Ambulatory Care Rotation

Overview

Goal

The primary goal of this rotation is to provide a comprehensive knowledge of non urgent and semi urgent care of obstetrics and gynecology patients in an ambulatory setting.

Orientation

The 4 week rotation in Ambulatory Care will take place at this McGill Teaching site:

➤ McGill University Health Centre’s Royal Victoria Hospital (RVH)

On their first day the Residents are to page Dr. Krishnamurthy.
Refer to the Junior and Senior Resident schedule for this rotation.
Specific Objectives and CanMEDS competencies

The role of medical expert is central to the function of the obstetrician-gynaecologist, and draws on the competencies for the roles of scholar, communicator, health advocate, manager, collaborator, and professional.

1. Medical Expert

a. Knowledge of Anatomy and Physiology
   To develop an understanding of reproductive anatomy including:
   - Normal and abnormal pelvic anatomy
   - Specifically, in depth knowledge of vulva, vagina, Uterus, tubes and ovaries.
   To understand the effect of age on pelvic organs and its physiology
   - To understand normal menstrual physiology, maternal adaptations to pregnancy

b. Data Gathering
   - Be able to obtain a complete history from patient
   - Be able to conduct the physical examination to evaluate patients in supine positions and draw appropriate conclusions from the clinical examination

c. Clinical Reasoning, Management and Judgement/Diagnostic and Therapeutic Planning
   - Manage common Obstetrics and gynecologic disorders in a conservative manner and
   - Know the indications for the surgical intervention:
     Gynecology
     - Vulval and vaginal infections, Vulval dermatoses, Vulvodynia
     - Vulval cysts, Vulvovaginal trauma
     - Vaginal lesions and Cervical lesions
     - Contraception and sterilization
     - Miscarriages, ectopic pregnancy and request for an induced abortion
     - Abnormal Uterine bleeding
     - Pelvic mass
     - Acute and Chronic Pelvic pain
     - Basic work-up of infertility
     - Amenorrhea
     - Stress urinary incontinence
     - Overactive bladder
     - Recurrent cystitis
     - Genital prolapse
     - Menopausal symptoms and principles of use hormone replacement
     - Various routes of estrogen replacement
The resident should be able to describe various surgical approaches for the above disorders and the risks and success rates of such procedures as well as the indications for surgery.

**Obstetrics**
- Lifestyle issues in pregnancy
- Antenatal care trimester specific
- Fetal growth
- Assessment of fetal well-being
- Maternal and fetal infections
- Risk assessment in pregnancy
- Diabetes and Gestational Diabetes
- Rhesus isoimmunization in pregnancy
- Hypertensive disorders
- Abnormal presentations
- Postdated pregnancy
- Lactation
- Postpartum visit and plan for future pregnancies

d. **Procedural skills**
   - The resident should demonstrate a level of skill appropriate for their level of training in endometrial biopsy, insertion and removal of IUD, insertion of Word catheter, taking biopsies of genital lesions under supervision.
   - The resident should be able to recognize various types of pessaries for incontinence and prolapse and demonstrate insertion techniques under supervision.
   - Be able to perform a bimanual examination and identify pelvic masses or other abnormalities.
   - Be able to perform a cervical cytology, vaginal and cervical cultures.
   - Be able to perform an endometrial biopsy, insert Word catheter, insert an IUD and remove an IUD under supervision.
   - Be able to demonstrate abdominal examination of a pregnant women systematically and interpret the findings objectively.
   - Be able to perform a systematic examination to assess the fitness of a patient for surgical procedures such as cesarean section and other gynecological procedures.

2. **Communicator**

**Physician/Patient Relationship**
- The resident should demonstrate the ability to elicit the trust and cooperation of the patient in ambulatory care settings, the emergency department, in-house consultations and perioperatively.
Verbal Communication Skills
- The resident should demonstrate appropriate communication skills when interacting with clinic administrative staff and other members of the multidisciplinary health care team.

3. Collaborator

Team Relations
- The resident should be able to identify the role of the various health care team members and recognize their contribution to obstetrics and gynecology patient care
- The resident should demonstrate appropriate utilization of health professionals and resources and be able to identify wastage in health care

4. Manager

Time Management
- The resident should demonstrate an ability to assess patients in an efficient manner in the ambulatory clinics.

Resources and Allocation
- The resident should be able to determine appropriate investigations for diagnosis of the common gynecological disorders (see above).
- The resident should be able to determine appropriate setting for patient management (ambulatory clinic or inpatient care) for the common obstetric and gynecological disorders.

Administrative Skills
- The resident should demonstrate the ability to coordinate ambulatory patient care including communication with consulting services, follow up of investigations, responding to patient/family queries and timely completion of health records.

5. Health advocate

Determinants of Health/Health Advocacy
- The resident should be able to appreciate the unique developmental and social pressures that affect patients and their families, for example:
  - Cultural influences on sexuality
  - Controversial issues surrounding hormone replacement
6. Scholar

- Directed Learning
  • The resident should develop a critical approach to the literature regarding investigation, therapeutics and health care delivery with respect to obstetric and gynecological care.

Critical Appraisal
  • The resident will be expected to review recent obstetric and gynecologic literature, pertaining to a question of investigation, treatment, causation or natural history of a obstetrics and gynecological problem.
  • The resident will present their review as a obstetrics and gynecology round, once during their rotation, with an attending staff mentor.
  • The resident may choose to participate in a research project either on-going in the division or arising from their own interests in obstetrics and gynecology.

Teaching Skills
  • The resident will demonstrate the ability to impart new information in the clinical situation to patients and their families.
  • If medical students and nursing students are present on the rotation, the resident will be responsible for appropriate teaching in the ambulatory care setting.

7. Professional

Responsibility
  • The resident will be expected to be available to the administrative staff and health care team and to participate in the management of the obstetrics and gynecology patients in the clinic, on the wards and in the emergency department in conjunction with the staff, obstetrics and gynecology fellow and clinic nurse.

Self Assessment Skills/Insight
  • The resident should demonstrate the ability to communicate with attending staff and request assistance in patient management when appropriate.
  • The resident should consult ancillary services when required to enhance patient care.
  • The resident should develop an individual learning plan with regards to obstetrics and gynecology knowledge basis, with assistance of the attending staff.

Ethics
  • The resident should be aware of the medicolegal issues and ethical issues with respect to patient confidentiality
Written Skills and Record Keeping
- The resident shall document interactions with patients and families in the ambulatory clinic setting and in telephone interactions.
- The resident shall complete Health Records in a timely manner.

Determinants of Health/Health Advocacy
- The resident will identify the important determinants of health affecting patients and contribute effectively to improved health of patients and communities.
- Recognize and respond to those issues where advocacy is appropriate.

Evaluation
Residents will be evaluated by the attending staff and senior residents (in case of PGY1-2) on the above goals and objectives by means of the standard monthly global evaluation form (MRESOne45). This includes the evaluation by the physicians of the Resident’s interpersonal and communication skills, and professionalism. The Resident will also need to complete an evaluation of their Amb Care (on-line MRES-one45), to contribute to future improvements.

Recommended Readings
- Williams Obstetrics, 23rd Edition by F. Cunningham
- Comprehensive Gynecology, 5th Edition by Katz
- Obstetrics and Gynecology Recall, 3rd Edition by John Bourgeois