

# Objectives for Women's Health Rotation - (PGY2 to PGY5)

## Specific Objectives

During this rotation, the resident will attend clinics at The Shirley E. Greenburg Women's Health Centre (SEGWHC) at the Riverside Campus of The Ottawa Hospital and community clinics

The resident is expected to develop the knowledge and skills appropriate to function effectively, integrating all CanMEDS roles to provide optimal, ethical and patient-centered care.

## CanMEDS ROLES

- Medical Expert
- Communicator
- Collaborator
- Leader
- Health Advocate
- Scholar
- Professional

<b>CanMEDS Roles</b>	<b>CanMEDS Key Competencies</b>	<b>Methods To Facilitate Achievement of Competency</b>
<b>Medical Expert</b>	Be proficient in the clinical evaluation of the peri and post menopausal patient and in the context of CanMEDS roles.	<ul style="list-style-type: none"><li>• Direct contact with patients in the ambulatory setting.</li></ul>

	<p>Establish and maintain clinical knowledge skills and attitudes appropriate to practice.</p> <ul style="list-style-type: none"><li>• Have adequate knowledge of menopause as a physiologic and clinical condition.</li><li>• Be able to identify the symptoms and signs associated with estrogen deficiency.</li><li>• Discuss the sources of androgens and the peripheral conversion of androgen in the post menopausal years.</li><li>• Identify and understand the sexual adjustment problems associated with the menopause.</li><li>• Have comprehensive understanding and knowledge of the presentation and causes of premature ovarian failure.</li><li>• Appreciate and discuss the common emotional responses to the loss of reproductive capacity and the basis for those responses.</li><li>• Identify patients with uterine fibroids who are candidates for uterine artery embolization especially in the context of desire for fertility. Should be knowledgeable about complications of this procedure.</li><li>• Understand the causes and pathophysiology of abnormal uterine bleeding in the peri and postmenopausal female and be proficient with endometrial biopsies</li><li>• Have a systematic approach to assessing oligo/amenorrhea with an understanding and management of differential diagnosis including polycystic ovarian disease and its sequelae</li><li>• Appreciate osteoporosis as a health problem and understands the mechanisms of occurrence, diagnosis and management.</li><li>• Use an appropriate strategy to keep up to date and ensure life-long learning skills.</li><li>• Practice evidence-based medicine.</li></ul>	<ul style="list-style-type: none"><li>• Daily teaching in clinic.</li><li>• Review of suggested topics for discussion.</li></ul>
--	--	--

	<p>Perform a complete and appropriate assessment of the patient.</p> <ul style="list-style-type: none"> <li>• Obtain a thorough history from the patient and initiate gathering all relevant records from appropriate sources.</li> <li>• Perform a focused physical examination.</li> <li>• Be able to integrate all the available information to formulate an appropriate differential diagnosis.</li> <li>• Demonstrate adequate clinical judgment.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct encounter with patients in the clinic.</li> </ul>
	<p>Use preventive and therapeutic interactions effectively.</p> <ul style="list-style-type: none"> <li>• Understand and apply preventive approaches in the context of risk assessment counseling, disease prevention and screening. For example, discussing risk factors for cardiovascular disease, breast cancer, osteoporosis, endometrial cancer and colon cancer.</li> <li>• Discuss the indications and contraindications to hormonal therapy in the post menopausal female as well as the concerns with long term hormonal therapy.</li> <li>• Provide a critique of the supporting evidence for the association of hormonal therapy with cardiovascular disease, venous thromboembolism, breast cancer and endometrial cancer.</li> <li>• Understand the rationale, advantages and risks associated with androgen, selective estrogen receptor modulators and bisphosphonate administration.</li> <li>• Know the protocol for management of abnormal uterine bleeding.</li> <li>• Ensure appropriate informed consent as related to various treatments and surgeries. For example endometrial biopsies, uterine fibroid embolization.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation of faculty.</li> <li>• Review of the suggested literature.</li> </ul>

