management
    - Routine testing—bone densitometry, mammogram, colonoscopy, PAP
  - Breast cancer detection and screening
  - Gynecologic cancers
  - HRT
    - Formulations
    - Indications/contraindications
- Osteoporosis
- Contraception and family planning
- Preconceptual counseling
- Antenatal care
- Postpartum
  - Contraceptive counseling
  - Lactation management
  - Normal and abnormal puerperium
  - Postpartum psychological issues
- Management of first trimester complications
  - First trimester bleeding
    - Miscarriage
    - Ectopic pregnancy
  - Nausea and vomiting
- Psychosexual disorders
- Gynecological infection

3. Role: Collaborator
- Identification and use of other physicians/health care professional
  - Other consultant physicians
  - Family physicians
  - Nurses
  - Psychology
  - Dietician
  - Lab personnel
  - Lactation consultant
  - Prenatal education
  - Genetics
  - Physiotherapy/occupational health
  - Social work
- Involves patient/family in decision making
• Contributes to interdisciplinary activities as above

4. Role: Manager
  • Ability to prioritize and designate tasks
  • Utilizes resources appropriately
  • Understands structure, funding health care organization and works effectively / efficiently in it
  • Effective utilization information technology (IT)
  • Optimize patient care, life-long learning and other activities
  • Balances work/study and personal lives
  • Functions in administrative capacity

5. Role: Health advocate
  • Identifies determinants of health that affect patient (psychological/economic/biological/gender/age/cultural)
  • Recognizes and responds to issues where advocacy is appropriate
  • Access to information/public education
    o Infertility treatment and evaluation
    o Procedural information
    o Diagnostic information
    o Lifestyle management
  • Access to treatment/care
    o Social services
    o Support
      ▪ Medication
      ▪ Housing
      ▪ Transportation

6. Role: Scholar
  • Demonstrates evidence based medicine to manage patient/problem based learning (see topics of clinical application)
  • Applies critical appraisal to medical information (see topics of clinical application)
  • Implements learning portfolio to develop continuing education strategy
  • Participation in research
  • Facilitates learning of patients, students and other personnel

7. Role: Professional
  • Exhibits appropriate personal/interpersonal behaviors
  • Practice ethically consist with obligations of a physician
  • Delivers high quality care with integrity, honesty and compassion, sensitive to equity issues, legal issues
  • Understands the functioning of an office practice
- Office booking
- Staff management
- Financial management
Resident evaluation
• Written and verbal evaluation by attending physicians