

MEDICAL EXPERT

The fellow will have the following knowledge base and technical skills:

Knowledge:

1. Antenatal & Postpartum Care:

- Provision of standard prenatal care
- Knowledge of genetic testing, routine prenatal testing
- Knowledge of commonly used and avoided drugs in pregnancy & breastfeeding
- Diagnosis and management of sexually transmitted infections as they pertain to pregnancy
- Knowledge of signs and symptoms of abused women and appropriate referral resources
- Management of pregnancy loss
- Management of postpartum issues (e.g., depression, puerperal infection, breast feeding issues, birth control)

2. Management of complicated pregnancy:

- Vaginal bleeding
- GDM
- IUGR
- Pregnancy
- Induced hypertension
- VBAC
- Substance abuse in pregnancy
- Major medical illness in pregnancy
- PROM
- Antepartum hemorrhage
- Premature labour
- Post term pregnancy

3. Intrapartum Care:

- Knowledge of normal and abnormal patterns of labour and delivery
- Assessment and appropriate management of labour progress
- Intrapartum fetal assessment including intermittent auscultation, electronic fetal monitoring, fetal scalp sampling interpretation
- Knowledge and management of maternal and/or fetal distress
- Indications for, methods and complications of induction of labour
- Indications for, methods and complication of augmentation of labour
- Anaesthesia in labour (risks and benefits of medications available intrapartum)
- Ability to recognize complicated labour and knowledge of indications for assisted vaginal birth and c-section

4. Treatment of obstetrical emergencies:*

- Fetal distress

- Shoulder dystocia
- PPH
- Malpresentation
- Uterine
- Cord prolapse
- Eclampsia

(*) indicates knowledge of principles and as much experience as possible

5. Newborn Care:

- Newborn resuscitation (including evidence completion of NRP course within the past year)
- Newborn assessment

Technical Skills:

Assessment of patients in labour (cervical assessment, determining rupture of membranes, interpretation of fetal monitoring)

Performing ARM

- Application of fetal scalp electrode
- Fetal scalp sampling
- Repair of 1st and 2nd degree tears and episiotomies
- Repair of 3rd and 4th degree tears*
- Manual removal of placenta
- Vaginal delivery
- Vacuum delivery
- Forceps delivery*
- C- section assist

(*) indicates knowledge of principles and experience where possible.

COMMUNICATOR

As a communicator, the resident will demonstrate:

- The ability to establish rapport and therapeutic relationships with pregnant and laboring patients and their families
- An awareness of the unique issues surrounding pregnant patients (including psychosocial and cultural issues)
- Effective communication within the interprofessional team of health care workers
- Accurate and timely record keeping

COLLABORATOR

As a collaborator, the resident will:

- Function effectively within the multidisciplinary team of the labour and delivery ward recognizing the roles and responsibilities of the different team members to ensure the provision of high quality care for the patient

MANAGER

As an effective manager, the resident will:

- Demonstrate an understanding of the resources available to pregnant patients and their families and the appropriate use of these resources within the health care system
- Coordinate the care of the patient both within the community and the hospital to ensure provision of the best possible care

HEALTH ADVOCATE

As a health advocate, the resident will:

- Identify and respond appropriately to the needs of each individual patient
- Identify opportunities to advocate for the health care needs for the antepartum intrapartum and postpartum patient and her family
- Advise patients about local resources available to them and their families

SCHOLAR

As a scholar, the resident will:

- Have an understanding of the seminal research in low risk obstetrical care and its application into daily practice
- Demonstrate a commitment to maintaining and enhancing professional knowledge and activities through ongoing learning

PROFESSIONAL

As a professional, the resident continually strives to:

- Commit to the provision of the best possible care for their pregnant patients
- Demonstrate respect and compassion towards all patients and their families
- Recognize and appropriately respond to ethical issues in practice
- Demonstrate integrity and honesty

Logbooks: Each candidate is encouraged to keep a logbook of procedures done. This should be intermittently reviewed with supervisor(s) to ensure that learning objectives are being met and it will be reviewed further as part of the exit interview for the residency. For each birth, the following information should be included:

- Type of delivery
- Procedures performed
- Complications if any

Womens health

(1) Medical Expert

Family physicians with women's health expertise will be able to:

- Consider women in a larger framework which includes acknowledgement of their unique biological issues, sociopolitical and historical context, their culture/race or ethnicity, their economic positions including employment, security and access as well as how they are uniquely affected by health care policy and economics.
- Establish and maintain up to date clinical knowledge, skills and attitudes in areas which may include the following as set out by the individual scholar in consultation with the program director in accordance with the principles of adult learning:

- Asthma in women
- Breast health
- Breast Feeding
- Brief Psychotherapy for Women
- Cardiovascular health in women
- Dermatology in women
- Foot Care in women
- Medical Diseases in Pregnancy
- Nutrition Services
- Osteoporosis
- Sport medicine in women
- Diabetes in women
- Health education
- Health promotion in areas of violence against women
- Infertility & reproductive education
- Gynecology
- Body image care
- HIV in women
- Health and well-being of immigrant and refugee women Etc.

(2) Communicator

- Family physicians with women's health expertise will be able to...
- Develop rapport, trust and ethical therapeutic relationships with patients and families.
- Accurately elicit and synthesize relevant information and perspectives of patients and families, colleagues and other professionals.
- Develop a common understanding on issues, problems and plans with patients and families, colleagues and other professionals to develop a shared plan of care when appropriate.
- Convey effective oral and written information about their medical encounters.
- Communicate effectively with patients in an effort to maximize health promotion.

(3) Collaborator

Family physicians with women's health expertise will be able to:

Participate effectively and appropriately in an interprofessional healthcare team.

Effectively work with other health professionals to prevent, negotiate and resolve interprofessional conflict.

Reconsider traditional models of hierarchy in medicine and medical education.

(4) Manager

Family physicians with women's health expertise will be able to:

- Participate in activities that contribute to the effectiveness of healthcare organizations and systems and promote gender equity within them.
- Manage their practice and career effectively.
- Allocate finite healthcare resources appropriately.
- Serve in administration and leadership roles, as appropriate in order to ensure the consideration of women at all levels of governance.
- Participate as co-managers or team members in health care teams in order to re-consider the usefulness of hierarchy in team work.

(5) Advocate

Family physicians with women's health expertise will be able to:

- Respond to individual patient health needs and issues as part of patient care.
- Respond to the health needs of their own practice community.
- Promote the health of individual patients, communities and populations.
- Advocate for women's health needs as appropriate locally, nationally and /or internationally.

(6) Scholar

Family physicians with women's health expertise will be able to:

- Assess research articles for gender bias.
- Consider the risks associated with research involving pregnant or lactating women and recognize alternative approaches to gathering high quality data in this and other vulnerable populations.
- Include sex disaggregated data in any/all research initiatives.
- Recognize and consider other ways of 'knowing'.
- Consider menstrual cycle changes, hormonal differences and pre/post menopausal status throughout research and how this may affect pharmacokinetics and other data measurement.
- Incorporate the above into their role as teachers and role models for colleagues, other health care professionals and students of all genders.

(7) Professional

Family physicians with women's health expertise will be able to:

- Demonstrate a commitment to their patients, profession, society and the population of women through ethical practice.
- Demonstrate a commitment to their patients, profession, society and the population of women through participation in profession-led regulation.
- Demonstrate a commitment to physician health and sustainable practice through the balancing of personal and professional priorities, striving to heighten personal and professional awareness and insight and recognizing other professionals in need and respond appropriately.