	<p>Demonstrate proficient and appropriate use of procedural skills, both diagnostic and therapeutic.</p> <ul style="list-style-type: none"> <li>• Understand usefulness and limitations of diagnostic interventions such as hormonal profile, baseline ultrasound, saline infusion scans and magnetic resonance imaging.</li> <li>• Understand the indications for various hormonal therapy regimens and the patient factors dictating specific choices and routes of administration.</li> <li>• Appropriately document discussions and treatment plans.</li> <li>• Ensure adequate follow-up is organized for patient.</li> </ul>	<ul style="list-style-type: none"> <li>• Daily discussions with team and use of these approaches for patient care.</li> <li>• Direct observation.</li> <li>• Review of treatment summaries.</li> </ul>
	<p>Seek appropriate consultation from other health professionals, recognizing the limits of their expertise.</p> <ul style="list-style-type: none"> <li>• Demonstrate insight into own limitations.</li> <li>• Demonstrate timely and effective consultation with other health care professionals.</li> <li>• Understand the importance of multidisciplinary approach for the patient in question.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation</li> </ul>
<p><b>Communicator</b></p>	<p>Develop ethical therapeutic relationships with the patient and their family.</p> <ul style="list-style-type: none"> <li>• Respect patient confidentiality and autonomy.</li> <li>• Listen effectively.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation and direct interaction with patient and family.</li> <li>• Performing patient counseling.</li> </ul>
	<p>Elicit and synthesize relevant information and perspectives of patient and families, colleagues and other professionals.</p> <ul style="list-style-type: none"> <li>• Obtain information and understand influence of patient's beliefs, concerns and expectations.</li> <li>• Take into account information from family as well as other consultants.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation and direct interaction with patient and family, other consultants and rest of the team.</li> <li>• Patient counseling.</li> </ul>

	<p>Convey relevant information and explanations to patient, families, colleagues and other health professionals.</p> <ul style="list-style-type: none"> <li>• Communicate information to the patient in a clear and concise way.</li> <li>• Encourage discussions and participation in decision-making.</li> <li>• Write clear, well synthesized notes, reports and consultation documents.</li> </ul>	<ul style="list-style-type: none"> <li>• Daily interactions with other team members</li> </ul>
	<p>Develop a common understanding on issues, problems and plans in the patients and others to develop a shared plan of care.</p> <ul style="list-style-type: none"> <li>• Gather appropriate information from patients and encourage participation in plan of care.</li> <li>• Develop appropriate and useful approaches in delivery of bad news and/or in dealing with misunderstandings or conflicts with the patient and/or the rest of the team.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation and direct interaction with patient and family, other team members Patient counseling.</li> </ul>
	<p>Convey effective oral and written information about a medical encounter..</p> <ul style="list-style-type: none"> <li>• Consistently provide clear and regular notes on patients.</li> <li>• Dictate concise but complete consultation letters to the referring and associate physicians.</li> <li>• Effectively present verbal reports on patient encounters.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation and direct interaction with patient and family, other team members</li> <li>• Patient counseling</li> </ul>
<b>Collaborator</b>	<p>Participate effectively with inter-professional health care team.</p> <ul style="list-style-type: none"> <li>• Understand his/her role in the Women's Health team..</li> <li>• Work effectively with the rest of the team to optimize patient care.</li> <li>• Demonstrate leadership in the team while respecting other professionals' roles and responsibilities.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation.</li> <li>• Direct interaction with rest of team.</li> </ul>

