

Rotation Objectives for Minimally Invasive Gynecology/Chronic Pelvic Pain Rotation for PGY3, PGY4 and PGY5 Trainees

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GOAL: Provide an introduction to managing the complex gynecology patient including a systematic approach to the diagnosis and management of chronic pelvic pain

Rationale:

Chronic pain among gynecology patients is common. Over the past decade there has been tremendous advancement in the understanding of chronic pain and how to approach the patient struggling with this presentation. At present, our program does not have a rotation in this space and education is limited to teaching around gynecologic conditions and pain such as endometriosis and fibroids. There is a need to address the related educational objectives for our trainees through a structured educational rotation.

Structure:

1. **Pre-reading:** There will be an expectation that trainees will have completed a FREE on-line educational program.
 - International Pelvic Pain Society Videos Series:
<https://www.pelvicpain.org/IPPS/Professional/Videos/IPPS/Content/Professional/Videos.aspx?hkey=a7b11c96-4344-403e-ba8d-95531f0b6b39>
 - Pain U Online by the Toronto Academic Pain Medicine Institute:
<https://tapmipain.ca/patient/managing-my-pain/pain-u-online/#/>
 - Chronic Pelvic Pain Guidelines (ACOG – March 2020)
2. **Rotation:**
 - a. Clinical rotation focused on history taking, examination, counselling and management of complex gynecology conditions including chronic pelvic pain
 - b. Clinics – Mondays, ½ day Tuesday and Thursdays (Pain Clinic to be introduced in Fall)
 - c. Attend MIS Gynecology educational rounds and presentation of a best practice technique (“5 things you should know about _____(ex neuromodulators)).
3. **Post rotation:**
 - a. Informal evaluation of EPAs with supervisor based on cases

Learning Objectives:

Entrustable Professional Activities for Obstetrics and Gynecology

Based on 2019 Version 1.0 Royal College Document

This rotation will cover EPA #8 & EPA #12

In addition, the rotation will offer:

1. Identify patients who would benefit from nerve blocks
2. Learn to safely administer a nerve block for chronic pain (pudendal, abdominal wall, trigger points)
3. Develop an approach to counselling patients with complex endometriosis and chronic pelvic pain (CPP) including medical and surgical management options
4. List the mechanism, dosing, expected effect and side effects of commonly prescribed medications in CPP
5. Introduction to point of care ultrasound for gynecology in an ambulator setting (ex. IUS insertion, evaluation of endometrial thickness, visualization of deep endometriosis markers)
6. Introduction to outpatient hysteroscopy in an ambulatory setting * ***Pending re-opening***

ENTRUSTABLE PROFESSIONAL ACTIVITIES FOR OBSTETRICS AND GYNECOLOGY (2019)

Obstetrics & Gynecology: Core EPA #8

Providing care for patients with complex gynecologic conditions and/or medical comorbidities

Key Features:

1. This EPA includes providing ***medical care and surgical counselling to patients presenting with gynecologic problems from initial presentation through and including appropriate follow-up***. At this stage, the trainee is entrusted with complex clinical presentations with uncertainty in diagnosis and/or management. The trainee is also entrusted to recognize when patients require subspecialty care.
2. This EPA includes patients with high complexity, defined as: those with multiple conditions that co-exist and/or interact; an atypical or refractory presentation of a common condition; contraception in patients with comorbidities; or management challenges including those due to social determinants of health and/or cultural complexities.
3. This EPA may be observed in the inpatient, **outpatient**, and emergency room settings.

Assessment Plan:

Direct and indirect observation by OBGYN faculty, or subspecialty trainee

Use Form 1. Form collects information on:

- - Focus of encounter: [free text]
- - Medical comorbidities: [free text]
- - Complex gynecologic condition: ***menstrual disorder***;

Collect 10 observations of achievement

- - At least 3 different medical comorbidities
- - At least 3 different complex gynecologic conditions
- - At least 5 observed by faculty
- - At least 3 different observers

Relevant Milestones:

1. **ME 1.4** Apply a broad base and depth of knowledge in clinical and biomedical sciences to manage the breadth of patient presentations in obstetrics and gynecology
2. **ME 1.5** Perform clinical assessments that address all relevant issues
3. **ME 1.7** Adapt care as the complexity, uncertainty, and ambiguity of the patient's clinical situation evolves

4. **ME 2.1** Consider clinical urgency, feasibility, availability of resources, and comorbidities in determining priorities to be addressed during the current encounter or during future visits or with other health care practitioners
5. **ME 2.4 Develop and implement patient-centred management plans that consider all of the patient's health problems and context**
6. **ME 3.1 Determine the most appropriate procedures or therapies for the purpose of assessment and/or management**
7. **ME 3.1 Describe the indications, contraindications, risks, and alternatives for a given procedure or therapy**
8. **ME 3.4 Perform common procedures in a skilful, fluid, and safe manner with minimal assistance**
9. **COM 4.1 Facilitate discussions with the patient and family in a way that is respectful, non-judgmental, and culturally safe**
10. **COM 5.1 Document clinical encounters to adequately convey findings, clinical reasoning and the rationale for decisions**
11. **COL 1.2 Consult as needed with other health care professionals, including other physicians**
12. **L 2.1 Use clinical judgment to minimize wasteful practices**
13. **L 2.2 Apply evidence and guidelines with respect to resource utilization in common clinical**

scenarios

14. **HA 1.3 Incorporate disease prevention, health promotion, and health surveillance activities into interactions with individual patients**
15. **S 3.3 Evaluate the applicability (external validity or generalizability) of evidence from resources**

Obstetrics & Gynecology: Core EPA #12

Assessing, diagnosing and managing patients with chronic pelvic pain and sexual health concerns

Key Features:

- This EPA includes counselling and consideration of multi-disciplinary options of management (physiotherapy, etc.) as well as medical and surgical options.

Assessment Plan:

Observation by OBGYN faculty, subspecialty trainee, chronic pain specialist, or other health professional

Use Form 1. Form collects information on:

- - Patient presentation: chronic pelvic pain; sexual health concern
- - Diagnosis: vulvodynia; levator hypertonicity; myofascial pain; female sexual dysfunction; other
- - If 'other' please indicate diagnosis: [free text]

Collect 2 observations of achievement

- - At least 1 chronic pelvic pain
- - At least 1 case of sexual dysfunction

Relevant Milestones:

1. **ME 1.4** Apply a broad base and depth of knowledge in clinical and biomedical sciences to manage the breadth of patients presenting with chronic pain or sexual concerns
2. **ME 1.5** Perform clinical assessments that address all relevant issues
3. **ME 2.3** Address the impact of the medical condition on the patient's ability to pursue life goals and purposes
4. **ME 2.4** Develop and implement patient-centred management plans that consider all of the patient's health problems and context
5. **COM 1.5** Recognize when strong emotions (such as anger, fear, anxiety, or sadness) are impacting an interaction and respond appropriately
6. **COM 2.1** Actively listen and respond to patient cues
7. **COM 3.1** Convey information about diagnosis and prognosis clearly and compassionately
COL 1.2 Consult as needed with other health care professionals, including other physicians
8. **HA 1.1** Facilitate timely patient access to services and resources

NOTE: CBD Curriculum Map and EPAs - <https://med.uottawa.ca/obs-gyne/postgraduate-education/residency-training-program/competency-based-medical-education>

Last Revised: September 2020