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L | E | C | O | M  
College of Osteopathic Medicine  
OBGYN Clerkship  
Syllabus  
2019-2020

## Description

“The art of medicine consists of amusing the patient while nature cures the disease.” - **Voltaire**

**OB/GYN (Third Year Rotation): 1 block rotation (4 weeks):** During your 4 week rotation you are expected to meet and exceed the following requirements and challenge yourself, to be proactive learners and ask questions. Most students will in ambulatory, inpatient and surgical settings while experiencing the large breadth of both obstetrical and gynecological care. It is important that students learn to deliver basic preventive care, apply appropriate screening practices in the ambulatory setting, participate in the prenatal, labor, delivery, and post-partum care of the pregnant patient as well as be involved in the preoperative evaluation, operative care and postoperative care, and to participate in the performance of obstetrical and gynecologic procedures. There is a lot of material that you are expected to know and 4 weeks might not seem enough, but if you study correctly you will be just fine. Also remember that there is more than studying for “BOARDS.” Just because the topics covered either in the readings or online questions are not “BOARD” relevant in your opinion that does not mean you are not expected to know it. The boards likely will not expect you to memorize what the normal beta quant doubling time when evaluating a possible early abnormal pregnancy but you are expected to know it. This curriculum should be used as a supplemental resource while on your clinical clerkships. It should not be used as the only educational resource for your boards and shelf exams. If there is a problem with one of the questions please email me directly, [travis.smith@lecom.edu](mailto:travis.smith@lecom.edu).

## Osteopathic Medicine: What is it?

Osteopathic Medicine is a comprehensive system of healthcare based upon a specific philosophy and distinctive art. Our philosophy and principles embrace holistic evaluation and treatment of patients to obtain the best possible outcomes in medical care. Our art is the use of sensitive palpatory diagnostic skills and osteopathic manipulative treatment (OMT) to assist in facilitating the patient’s own healing abilities. Hands-on treatment is beneficial not only for a variety of musculoskeletal problems, but also for visceral, lymphatic, autonomic, central and peripheral nervous system disorders. OMT works to balance the body, mind, and spirit of the individual and

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may influence bioenergetic realms. It is what distinguishes and separates us from the allopathic profession and all other healthcare professionals.

## Requirements

- Complete all reading requirements while on your respective Family Medicine Rotation including text book and online readings.
  - Students are encouraged to supplement required readings with additional readings based on your specific rotation exposures.
  - 10 hours per week of outside clinical reading.
- Complete the Weekly Online Questions of the Day in the coursework section
- Complete the online End of Rotation Quiz (Worth 20% of your final grade)
- Students MUST adhere to the ACGME rules regarding the workweek, which include working no more than 80 hours per week, no more than 24 hours continuously, except an additional 6 hours may be added to the 24 to perform wrap-up duties, and have at least one of every 7 days completely off from educational activities.
- Extended absences from the clerkship are not permitted. Any absence from the clerkship must be pre-approved by the regional campus dean prior to the beginning of the clerkship.

## Materials: Required and Supplemental

**Required Reading: Pick one text book (Hacker or Danforth's) to read and use as a reference**

- Danforth's Obstetrics and Gynecology: Tenth Edition (Required Free Text): Once you use the hyperlink then click Stat Ref. From there accept the terms and check the box of the desired textbook you want to review.
- Hacker & Moore's Essentials of Obstetrics and Gynecology (Required). Hacker, Neville F., Gambone, Joseph C., Hobel, Calvin J. Hacker & Moore's Essentials of Obstetrics and Gynecology, 6th Edition. Elsevier, 10/2015. [Free on Vital Source].
- Foundations of Osteopathic Medicine, 3rd ed. Baltimore, MD: Lippincott Williams & Wilkins, 2011, pp. 961-973. American Osteopathic Association, and Anthony Chila. Chapter 63: Lower Extremity Swelling in Pregnancy and Chapter 64: Low Back Pain in Pregnancy.



## OB/GYN Clerkship Syllabus

- An Osteopathic Approach to Diagnosis and Treatment (3rd ed.), Philadelphia: Lippincott Williams & Wilkins. pp. 646-659. DiGiovanna, Eileen L.; Schiowitz, Stanley; Dowling, Dennis J. (Eds.). (2005). Chapter 116: Gynecological Applications.
- All students will have full access Association of Professors of Gynecology and Obstetrics (APGO) resources, videos, lectures, and its UWise question bank. All students can utilize APGO and will need to create an account with APGO. Please see the instructions that are located in the OBGYN page on portal.

