Gynecology Goals and Objectives
PGY – 3

Rotation Description
During this rotation, PGY 3 residents will become proficient in addressing the biomedical and psychosocial health issues of female patients. Women’s health care addresses the unique, multidisciplinary aspects of issues affecting women. In providing a wide range of medical services, the family medicine resident will provide preventive and wellness care, diagnose general medical illnesses and disease processes unique to women, and care for women and their families. They will develop the procedural skills to manage common gynecologic disorders seen in primary care. PGY 3 residents will complete 1 block rotation on Gynecology.

Goals and Objectives:
Patient Care
1. Cares for acutely ill patients presenting with gynecologic symptoms in urgent and emergent situations in all settings
   a. Appropriately manages abnormal vaginal bleeding, including ectopic pregnancy
   b. Identifies patients presenting with miscarriage/pregnancy loss
   c. Able to recognize and treat pelvic infections, including STI’s
2. Cares for patients with chronic gynecologic conditions seen in primary care
   a. Able to manage family planning issues, including different methods of contraception, infertility and unintended pregnancy.
   b. Identifies the abnormal pap smear and cervical cancer and uses evidence based decisions for management
   c. Recognizes and treats pelvic disorders including chronic pelvic pain, pelvic mass/cysts, urogenital disorders, endometrial and ovarian cancer
   d. Identifies and treats common breast disorders, including breast mass
   e. Recognizes and appropriately treats menstrual disorders, including the premenstrual syndrome, menopausal syndrome, and amenorrhea
3. Obtains complete histories, interprets vital signs, perform appropriate physical examinations, develops an appropriate DDx in patients presenting with gynecologic symptoms and effectively presents findings to a gynecologist.
4. Partners with patients, family’s, and community to improve health through disease prevention and health promotion
   a. Demonstrates awareness of recommendations for health maintenance and screening guidelines developed by USPSTF, AAFP and ACOG
   b. Arranges a multidisciplinary approach and coordinates patient care with other health care team members
5. Acquires the skills to perform appropriate procedures under supervision
   a. Able to perform an appropriate vaginal and pelvic exam
   b. Able to perform a pap smear, colposcopy, endometrial biopsy, endocervical curettage, IUD placement/removal, and intradermal contraceptive placement/removal
Medical Knowledge
1. Has sufficient medical knowledge to practice gynecology in a primary care setting as a FM resident.
   a. Appropriately uses, performs and interprets diagnostic tests and procedures.
2. Applies critical thinking skills in patient care in women’s health patients
   a. Understands the differential diagnosis, diagnostic approach (including history, physical exam, laboratory and imaging assessments, and clinical reasoning) and management of patients with common diagnosis including chronic pelvic pain, abnormal uterine bleeding, cervical dysplasia, pelvic mass, family planning, reproductive cancers, miscarriage/pregnancy loss, urinary incontinence, breast disorders, menstrual disorders
3. Understands the psychosocial impact of gynecologic disorders on patients who experience pregnancy loss, sexual abuse, domestic violence, menopause and other chronic women’s health disorders.

Interpersonal and Communication Skills
1. Develops meaningful, therapeutic relationships with patients and families
   a. Creates a non-judgemental and safe environment for patients
   b. Respects patients autonomy in their health care decisions
2. Demonstrates effective communication with patients, families, and the healthcare team
   a. Participates in end of life care discussions with patients who have terminal illness
   b. Participates in family meeting to discuss patients condition, prognosis and treatment plan
   c. Engages patients perspective in shared decision making
3. Effectively communicates and works collaboratively with all staff, including resident physicians, attending physicians, specialists and hospital personnel in a way that fosters mutual respect and effective patient care.
   a. Maintains accurate medical records regarding patient encounters including procedures and consults.

Practice-Based Learning and Improvement
1. Locates, appraises, and assimilates evidence from scientific studies related to the patients’ health problems
   a. Utilizes the best evidence in caring for patients with or at risk for various gynecologic conditions.
   b. Critically evaluates information from others, including colleagues, experts, pharmacists, patients
   c. Formulates a searchable question from a clinical scenario
   d. Learn how to critically evaluate literature about current gynecologic care.
2. Demonstrates self-directed learning
   a. Uses information technology to manage and retrieve information about women’s health and support own education.
   b. Uses feedback to improve learning and performance
c. Applies medical knowledge learned in diagnostics lab and gyn clinic to their own continuity patients and disseminate the learned information to others to facilitate learning.

3. Improves systems in which the physician provides care
   a. Able to implement changes in patient care based on new information obtained from attending rounds, clinical experience, review of the literature, office experience and other sources.

Professionalism
1. Completes a process of professionalization
   a. Demonstrates a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to diversity when dealing with patients.
   b. Dress appropriately and maintain good personal hygiene in accordance with hospital policy
2. Maintains emotional, physical, and mental health; and pursues continual personal and professional growth
   a. Maintain patient privacy adhering to standards set forth by HIPAA.
   b. Recognizes fatigue, sleep deprivation and impairment
3. Demonstrates professional conduct, accountability and good work habits
   a. Recognizes the importance of timeliness, efficiency, and punctuality.
4. Demonstrates humanism and cultural proficiency
   a. Recognizes impact of culture on health and health behaviors
   b. Consistently demonstrates compassion, respect and empathy.
   c. Shows sensitivity and responsiveness to patients’ and families’ culture, race, gender, sexual orientation, age, socioeconomic status and physical or mental disabilities.

