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5 St Andrew's Place, Regent's Park, London NW1 4LB

Gynaecological Training Guidelines for Genito-urinary Medicine Trainees with the MRCP

Introduction

All MRCP trainees in Genitourinary Medicine will be expected to gain experience in gynaecology by fulfilling these training recommendations. Gynaecological training will be achieved by a combination of a short period attachment to a gynaecological unit, a range of outpatient clinics and experience of relevant gynaecological emergencies.

Aims

To ensure that MRCP trainees have a broad knowledge of and competence in the management of the common gynaecological conditions seen in women presenting to Genitourinary Medicine (GUM) departments.

Objectives

To ensure that MRCP trainees have adequate training, necessary skills and overall competence in the management of relevant obstetric and gynaecological problems.

Duration and organisation of training

Trainees who are members of the Royal College of Physicians may obtain their gynaecological training by:-

1. Completing a three to six month post as Senior House Officer or F2 post in either Gynaecology or Obstetrics and Gynaecology before embarking on higher medical training in GUM.
2. Undertaking a programme of gynaecological training equivalent to six to

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eight weeks during the first two years of higher medical training in GUM. This *can be flexibly arranged and will be dependent upon local circumstances. This may include a maximum of 6 outpatient sessions under the supervision of a named consultant, weekly day release, one week or longer attachments to complete the programme. The training should not be limited solely to attendances at outpatient clinics and could include attending day assessment units, and gynaecology wards..*

Gynaecological training before higher medical training

Trainees who are members of the Royal College of Physicians should complete a three to six month post as Senior House Officer/F2 or equivalent in either Gynaecology or Obstetrics and Gynaecology. Trainees should monitor their knowledge and competence by reaching the standards set out within the basic log book of the Royal College of Obstetricians and Gynaecologists (RCOG). The log book should be reviewed by the Unit Training Director at the start of higher medical training in GUM. Assistance should be given, where necessary, to ensure that the MRCP trainee has attained the minimum competence level expected at the end of the first six months of basic training in Obstetrics and Gynaecology. The DRCOG examination may be undertaken at this time.

The Diploma of the Faculty of Family Planning and Reproductive Health Care (DFFP) is an essential requirement for trainees in GUM enabling them to have a broad understanding of contraceptive methods and their application in clinical practice. However, it is not essential for trainees to have acquired this qualification in advance of their entry into the speciality.

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Gynaecological training within higher medical training

Trainees should monitor their knowledge and competence by reaching the standards set out within this log book, which is based on those prepared by the RCOG. The log book will be assessed by the Unit Training Director during regular reviews of training and at the annual assessment. The DFFP must be taken during higher medical training.

Syllabus

Knowledge

1. Disorders of menstruation, dysmenorrhoea, amenorrhoea, menorrhagia, intermenstrual and post-coital bleeding. Diagnosis and management.
2. Infertility and subfertility - causes and approaches to diagnosis and treatment.
3. Contraception - methods, side-effects, indications and contraindications. (DFFP)
4. Disorders of early pregnancy - Interpretation of bleeding in early pregnancy; ectopic pregnancy; trophoblastic tumours; risk and treatment of infections.
5. Middle and late pregnancy - Knowledge of expected and normal phenomena in order to refer women with abnormalities.
6. Prescribing in pregnancy and the puerperium.
7. Abdominal and pelvic pain - Differential diagnosis. Approaches to management of acute and chronic pelvic pain. Diagnosis and management of endometriosis. Diagnosis of the "acute abdomen". Management of severe intra-abdominal sepsis.
8. Uterine neoplasia - Epidemiology of cervical and endometrial neoplasia. Recognition of early symptoms and signs. Value and limitations of cervical cytology and colposcopy. Approaches to the staging and management of frank neoplasia.
9. Ovarian neoplasia - Simple classifications of common benign and malignant cysts and tumours. Diagnosis and management.
10. Vulval problems - Simple classifications of dystrophies; vulval neoplasia, pruritis vulvae, vulvodynia. This is one of the areas where it may be signed off by GUM or dermatology or gynae depending on local interest
12. Therapeutic abortion - The legal situation - indications and methods; counselling.
13. Psychosexual problems.

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14. Other areas - Common congenital malformations of the genital tract. Uterine "displacement" prolapse. Indications, complications and side-effects of common gynaecological procedures.

Skills

The trainee should attain clinical, technical and allied skills pertinent to the management of women presenting with common gynaecological conditions.

Attitudes

The trainee should develop a non-judgemental and non-discriminatory approach when working with patients and liaising with other staff.

Levels of competence

Columns a, b and c represent the expected levels of competence and are to be interpreted as follows:

- Level a: observe the activity being carried out by a colleague
- Level b: carry out the whole activity under direct supervision of a senior colleague (ie the senior colleague is present throughout) and/or carry out the whole activity under indirect supervision, (ie the senior colleague need not be present throughout, but should be available close by to provide help and advice)
- Level c: independent competence, no need for supervision

The level of competence to be attained will depend upon each target.