### Supplemental Reading:

- High-Risk & Critical Care Obstetrics - 3rd Ed. (2013): Supplemental Reading: Free textbook: Supplemental Free text book: Once you use the hyperlink then click Stat Ref. From there accept the terms and check the box of the desired textbook you want to review.
- Berek & Novak's Gynecology (15th Edition): Supplemental Reading: Free text book: Once you use the hyperlink then click Medline (OVID). From select the Books@OVID link which brings you to the OVID home page. On the top header there is a "Book" section and by clicking that title you will the book link.

## Evaluation: (Effective 2018)

- 50% based on rotation evaluation
- 30% based on the shelf examination
- 20% based on completion of the end of rotation quiz (50 questions) and completion of the weekly quizzes (the weekly quiz grades will not factor into your end of rotation quiz grade).
  - The end of rotation exam is due on the last Saturday of your rotation by 10PM eastern and will not be accepted late!
    - If you fail to complete the exam or fail turn it in on time (even 1 minute late), you are still required to take and pass the exam (while still receiving a 0% towards your grade)
    - If you fail the exam (<70%) or fail to take it completely by the end of your next rotation then you will be required to repeat the entire rotation during your elective month.
    - If you fail the initial exam you are required to retake the exam and pass (>70% while still receiving a 0% towards your grade).

## Goals and Objectives

The below goals and objectives for the third year clerkship have been developed by the Association of Professors of Gynecology and Obstetrics (APGO) Undergraduate Medical Education Committee (UMEC). They are designed to cover topics which will prepare you for your career in medicine even if obstetrics and gynecology will not be your chosen specialty. Please use these objective and reading articles and videos as a guideline for your learning during your 4-week rotation as all of the information is fair game on boards and shelf exams. You can view all of the Medical Student Objectives Videos on the APGO YouTube Channel.

### Medical Knowledge

Demonstrate knowledge about established and evolving biomedical, clinical, and cognate (e.g. epidemiological and social-behavioral) sciences and the application of this knowledge to patient care.

- Apply the relevant genetics, physiology, embryology and developmental biology, anatomy, pharmacology, pathology, microbiology and immunology to obstetrical and gynecological patients
- Understand normal obstetrical care including physiological changes in pregnancy, normal labor and delivery, and postpartum care
  - Physiologic changes in pregnancy
  - Fetal development and physiology
  - Preconceptual care
  - Genetic counseling
  - Prenatal care
  - Antepartum fetal monitoring
  - Labor and delivery
  - Induction and augmentation of labor
  - Operative vaginal delivery and caesarian section
  - VBAC
  - Postpartum hemorrhage
  - Postpartum infection
  - Lactation
- List in linear fashion the cardinal movements of labor
  - List the three stages of labor and the associated phases
  - Discuss the relationship between the cardinal movements and the stages of labor
- Understand how to assess and manage the medical complications of pregnancy including early pregnancy loss, multifetal pregnancy, early or uncomplicated labor
  - Diabetes mellitus



- UTI
  - Medical illnesses complicating pregnancy
  - Psychiatric illnesses complicating pregnancy
  - Drug use in pregnancy
  - Second trimester pregnancy loss
  - Preterm labor
  - Bleeding in third trimester
  - Hypertension in pregnancy
  - Multiple gestation
  - Fetal growth retardation
  - Isoimmunization
  - Post term pregnancy
  - PROM
  - Fetal death
  - Provide comprehensive routine gynecologic care including preventive care and family planning advice
    - Abnormal uterine bleeding
    - Vulvar and vaginal infections
    - STD
    - Pelvic support defects
    - Pelvic masses
    - Chronic pelvic pain
    - Endometriosis
    - Urogynecological disorders
    - Benign breast disease
    - Contraception counseling
  - Recognize the indications for and the technical aspects of gynecological surgical procedures
  - Understand the endocrinological issues women face throughout their cycle such as menarche, abnormalities of the menstrual cycle, endometriosis, infertility, and menopause
    - Dysmenorrhea
    - Dysfunctional Uterine Bleeding
    - Amenorrhea
    - Premenstrual syndrome
    - Hormone replacement/osteoporosis
  - Understand the epidemiology, screening, diagnosis, and management of common gynecological malignancies including breast, uterine, cervical, and ovarian cancers, and trophoblastic disease
-

### Patient Care

Provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health.

