

Women's Medicine Objectives Clinical Medicine III

The Menstrual Cycle and Problems of Menstruation

1. Identify the normal anatomy of the female reproductive system
2. Describe the normal physiology of ovulation and the menstrual cycle
3. Define the following:
 - Menarche
 - Menopause
 - Anovulation
 - Menorrhagia
 - Metorrhagia
 - Menorrhagia
 - Dysfunctional uterine bleeding
 - Amenorrhagia
 - Oligomenorrhagia
4. Discuss the causes, evaluation, and treatment of the following:
 - Primary amenorrhagia
 - Secondary amenorrhagia
5. Describe the classic presentation, evaluation and treatment of the following:
 - Endometriosis
 - Turner's syndrome
6. Recognize medications that affect ovulation and menses
7. Describe the effects of psychogenic factors, exercise, and weight change or caloric intake on the female reproductive system

Infertility

1. Define infertility
2. List factors which may delay or prevent fertility
3. Outline steps in evaluation of infertility
4. Discuss treatment options for female infertility
5. Discuss the relationship between STDs/ PID and infertility
6. Take an appropriate history related to infertility

Benign & malignant breast conditions

1. Discuss clinical presentation, risk factors, diagnostic evaluation and treatment of:
 - Fibrocystic breast disease
 - Fibroadenomas
 - Galactorrhea
 - Breast cancer
2. Discuss epidemiology, risk factors, screening recommendations, evaluation and treatment options for breast cancer
3. Discuss the role of genetics in breast cancer
4. Discuss treatment recommendations for breast cancer based on type of cancer, stage of cancer, and age of the patient
5. Describe the psychosocial and physical aspects of breast cancer

Benign and Malignant Conditions of the GU Tract

1. Discuss epidemiology, presentation, risk factors, evaluation, treatment, and prognosis of the following malignancies:
 - Cervical cancer
 - Endometrial carcinoma
 - Carcinoma of the vulva
 - Cancer of the ovary
2. Describe pap smear screening schedules and classification of abnormal paps using the Bethesda Classification System
3. Describe the technique of taking a cervical smear
4. Describe the staging criteria for endometrial carcinoma
5. Discuss the role of genetics in ovarian cancer
6. Discuss the indications for the following tests, their interpretation, and their therapeutic value:
 - Endometrial biopsy
 - Colposcopy
7. Discuss the psychological implication of gynecological cancer and strategies for informing the patient of the diagnosis
8. Discuss the indications for gynecologic surgical procedures, and the psychological implications and physical impacts of each
9. Describe the normal fetal development of the female genital tract
10. Describe the physical abnormalities associated with failure of recanalization and failure of the ducts to form or to fuse and the long term implications of each
11. Discuss the presentation, evaluation, and treatment options for each of the following benign conditions:
 - Vulval tumors
 - Vaginal tumors
 - Cervical tumors
 - Endometrial polyps
 - Uterine myomata
 - Fallopian tube tumors
12. Describe the classification of benign ovarian cysts and tumors including the cell origin, type, and incidence
13. Discuss the presentation, evaluation, and management of benign ovarian cysts and tumors
14. Discuss signs, symptoms, cause, evaluation, and treatment of common strophic conditions in the female.
15. Discuss the differential diagnosis and evaluation of dystrophic conditions of the external genitalia.
16. Discuss the incidence, implications, and treatment of myomas in pregnancy
17. Discuss the incidence, implications, and treatment of ovarian cysts and tumors in pregnancy

Pelvic Pain Syndromes: STI, PID, Infx & Endometriosis:

1. Discuss the causes, evaluation, and treatment of chronic pelvic pain
2. Discuss clinical presentation, risk factors, diagnostic tests and treatment in the pregnant and non-pregnant female of the following:

- Genital herpes
 - Condylomata acuminata
 - Syphilitic vulvar ulcer
 - Bartholinitis
 - Bacterial vaginosis
 - Trichomoniasis
 - Candidiasis
 - Chlamydial infection
 - Gonococcal infection
 - Acute PID
 - Chronic PID
 - Endometriosis
3. Provide patient education on the above conditions
 4. Take an appropriate history to screen for STI risk factors
 5. Describe the classic presentation, evaluation and treatment of PMS and PMDD
 6. Discuss patient education and treatment options for dystrophic conditions of the external genitalia
 7. Define vulvodynia and discuss treatment options
 8. Formulate a differential diagnosis for acute pelvic pain