Using the log book

Each module commences on a separate page. The pages contain numbered training targets for the modules. These are identified by grey shading of the boxes. Levels of competence should be ticked off as they are achieved. A date may be entered instead of a tick. Not all competence targets require the trainee to be level c.

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The consultant or trainer may be required to check and sign the competence of some targets. It is the responsibility of the trainee to organise, with their trainer, for these targets to be observed. When an entire module is completed (excluding any shaded boxes) the trainer should be asked to sign up the completed module.

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MODULE 1	BASIC CLINICAL SKILLS/PATIENT RELATED COMPETENCES
FOCUS: FORMAL TEACHING: ASSESSMENT:	Sensitive communication (history, examination and basic investigation) Communication skills course History and physical examination (outpatients and inpatients) Observation by trainer

Trainee is expected to achieve competence level up to the shaded area

TARGETS REQUIRING SIGNATURE	Trainee to tick/date level achieved			Trainer to sign and date when competence level achieved	
	a	b	c	Sign	Date
History taking:					
1 obstetric					
2 gynaecological					
Examination:					
3 the pregnant abdomen					

SIGNATURES TO CONFIRM COMPLETION OF MODULE 1			
Name of Trainer	Signature of Trainer	Date	Hospital(s)/Unit(s)
Name of Trainee	Signature of Trainee	Date	

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MODULE 2	NORMAL OBSTETRICS
FOCUS: FORMAL TEACHING: ASSESSMENT:	Care of the mother before, during and after pregnancy Seminar and clinical teaching of normal obstetric screening and diagnostic tests; pre-conceptual care Clinic review, discussion with consultant Observation of procedures Attendance at a minimum of 4 antenatal clinics should take place

Trainee is expected to achieve competence level up to the shaded area

TARGETS REQUIRING SIGNATURE	Trainee to tick/date level achieved			Trainer to sign and date when competence level achieved	
	a	b	c	Sign	Date
Pre-conception counselling:					
1 counsel-before conception					
2 Advise on use of medications					
3 diagnose pregnancy					
Early pregnancy:					
4 liaise with other health care professionals					
Normal pregnancy and antenatal care:					
5 assist at booking visit					
The puerperium:					
6 assess puerperal progress					
7 advise on breast feeding					
8 suppress lactation					

SIGNATURES TO CONFIRM COMPLETION OF MODULE 2			
Name of Trainer	Signature of Trainer	Date	Hospital(s) / Unit(s)
Name of Trainee	Signature of Trainee	Date	

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MODULE 3	OBSTETRIC PROBLEMS
FOCUS: FORMAL TEACHING: ASSESSMENT:	Problems of pregnancy Case analysis of a range of problems Observation of clinical practice and formal testing

Trainee is expected to achieve competence level up to the shaded area

TARGETS REQUIRING SIGNATURE	Trainee to tick/date level achieved			Trainer to sign and date when competence level achieved	
	a	b	c	Sign	Date
1 Early pregnancy: evaluate and investigate early bleeding					
2 management of miscarriage - manage conservatively - manage haemorrhage - prevention of infection - understanding of psychological sequelae					
3 diagnosis and management of ectopic pregnancy - interpretation of USS & blood tests - use of laparoscopy					

REMAINING TARGETS TO COMPLETE MODULE	Trainee to tick/date level achieved		
	a	b	c
4 Other complications of pregnancy: Understand the management of: - spontaneous second trimester miscarriage - nausea, vomiting and hyperemesis - abdominal pain			

SIGNATURES TO CONFIRM COMPLETION OF MODULE 3			
Name of Trainer	Signature of Trainer	Date	Hospital(s)/Unit(s)
Name of Trainee	Signature of Trainee	Date	

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MODULE 4	COMMON GYNAECOLOGICAL PROBLEMS
FOCUS:	Recognition and management of frequently occurring conditions including appropriate referral
FORMAL TEACHING:	Case analysis, materials for independent learning
ASSESSMENT:	Observation of clinical practice and formal testing

Trainee is expected to achieve competence level up to the shaded area

TARGETS REQUIRING SIGNATURE	Trainee to tick/date level achieved			Trainer to sign and date when competence level achieved	
	a	b	c	Sign	Date
Diagnose, investigate, detect complications and manage appropriately:					
1 excessive menstruation					
2 acute pelvic pain					
3 chronic pelvic pain					

REMAINING TARGETS TO COMPLETE MODULE	Trainee to tick/date level achieved		
	a	b	c
Diagnose and investigate appropriately:			
4 dysmenorrhoea			
5 pre-menstrual syndrome			
6 hirsutism			
7 puberty			
8 amenorrhoea			
9 infrequent menses			
10 menstrual irregularity			
11 vulval problems including pruritus vulvae/ani and vulvodynia (see comment on knowledge)			
12 investigate subfertility			
13 awareness of climacteric problems			