- Demonstrate proficiency in obtaining an obstetrical and gynecological history
  - Perform a gynecological exam on a non-pregnant patient and a prenatal exam on a pregnant patient
  - Articulate a cogent, prioritized differential diagnosis based on initial history and exam related to
    - Normal obstetrics
    - Abnormal obstetrics
    - Control of reproduction
    - Gynecologic disorders
    - Gynecologic endocrine/ infertility issues
    - Gynecologic oncology.
    - Abdominal pain
    - Pelvic pain
    - Dysmenorrhea
    - Vaginal discharge
    - Dyspareunia
    - Incontinence
    - Amenorrhea
    - Abnormal Uterine Bleeding
    - Endometriosis
  - Develop a management plan that includes appropriate laboratory and diagnostic studies, guideline based treatment options, both medical and surgical, patient education for your testing and results, continuing care plans.
  - Demonstrate how to conduct a routine prenatal visit, list important parts of the encounter and what potential obstetrical complications may be identified from each component of the examination (e.g. urine dipstick may identify pre-eclampsia, diabetes; measuring fundal height may identify IUGR, macrosomia, polyhydramnios, oligohydramnios, inaccurate dates, multiple gestation; auscultation of FHT may identify inaccurate dates, missed abortion, hydatidiform mole, fetal demise; weight, BP and edema may identify pre-eclampsia; Leopold's maneuvers may identify malpresentation, multiple gestation)
  - Demonstrate obstetrical expertise
    - List and explain abnormalities of labor (prolonged latent phase, protracted active phase, arrest of dilatation, arrest of descent)
    - Discuss management of the conditions listed above
    - Assist in deliveries, both vaginal and caesarian, and demonstrate proper technique
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## OBGYN Clerkship Syllabus

- Conduct post-partum rounds, demonstrate an understanding of important physical findings and complications of treatment options
- Demonstrate surgical expertise
  - Knowledge and identification of anatomical structures and relationships
  - Proper surgical instrument use
  - You must be familiar with and be able to perform a number of routine technical procedures such as collecting a cervical cytological (pap) smear, obtain specimens to detect sexually transmitted diseases, and bladder catheterization. In addition you must be able to describe common outpatient and inpatient obstetrical procedures with their indications and possible complications. The lists are located below in the objectives section. Conduct post-operative rounds demonstrating an understanding of important physical findings and potential complications

### Interpersonal and Communication Skills

Demonstrate interpersonal and communication skills that result in effective information exchange and teaming with patients, their patients families, and professional associates.

- Gain a sympathetic understanding of the problems encountered by females of all ages
- Demonstrate comfort with the sexual history and examination and conduct such inquiry and examination in a manner that instills confidence and the experience of care in the patient
- Demonstrate counseling skills with respect to problems such as contraception, antepartum care and gynecologic malignancy
- Develop a rapport with all patients, taking into account patients' social and cultural contexts. Knowing that sometimes it can be difficult you must always stay compassionate and work cooperatively with patients, their social supports and other members of their family in developing treatment plans.

### Practice-Based Learning and Improvement

Investigate and evaluate their patient care practices, appraise and assimilate scientific evidence, and improve their patient care practices.

- Become aware of the sources for dissemination of new information regarding the practice of obstetrics and gynecology
  - Gain familiarity with the evidence-based guidelines for routine obstetric and gynecologic care including aspects of regular health maintenance
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### Systems-Based Practice

Demonstrate an awareness of and responsiveness to the larger context and system of health care and the ability to effectively call on system resources to provide care that is of optimal value.

- Gain an appreciation for the special expertise of the obstetrician/gynecologist with respect to indications for referral and transfer of care from the primary care physician
- Demonstrate what information to provide to the OB/Gyn consultant and how to provide appropriate communication regarding urgency of issues

### Professionalism

Demonstrate a commitment to carrying out professional responsibilities, adherence to ethical principles, and sensitivity to a diverse patient population.

- Appreciate the privacy, autonomy and comfort of the female patient

**Below is a list of general centered objectives that the NBOME COMAT will require each student to demonstrate:**

- Foundational content knowledge to situations and patient presentations encountered in clinical settings and important to **Obstetrics and Gynecology**.
- Foundational content knowledge and clinical problem-solving ability as related to particular physician tasks critical to **Obstetrics and Gynecology**.
- Knowledge and clinical problem-solving as related to the [Fundamental Osteopathic Medical Competency Domains](#), including osteopathic principles and practice and OMT, osteopathic medical knowledge, interpersonal and communication skills, practice-based learning and improvement, systems-based practice, professionalism and patient care.
- Osteopathic principles and practice in commonly encountered patient care scenarios.