Systems-Based Practice
1. Emphasizes patient safety for pts with gynecologic disorders
   a. Verifies patient identification with at least 2 identifiers
   b. Recognizes the mechanisms that result in medical errors
2. Provides cost-conscious medical care
   a. Demonstrates an awareness of and responsiveness to the larger context and system of health care
   b. Gains an understanding of procedure coding and basic insurance reimbursement for gynecologic care.
   c. Able to call effectively on other resources to provide optimal care to patients with gynecologic diseases.
3. Coordinates team based care
   a. Appropriately utilizes consultation and referrals to specialists in the management and co-management of gynecologic conditions or concerns.
   b. Is aware of the hand-off process for transitions of care
Syllabus:

I. Women’s Health and Gynecology
   A. Health Promotion, Disease prevention, and Health Maintenance
      a. Normal physiology of reproduction from puberty to menopause
      b. Normal physiological sexual responses and diagnosis of sexual dysfunction
      c. Recommendations on breastfeeding
      d. Recommendations for human papillomavirus (HPV) vaccination
      e. Appropriate evaluation and counseling using evidence-based guidelines:
         i. Exercise and Nutrition
         ii. Cancer Screening
         iii. Vaccination
         iv. Osteoporosis
         v. Alcohol and Smoking cessation
         vi. Women’s unique risks in the community, including poverty, violence, access to health care, and teen pregnancy, and the impact of these factors on infant morbidity and mortality

   B. Diseases of the reproductive tract
      a. Methods of prevention, screening, colposcopic evaluation, and treatment of benign and malignant neoplasms of the external and internal genitalia, including HPV infection and cervical dysplasia
      b. Endometriosis: presenting symptoms, diagnosis, and initial management, including appropriate counseling, prognosis, and referral
      c. Evaluation of pelvic masses in women of different ages
      d. Risk factors, presenting symptoms, and office diagnosis of endometrial pathology, including fibroids, endometrial hyperplasia, postmenopausal vaginal bleeding, and other benign or malignant uterine lesions
      e. Presenting symptoms, evaluation, and initial treatment of polycystic ovarian syndrome, including the association with type 2 diabetes
      f. Differential diagnosis of chronic pelvic pain, including infection, endometriosis, tumors, and common underlying issues of sexual abuse
      g. Female sexual dysfunction: evaluation, counseling, and management, including problems of libido, dyspareunia, and anorgasmia

   C. Reproductive Tract Infections
      a. Epidemiology, screening, and treatment of infections, including STI’s
      b. Vaginitis and vulvitis: risk factors, presenting symptoms, evaluation, and treatment for both acute and recurrent
      c. Cervicitis and PID: presentation, evaluation, and outpatient vs inpatient management; complications including tubo-ovarian abscess
      d. HIV in women: initial evaluation, counseling, and referral to resources in the community for both pregnant and non-pregnant female patients
D. Menstruation
   a. Physiology of puberty, menarche, and the menstrual cycle
   b. Physiology of abnormal menstruation and abnormal uterine bleeding
      i. Amenorrhea: evaluation and management
         Anovulatory bleeding
      ii. Dysfunctional uterine bleeding – menorrhagia and metrorrhagia
      iii. Postcoital bleeding
      iv. Dysmenorrhea
   b. PMDD and PMS

E. Gynecology in older women
   a. Menopause, including:
      i. Diagnosis
      ii. Physical, emotional, and sexual impact
      iii. Risks and benefits of hormone replacement therapy & other option
   b. Presenting symptoms of pelvic floor dysfunction, including types of
      urinary incontinence and prolapse; medical and surgical treatment options

F. Breast Disease
   a. Anatomy and physiology of benign diseases of the breast, including cysts,
      adenomas, and fibrocystic changes through the menstrual cycle
   b. Types, risks, and psychological impact of breast implants
   c. Recommendations and controversies related to screening for breast cancer
      using clinical examination, self-examinations, imaging and genetic testing
   d. Initial recommendations for treatment modalities, referral resources, and
      primary care follow-up for patients who have breast cancer
   e. Breast disease: evaluation and management of problems including
      i. Mastodynia
      ii. Galactorrhea and nipple discharge
      iii. Benign breast disease (fibroadenoma, fibrocystic disease)
   f. Counseling and indications for referral for breast reduction surgery and
      breast implants
   g. Counseling, referral, and primary care follow-up for breast cancer

G. Family planning and early pregnancy evaluation and management
   a. Recommendations for preconception counseling
   b. Appropriate evaluation and counseling using evidence-based guidelines
      for contraception for women in all reproductive age groups
      i. Permanent vs Reversible
         1. Oral, Injectable, Patches
         2. Long-acting reversible contraception (LARC)
            a. Intrauterine devices (IUDs)
            b. Implants
            c. Intravaginal contraceptive ring
         3. Natural family planning
         4. Barrier methods
         5. Postcoital (emergency) contraception
c. Counseling for unintended pregnancy (including options of adoption and termination of pregnancy)
d. Counseling for elective abortion: medication and aspiration options
e. Assessment and management of early pregnancy loss
f. Assessment and management of post-miscarriage and post-abortion symptoms and complications
g. Etiologies of female infertility, as well as a family-centered approach to evaluation, testing, counseling, and referral resources

H. Domestic and sexual violence
   a. Epidemiology, risk factors, and red flags for identifying intimate partner violence or sexual harassment, and resources available to assist affected women
   b. Components of the evaluation and treatment of victims of rape and sexual assault (including psychosocial and legal issues)

I. Urogynecology
   a. Urinary tract infections (UTIs): diagnosis and management of uncomplicated acute UTI, as well as recurrent or complicated UTI; indications and management of prophylactic antibiotics
   b. Urinary Incontinence: screening, evaluation, and treatment options for stress incontinence and overactive bladder, and referral for surgery

Assessment:
1. Assessment by the Gynecologist on a daily basis through direct observation
2. Formal evaluation at the completion of the rotation by the Gynecologist

Reading Assignments
2. www.aafp.org

Block/Week Schedule: PGY 3 Residents

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