SIGNATURES TO CONFIRM COMPLETION OF MODULE 4			
Name of Trainer	Signature of Trainer	Date	Hospital(s)/Unit(s)
Name of Trainee	Signature of Trainee	Date	

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THERE MAY BE CONSCIENTIOUS OBJECTION TO SOME PARTS OF THIS MODULE

MODULE 5	CONTRACEPTION
FOCUS: FORMAL TEACHING: ASSESSMENT:	<ul style="list-style-type: none">- Provision of appropriate advice to all women and their partners- Family planning clinic attendance and case conference- Observation of clinical practice and formal testing- Family Planning/contraception is a compulsory part of higher medical training in Genitourinary Medicine. The DFFP should be obtained.

DFFP

Date obtained _____

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THERE MAY BE CONSCIENTIOUS OBJECTION TO SOME PARTS OF THIS MODULE

MODULE 6	TERMINATION OF PREGNANCY
FOCUS: FORMAL TEACHING: ASSESSMENT:	- Clinical, legal and ethical issues associated with termination of pregnancy - Attendance at pregnancy counselling clinics and postgraduate meetings - Observation of clinical practice and formal testing

Trainee is expected to achieve competence level up to the shaded area

TARGETS REQUIRING SIGNATURE	Trainee to tick/date level achieved			Trainer to sign and date when competence level achieved	
	a	b	c	Sign	Date
1 Pregnancy termination: counsel					

REMAINING TARGETS TO COMPLETE MODULE	Trainee to tick/date level achieved		
	a	b	c
2 Pregnancy termination: Pre termination management including screening and prevention of infection.			
3 awareness of non-surgical methods			
4 arrange follow up and contraceptive use			
5 understanding of conscientious objection and how to refer patients			

SIGNATURES TO CONFIRM COMPLETION OF MODULE 6			
Name of Trainer	Signature of Trainer	Date	Hospital(s)/Unit(s)
Name of Trainee	Signature of Trainee	Date	

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MODULE 7	CYTOLOGY AND COLPOSCOPY
FOCUS: FORMAL TEACHING: ASSESSMENT:	-Basic understanding of cytology and colposcopy -Attendance at a basic colposcopy course encouraged -Attendance at a minimum of 4 colposcopy clinics should take place

This is another area which may be attained in GUM if a BSCCP training unit presumably

Trainee is expected to achieve competence level up to the shaded area

TARGETS REQUIRING SIGNATURE	Trainee to tick/date level achieved			Trainer to sign and date when competence level achieved	
	a	b	c	Sign	Date
Cytology: 1 interpret results of cervical cytology 2 counsel patient regarding abnormal cervical cytology					

TARGETS REQUIRING SIGNATURE	Trainee to tick/date level achieved		
	a	b	c
Colposcopy: 3 understanding of normal colposcopic appearances 4 observe current colposcopic treatment modalities			

SIGNATURES TO CONFIRM COMPLETION OF MODULE 8			
Name of Trainer	Signature of Trainer	Date	Hospital(s)/Unit(s)
Name of Trainee	Signature of Trainee	Date	

The training programme for certification in colposcopy is administered by the British Society for Colposcopy and Cervical Pathology (BSCCP).

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LIST OF TEXTBOOKS IN OBSTETRICS AND GYNAECOLOGY THAT MAY BE USEFUL FOR GENITOURINARY MEDICINE TRAINEES

All available via RCOG Bookshop www.rcog.org.uk

1. McGowan B 2000
Churchill 's Pocketbook of Obstetrics and Gynaecology
Churchill Livingstone
ISBN 0-443-064237
2. Rymer J, Rodin A, Davies G, Chapman M (ed) 2003
Preparation and Revision for the DRCOG (3rd edn)
Churchill Livingstone
ISBN 0-443-07224-8
3. Arulkanan S, Symonds IM, Fowlie A (eds) 2003
Oxford Handbook of Obstetrics and Gynaecology
Oxford UP
ISBN 0-19-263181
4. Loudon N, Glasier A, Gebbie A (eds) 2000
Handbook of Family Planning and Reproductive Healthcare (4th edn)
Churchill Livingstone
ISBN 0-443-064504
5. Shaw RW, Soutter WP, Stanton SL 2002
Gynaecology (3rd edn)
Churchill Livingstone
ISBN 0-443-07029-6
6. Leibowitch M, Staughton R, Neill S, Barton S, Marwood R, 1997
An Atlas of Vulval Disease (2nd edn)
Martin Dunitz
ISBN 1-85317-431-9 (208 pp) £49.95

Suggested Journals

1. The Diplomat
2. The British Journal of Obstetrics and Gynaecology

Suggested Resource

1. DIALOG CD-ROM - The Royal College of Obstetricians and Gynaecologists. Noor Publishing
www.rcog.org.uk/dialog.html