**In addition to the above NBOME COMAT topics, each student will be required to demonstrate the ability to diagnose and manage selected patient presentations and clinical situations involving, but not limited to:**

- **Abnormal Obstetrics:** abnormal labor, spontaneous abortion, ectopic pregnancy and third-trimester bleeding
  - **General Gynecology:** normal gynecology, family planning, adolescent issues and development, issues of domestic violence and sexual assault, breast diseases, vulvar/vaginal diseases, sexually transmitted infections, urinary tract disorders, screening and preventive care, menstrual cycle and premenstrual syndrome, somatic dysfunction and viscerosomatic relationships
  - **Gynecologic Oncology:** cervical, uterine and ovarian disease and neoplasm and gestational trophoblastic neoplasia
-



## OBGYN Clerkship Syllabus

- **Normal Obstetrics:** preconception, antepartum, intrapartum, and postpartum care; history and physical examination; maternal-fetal physiology; preventive care, nutrition and lactation
- **Reproductive Endocrinology:** menopause, normal/abnormal uterine bleeding, and infertility

Please see attached Goals and Objectives list on portal in the OBGYN section: [Click Here](#)

## Ultrasound

During your OBGYN rotation it is recommended to become familiar with ultrasound. For a refresher course on the basic knobology, [click here](#).

Please use the following book as a resource: Introduction to Bedside Ultrasound Volume 1 & 2 (can be found on iTunes [HERE](#) & [HERE](#)). They are 100 %free, so you have NO excuse not to download them and enjoy their sono goodness!

### **Female Pelvic Module**

#### Read

- Intro to Bedside Ultrasound Vol. 1: Ch. 7 “Pregnancy”
- SonoGuide: “[Ultrasound in Early Pregnancy](#)”

#### Watch

- One Minute Ultrasound: “[Intrauterine Pregnancy \(IUP\)](#)”
- One Minute Ultrasound: “[Transvaginal Ultrasound](#)”
- Mike Stone Vimeo: “[Essential 1st Trimester Pelvic Ultrasound](#)”
- Ultrasound Podcast: “[Ultrasound for Late Pregnancy](#)”
- 5 Minute Sono: “[Fetal Heart Rate](#)”

## Required Reading

During your 4-week clinical rotation the below articles, videos, and teaching cases are meant to improve your knowledge base of the commonly seen conditions while on your clerkship. The articles are taken from Dansford's OBGYN online textbook that can be found in the learning resource center in Stat Ref. These are for LECOM student use only and the articles should not be copied or shared. The videos and teaching cases are from the APGO website and the complete list of videos can be found on the APGO YouTube Channel. If there is a problem with an article or link please email me. [travis.smith@lecom.edu](mailto:travis.smith@lecom.edu)

Please see attached Updated Reading list on portal in the OBGYN section: [Click Here](#)

## OB/GYN Journals

- [Archives of Gynecology and Obstetrics](#)
- [American Journal of Obstetrics' and Gynecology](#)
- [Best Practice & Research Clinical Obstetrics & Gynecology](#)
- [BJOG: An International Journal of Obstetrics & Gynecology](#)
- [Case Reports in OB/GYN](#)
- [Contraception](#)
- [Contemporary OB/GYN](#)
- [Clinical Obstetrics & Gynecology](#)
- [European Journal of Obstetrics and Gynecology and Reproductive Biology](#)
- [Gynecologic Oncology](#)
- [Gynecologic Oncology Case Reports](#)
- [International Journal of Gynecology and Obstetrics](#)
- [Pregnancy and Childbirth](#)
- [Placenta](#)
- [Obstetrics and Gynecology](#)
- [The Breast](#)
- [Ultrasound in Obstetrics and Gynecology](#)
- [Women's Health Issues](#)

