

Basic Gynaecology and Obstetrics

Objectives:

At the end of the course, the students will be able to

- Define and explain the common gynaecological and obstetrical terms and issues.
- Provide antenatal check-up, advice and treatment of minor ailments and diseases of pregnant mother.
- Provide intra natal care in presence of graduate doctor.
- Provide postnatal check-up, advice and treatment of minor ailments and diseases of mother and new-born.
- Detect early high risk pregnancy, intra natal and postnatal problems of mother and new-born.
- Provide early appropriate referral services when needed.

List of Competencies to Acquire-

- Recognise early common gynaecological and obstetrical diseases/ problems.
- Provide complete care to the patients of simplest gynaecological and obstetrical diseases/ problems.
- Provide 1st line management of all common gynaecological and obstetrical diseases/ problems.
- Refer early the patients of gynaecological and obstetrical diseases/ problems to appropriate place when needed.

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Contents	Learning Objectives	Training /Learning experiences			Expected hours /days	Assessment
		Class-room	Practical /visit	Aids		
Section -1 1. Normal Pregnancy : <ul style="list-style-type: none"> • Gravida • Primipara • Multipara • Expected date of delivery (E.D.D) • Last menstrual period (L.M.P) 	At the end of learning activities the students must be able to : <ul style="list-style-type: none"> • Define the terms: Gravida , Primipara and Multipara • Calculate Gravida, Para, L.M.P and E.D.D 	Lecture	Case demonstration in Hospitals' indoor/outdoor & Health centres	Black Board / White Board/ OHP/Multimedia Instruments for the procedures Patients	Lec-2 hrs Visit/Pr.-4 hrs	Written (SAQ) Viva & Clinical/ Practical
2. Obstetrical examination: <ul style="list-style-type: none"> • History taking • General examination • Par –abdominal examination of pregnant women 	At the end of learning activities the students must be able to : <ul style="list-style-type: none"> • Take obstetrical history • Take relevant personal, medical, surgical and family history • Conduct general examination of pregnant women • Conduct routine obstetrical examination • Determine height of the fundus, lie of the foetus, presentation of foetus by the following factors by palpation of the abdomen of pregnant woman. • Provide proper referral services when needed. 	Lecture	Case demonstration in Hospitals' indoor/outdoor & Health centres	Black Board / White Board/ OHP/ Multimedia Instruments for the procedures Patients	Lec-5 hrs Visit/Pr.— 7 hrs	Written (SAQ) Viva & Clinical / Practical

Contents	Learning Objectives	Training /Learning experiences			Expected hours /days	Assessment
		Class-room	Practical /visit	Aids		
Section -1						
3. Labour : <ul style="list-style-type: none"> • Definition • Onset of labour • Stages of labour • Progress of labour 	At the end of learning activities the students must be able to : <ul style="list-style-type: none"> • Define labour • State characteristics of descent of head of foetus, dilatation of cervix and strength, duration and frequency of contractions. • Mention the characteristics of onset of labour, stages of labour and progress of labour by symptoms and signs. 	Lecture	Case demonstration in Hospitals' & Health centres' labour room	Black Board / White Board/ OHP/ Multimedia Instruments and medicines for the procedures Patients & Dummy	Lec-3 hrs Visit/Pr.-- 3 hrs	Written (SAQ) Viva & Clinical/ Practical
4. Conduction of labour	At the end of learning activities the students will be able to conduct normal labour in presence of graduate doctor recognising: <ul style="list-style-type: none"> • Onset of labour, stages of labour and progress of labour by symptoms and signs. • Descent of head of foetus, dilatation of cervix and strength, duration and frequency of contractions. 	Lecture	Case demonstration in Hospitals' & Health centres' labour room	Black Board / White Board/ OHP/ Multimedia Instruments and medicines for the procedures Patients & Dummy	Lec-4 hrs Visit/Pr.-- 6 hrs	Written (SAQ) Viva & Clinical/ Practical