Contraception

1. Describe male and female contraception options including: effectiveness, cost, indications, mechanism of action, and pros and cons of each method:
 - Condoms
 - Vasectomy
 - Depo-Provera
 - IUD
 - Spermicides
 - Diaphragm
 - Cervical cap
 - Contraceptive ring
 - Contraceptive sponge
 - Contraceptive patch
 - Natural family planning
 - Abstinence
 - Sterilization
2. Describe ethical, religious, and political considerations or influences regarding the use or availability of birth control

Oral Contraceptives

3. Discuss effectiveness, cost, and indications for combination oral contraceptives and describe their mechanism of action
4. Discuss indications and mechanism of action of progestin-only oral contraceptives
5. Provide patient education for a patient starting oral contraceptives
6. Write an Rx for an oral contraceptive
7. List absolute and relative contraindications to hormonal contraception use
8. Explain emergency post coital contraception

Vaginal Atrophy, Uterovaginal Prolapse

1. Discuss cause, presentation, diagnosis, and treatment of the following:
 - Uterine displacement
 - Genital tract fistulae
 - Uterine prolapse
 - Cystocele
 - Rectocele
2. Identify common urinary tract problems related to gynecological abnormalities
3. Discuss the physiologic relationship between genital tract and urinary abnormalities
4. Discuss surgical and non-surgical treatment options for urinary problems related to gynecological abnormalities
5. Describe the degree of uterovaginal prolapse
6. Discuss the presentation and treatment of obstetrical and surgical fistulae

Menopause and Osteoporosis

1. Describe the hormonal changes and changes in the genital tract that occur with menopause and their associated symptoms
2. Discuss clinical evaluation of menopause
3. Discuss the long-term effects of estrogen deficiency and appropriate screening for the peri or post menopausal female
4. Discuss non-hormonal treatment for menopause
5. Define and classify osteoporosis
6. Discuss the incidence of osteoporosis and its implications on quality of life
7. List risk factors for osteoporosis
8. Discuss guidelines for screening for and prevention of osteoporosis
9. Define the WHO diagnostic categories for bone density/osteoporosis
10. Take a history and identify physical findings suspect for osteoporosis
11. Interpret a bone density study and provide appropriate education for a given patient

HRT and Osteoporosis Drugs

1. Discuss indications and contraindications for HRT
2. Describe common side effects of HRT
3. Discuss recent research findings regarding HRT
4. Discuss the pros and cons of hormone replacement therapy for the menopausal female based on evaluation of individual symptoms and risk factors
5. Discuss patient education for the patient starting HRT
6. Discuss treatment options for osteoporosis, including mechanism of action, efficacy, potential adverse effects, and indications/contraindications for each
7. Discuss appropriate patient education for each treatment option

Drugs in lactation & pregnancy

1. List factors that influence the teratogenicity of a drug
2. Discuss how teratogenic effects can differ depending on the time frame of fetal exposure
3. List and describe the FDA categories for drug use in pregnancy

4. List factors that influence transplacental drug transfer
5. Discuss factors to consider when prescribing during pregnancy and lactation

Prenatal Care: Conception, placental & fetal development

1. Describe the physiology of conception and implantation
2. Describe the physiology involved in the formation of the placenta
3. Describe the function of the placenta
4. Describe the maternal physical and anatomical changes that occur during pregnancy and potential for related adverse effects
5. Discuss fetal development by period of gestation and body system
6. Discuss the aims of the preconception visit and describe the screening to be done and the counseling to be given at this time
7. Discuss the aims of prenatal care
8. Discuss indications for and methods of screening for genetic defects
9. Discuss the impact of age on reproductive performance
10. Describe the indications for medical imaging in pregnancy
11. Discuss the prenatal exam schedule in terms of frequency of exams and what is done at each visit
12. List and discuss the rationale for routine laboratory tests done during each scheduled prenatal visit
13. Describe evaluation of fetal growth and position during pregnancy, including normal size according to weeks of gestation
14. Advise the patient on the following during pregnancy:
 - a. Alcohol
 - b. Clothing
 - c. Dental care
 - d. Employment
 - e. Exercise
 - f. Immunizations
 - g. Sex
 - h. Smoking
 - i. Traveling
15. Advise the patient on the advantages and techniques for breast feeding
16. Advise the patient and treat common complaints and minor complications of pregnancy

Labor and Delivery

1. Describe the schedule for routine prenatal visits for an uncomplicated pregnancy including appropriate exams and tests to be performed at each visit
2. Discuss the mechanical factors in childbirth and screening for potential complicating factors
3. Describe the physiological changes that occur during childbirth
4. Describe the course and management of normal childbirth
5. Discuss the physiological and anatomical changes that occur in the female during the first six weeks post partum