## Shelf Exam and Board Review



The information tested on the Shelf and Board exam is very specialized, so the material learned during 2nd year isn't very useful. Make sure you do USMLE world or COMLEX review questions throughout the rotation in supplement to your daily readings. It is recommended to do USMLE world questions throughout the rotation. Most people will complete around 500 questions. In addition to following the online curriculum which included the Association of Professors of Gynecology and Obstetrics (APGO) videos review cases, you should pick **one** of the 4 review books below. Midway through your rotation you should start taking the practice [NBME OBGYN exams](#) for self-assessment. There are a total of 4 exams that are each 50 questions. Taking these exams is a MUST. There are also a number of Practice NBME shelf exams on the portal in the coursework section that mirror these practice exams. The cost is \$20 and they are a part of the "Clinical Science Mastery Series." This exam contains actual retired questions from prior shelf exams. Each student will need to create an account. Below is the Shelf exam breakdown of the topics as listed on the [NBME website](#):

**The Clinical Science Obstetrics & Gynecology content outline includes:**

System		
	General Principles, Including Normal Age-Related Findings and Care of the Well Patient	1%–5%
	Pregnancy, Childbirth, & the Puerperium	40%–45%
	Preconception counseling and care	
	Prenatal risk assessment/prevent	
	Supervision of normal pregnancy	
	Obstetric complications	
	Labor and delivery	
	Puerperium, including complications	
	Newborn (birth to 4 weeks of age)	
	Congenital disorders, neonatal	
	Adverse effects of drugs on pregnancy, childbirth, and the puerperium	
	Systemic disorders affecting pregnancy, labor and delivery, and the puerperium	
	Female Reproductive System & Breast	40%–45%
	Normal processes, female function (eg, ovulation, menstrual cycle, puberty)	
	Breast: infectious, immunologic, and inflammatory disorders	
	Neoplasms of breast	
	Female reproductive: infectious, Immunologic, and inflammatory disorders	



**OB/GYN Clerkship Syllabus**

Neoplasms of cervix, ovary, uterus, vagina, and vulva	
Fertility and infertility	
Menopause	
Menstrual and endocrine disorders	
Sexual dysfunction	
Traumatic and mechanical disorders	
Congenital disorders	
Adverse effects of drugs on the female reproductive system and breast	
Endocrine System	1%–5%
Other Systems, including Multisystem Processes & Disorders	5%–10%
Social Sciences	1%–5%
Communication and interpersonal skills	
Medical ethics and jurisprudence	
<b>Physician Task</b>	
Applying Foundational Science Concepts	8%–12%
Diagnosis: Knowledge Pertaining to History, Exam, Diagnostic Studies, & Patient Outcomes	45%–50%
Health Maintenance, Pharmacotherapy, Intervention & Management	13%–17%
Pharmacotherapy, Intervention & Management	20%–25%
<b>Site of Care</b>	
Ambulatory	70%–75%
Emergency Department	5%–10%
Inpatient	15%–20%

**OB/GYN Resources**

In addition to utilizing the online curriculum and APGO material videos and cases, you should start reading Blueprints or Case Files at the beginning of the rotation. Some students recommend reading High Yield two weeks before the subject exam, and get through it twice. Do USMLE world questions throughout the rotation.

- **Blueprints: Obstetrics and Gynecology:** Contains high yield OB/GYN subject matter in paragraph format. Very thorough resource. Contains practice questions at the end of the book. No easily reviewable during the week before the subject exam.



## OBGYN Clerkship Syllabus

- Case Files: Obstetrics and Gynecology: Presents common internal medicine subjects in the form of clinical vignettes similar to the subject exam. Relatively complete. Probably the 2nd best OB/GYN subject exam resource.
- High Yield Obstetrics and Gynecology: Excellent, succinct summary. Great tables and graphs to demonstrate key concepts. Should be used in conjunction with another resource.
- Case Files Obstetrics & Gynecology: Supplemental Rotation Review.

## Educational Links

- [American Congress of Obstetricians and Gynecologists](#)
- [ACOG Committee Opinions](#)
- [ACOG Practice Guidelines](#)
- [Association of Professors of Gynecology and Obstetrics: Teaching Cases](#)
- [American Society of Colposcopy and Cervical Pathology Practice Management: Great Resource!](#)
- [Oregon Health & Sciences Ob/GYN Grand Rounds](#)
- [BERP \(Basic Embryology Review Program\)](#)
- [WHO Managing Complications in Pregnancy and Childbirth](#)
- [BMJ Clinical Review of Labor](#)
- [Management of the Injured Pregnant Patient](#)
- [The OB Project](#)



If you have any links or good resources to please email me so I can share them.  
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