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		Class-room	Practical /visit	Aids		
Section -3						
1. Common conditions related to pregnancy & their managements	At the end of learning activities the students must be able to recognise & serve the patients with following minor ailments encountered during pregnancy: <ul style="list-style-type: none"> • Morning sickness • Headache • Heart burn • Dyspepsia • Constipation • Oedema • Vomiting • Provide proper referral services when needed 	Lecture	Case demonstration in Hospitals' indoor/outdoor & Health centres	Black Board / White Board/ OHP/ Multimedia Instruments and medicines for the procedures Patients	Lec-5 hrs Visit/Pr.- 4 hrs	Written (SAQ) Viva & Clinical/ Practical
2. General disease in Pregnancy	At the end of learning activities the students must be able to recognise & serve the patients with following minor diseases encountered during pregnancy : <ul style="list-style-type: none"> • Urinary tract infection • Genital tract infection • Anaemia • Moniliasis • Trichomoniasis • Gonorrhoea • Fever • Abdominal pain • Hyperemesis gravidarum • Provide proper referral services when needed 	Lecture	Case demonstration in Hospitals' indoor/outdoor & Health centres	Black Board / White Board/ OHP/ Multimedia Instruments and medicines for the procedures Patients	Lec-5 hrs Visit/Pr - 4 hrs	Written (SAQ) Viva & Clinical/ Practical

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3. High Risk Pregnancy	Able to define and recognise/suspect clinically and refer properly after giving adequate 1 st line management to the following high risk pregnancy: <ul style="list-style-type: none"> • Pre-eclampsia • Eclampsia • Abortions • Ectopic Pregnancy 	Lecture	Case demonstration in Hospitals & Health centres	Black Board / White Board/ OHP/ Multimedia Instruments and for the procedures Patients	Lec-4 hrs Visit/Pr -4 hrs	Written (SAQ) Viva & Clinical/ Practical
	Pregnancy with any bad obstetrical history: <ul style="list-style-type: none"> • Previous caesarean section • Still birth • Jaundice during pregnancy • Diabetic mother • Any other abnormalities during pregnancy • Ante Partum haemorrhage (APH) 	Lecture		Black Board / White Board/ OHP/ Multimedia Instruments and for the procedures Patients	Lec-2 hrs Visit/Pr - 2 hrs	

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<p>4.Health of mother & Newborn</p> <ul style="list-style-type: none"> • Effects of anaemia and prevention of anaemia in pregnancy and labour • Management of cord, eye and general hygiene of the new born. • Immunization of new born & mother. • Advantages of breast feeding and establishment of exclusive breast feeding <p>Common problems of mother & new born in postpartum period:</p> <ul style="list-style-type: none"> • Cracked nipple • Mastitis • Breast abscess • Postpartum haemorrhage (PPH) • Retained placenta • Birth asphyxia, septicaemia and sever jaundice of new born 	<p>At the end of learning activities the students must be able to :</p> <ul style="list-style-type: none"> • Explain effects of anaemia on pregnancy and labour • Give necessary advice and medication to prevent anaemia in pregnancy • Give necessary advice for management of cord, eye and general hygiene of the new born. • Give necessary advice for immunization of new born & mother • Explain advantages of breast feeding and give necessary advice for establishment of exclusive breast feeding <p>Able to recognise/suspect clinically and refer promptly after giving adequate 1st line management to the following common problems of mother & new born in postpartum period:</p> <ul style="list-style-type: none"> • Cracked nipple • Mastitis • Breast abscess • Postpartum haemorrhage (PPH) • Retained placenta • Birth asphyxia, septicaemia and sever jaundice of new born 	Lecture	Case demonstration in Hospitals Indoor /Outdoor & Health centres	Black Board / White Board/ OHP/ /Multimedia Instruments and medicines for the procedures Patients	Lec-4 hrs Visit/Pr-3 hrs	Written (SAQ) Viva & Clinical/ Practical
		Lecture		Black Board / White Board/ OHP/Poster/Slide / Image/ Videos /Multimedia Instruments for the procedures Patients	Lec-4 hrs Visit/Pr -3 hrs	Written (SAQ) Viva & Clinical/ Practical

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5. Family Planning <ul style="list-style-type: none"> • Definition and importance of family planning • Common contraceptive methods 	<ul style="list-style-type: none"> • Define family planning • Mention the importance of family planning • List the common contraceptive methods : <ul style="list-style-type: none"> Temporary methods : <ul style="list-style-type: none"> Oral pills Condom IUD Injection Permanent methods : <ul style="list-style-type: none"> Vasectomy Tubectomy • Explain the correct use of the common contraceptive methods 	Lecture	Demonstration in F.P. Clinic	Black Board / White Board/ OHP/Poster/Slide / Image/ Videos /Multimedia Instruments and medicines for the procedures Family planning clients	Lec-6 hrs. Visit/Pr- 4 hrs	Written (SAQ) Viva & Clinical/ Practical