6. Discuss the physiology of breast feeding and the nutritional needs of the breast-feeding mother
7. Discuss potential complications of childbirth including:
 - Variations in the duration of pregnancy
 - Fetal distress
 - Abnormal fetal presentation
 - Multiple pregnancy
 - Prolapse of the umbilical cord
 - Abnormal or prolonged labor
 - Pelvic abnormalities
 - Postpartum hemorrhage
 - Thromboembolism
8. List indication for C-section
9. Discuss and advise on choices available in childbirth
10. Discuss options for pain relief during labor and delivery
11. Discuss common concerns in the care of the neonate
12. Describe the examination of the newborn
13. Discuss common problems associated with breast feeding
14. Discuss psychosocial problems common to the post partum period

Complications of pregnancy and pregnancy loss

1. Discuss epidemiology, causes, and mechanisms of spontaneous abortion
2. Define and describe clinical features and treatment recommendations for the following:
 - Threatened abortion
 - Incomplete abortion
 - Complete abortion
 - Septic abortion
 - Missed abortion
 - Recurrent abortion
3. Discuss indications for therapeutic abortion
4. Discuss the presentation, risk factors, evaluation, and treatment of ectopic pregnancy
5. Discuss the signs, symptoms, and treatment of:
 - Placenta praevia
 - Abrupto placenta
6. Discuss the presentation, dangers, evaluation, and treatment of the following during pregnancy
 - Hypertensive disease
 - Cardiovascular disorders
 - Respiratory disorders
 - Hematologic disorders
 - Endocrine disorders
7. Discuss risk factors, dangers, diagnosis, and treatment/management of the following infections during pregnancy
 - Urinary tract infections
 - Vaginal infections
 - Group B streptococcus
 - STDs

- Toxoplasmosis
 - Rubella
 - Genital herpes
 - Hepatitis B
 - Cytomegalovirus
 - HIV/AIDS
 - Varicella
 - Parasites
 - Malaria
8. Discuss the psychological effects of spontaneous abortion
 9. Discuss the safety, risks, and psychosocial effects associated with abortion

Nutrition During Pregnancy and Lactation

1. Identify nutrition needs during pregnancy and lactation with regard to protein and energy intake
2. Describe the current recommendations for specific vitamin and mineral supplementation prior to conception and during pregnancy
3. Describe the pathophysiology, diagnosis, and management of iron deficiency anemia in pregnancy
4. Discuss normal patterns of weight gain during pregnancy and the recommended total weight gain for underweight, normal weight, and overweight women
5. Review the pathophysiology, diagnosis, and management of gestational diabetes mellitus
6. Describe educational strategies to promote optimal nutrition during pregnancy and lactation and how to address frequently asked questions

Genetics

1. Discuss the role of genetics in breast cancer
2. Take, document, and analyze a three generation pedigree of a patient with breast cancer
3. Discuss indications for genetic counseling
4. Identify resources for patients needing/wanting genetic counseling

Women's Cardiology

1. Discuss the incidence of coronary heart disease in men vs women
2. Understand the significance of heart disease in women
3. Recognize the diagnostic challenges for heart disease in women and why there is a difference from men
4. Summarize the current strategies for primary and secondary cardiovascular prevention in women.

Gynecological History & Physical Exam and Breast Exam

1. Identify the anatomy of the female genitalia, breasts and axillae
2. Conduct a history related to the female genitalia, breasts and axillae
3. Discuss examination techniques for the female genitalia, breasts and axillae
4. Perform an examination of the female genitalia, breasts and axillae
5. Identify normal age and condition variations to the female genitalia, breasts and axillae
6. Recognize findings that deviate from expected findings

7. Relate symptoms or clinical findings to common pathologic conditions
8. Properly document findings on the exam of the breasts and axillae
9. Discuss the usefulness and technique of the self breast exam

Human Sexuality

1. Define sexuality
2. Describe the human sexual response
3. Discuss sexual self-concept in terms of sexual orientation and gender identity
4. Discuss the following sexual dysfunctions in terms of definition, physical and psychosocial factors associated with each, and management strategies:
 - Inhibited sexual desire
 - Anorgasmia/ orgasmic dysfunction
 - Vaginismus
 - Dyspareunia
5. Discuss cause, presentation, and treatment of hirsutism
6. Take a sexual history
7. Discuss the influence of culture on sexuality

Domestic and sexual abuse

1. Discuss the epidemiology of domestic and sexual abuse
2. Take a history related to sexual and/or domestic abuse
3. Describe the acute care of the sexual assault victim including:
 - Initial approach
 - Medical history
 - Evidence collection
 - Initial laboratory testing
 - Pregnancy prophylaxis
 - STD risks and prophylaxis
 - Follow-up after sexual assault
4. Discuss legal responsibilities in reporting sexual/domestic violence
5. Identify resources for the victim of sexual/domestic violence