	<p>Effectively work with other health care professionals to prevent, negotiate and resolve inter-professional conflict</p> <ul style="list-style-type: none"> <li>• Respect other members of the Women’s Health team.</li> <li>• Work with rest of team to avoid/prevent conflict and manage/resolve it when it occurs.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation.</li> <li>• Direct interaction with rest of team.</li> </ul>
<b>Leader</b>	<p>Participate in activities that contribute to the effectiveness of their health care organization and systems.</p> <ul style="list-style-type: none"> <li>• Participate in quality assurance activities. For example, reviews of patient outcomes, etc.</li> <li>• Has basic understanding of treatments and their limitations.</li> </ul>	<ul style="list-style-type: none"> <li>• Participation at patient discussions.</li> </ul>
	<p>Manage their practice and career effectively.</p> <ul style="list-style-type: none"> <li>• Set appropriate priorities to balance all activities.</li> <li>• Can manage human resources on team by directing/helping medical students and residents and nurses.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct team management on day-to-day practice.</li> </ul>
	<p>Allocate healthcare resources appropriately.</p> <ul style="list-style-type: none"> <li>• Practice in cost-effective manner.</li> <li>• Prioritize resources utilization appropriately to optimize patient outcome.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct team management on day-to-day practice</li> </ul>
	<p>Serve in administration/leadership roles.</p> <ul style="list-style-type: none"> <li>• Participate in regular team meetings.</li> <li>• Is able to apply new knowledge to improving patient health by suggesting and implementing change.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct team management on day-to-day practice</li> </ul>

<b>Health Advocate</b>	Respond to individual patient health needs and issues. <ul style="list-style-type: none"> <li>Identify health needs of the patient and understands possible interaction and/or conflicts.</li> <li>Advocate for patient's health promotion during assessments and treatment.</li> </ul>	<ul style="list-style-type: none"> <li>Participation in clinics.</li> </ul>
	Respond to health needs of the community. <ul style="list-style-type: none"> <li>Identify opportunities to advocate for Women's Health promotion and disease prevention in the community.</li> </ul>	<ul style="list-style-type: none"> <li>Participation in public meetings.</li> </ul>
	Identify the determinants of health in population served. <ul style="list-style-type: none"> <li>Identify determinants of health and barriers to healthcare such as distance, lack of education or resources.</li> <li>Identify approaches which can be used to improve patient care.</li> </ul>	
<b>Scholar</b>	Maintain and enhance professional activities through on-going learning. <ul style="list-style-type: none"> <li>Understand importance of maintenance of competence and need for implementation of life-long knowledge management plan.</li> <li>Know appropriate and sound sources of information for menopause management.</li> <li>Identify questions of interest to Mature Women's Health and is able to obtain and interpret the information gathered and apply it clinically.</li> </ul>	<ul style="list-style-type: none"> <li>Direct observation of faculty.</li> <li>Review of cases.</li> <li>Discussions in clinic.</li> </ul>
	Critically evaluate medical information and apply to practice decision. <ul style="list-style-type: none"> <li>Know principles of critical appraisal.</li> <li>Can integrate knowledge into care of high risk patient.</li> </ul>	<ul style="list-style-type: none"> <li>Presenting updated literature</li> </ul>
	Facilitate learning of patients, families, students, residents, public, and other health care professionals. <ul style="list-style-type: none"> <li>Identify learning needs of any of above and can address needs effectively and appropriately depending on individual.</li> </ul>	<ul style="list-style-type: none"> <li>Daily patient teaching in clinics.</li> <li>Daily teaching of medical students and residents.</li> </ul>



	<p>Contribute to development, dissemination and translation of new knowledge and practices.</p> <ul style="list-style-type: none"> <li>• Understand principles of research and ethics in the context of Women's Health.</li> <li>• Can effectively search for evidence to help address scholarly questions and disseminates knowledge.</li> </ul>	<ul style="list-style-type: none"> <li>• Attend ethics seminars and research meetings where applicable</li> </ul>
<b>Professional</b>	<p>Demonstrate a commitment to patient's profession and society through ethical practice.</p> <ul style="list-style-type: none"> <li>• Practice with integrity, honesty, commitment, compassion, respect and altruism.</li> <li>• Respect patient confidentiality.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation.</li> </ul>
	<p>Demonstrate a commitment to patients, profession and society through participation in profession-led regulation.</p> <ul style="list-style-type: none"> <li>• Demonstrate professional and ethical practice.</li> <li>• Be accountable to regulating body (CPSO)</li> <li>• Address unprofessional behaviors in others.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation.</li> </ul>
	<p>Demonstrate a commitment to physician's health and sustainable practice.</p> <ul style="list-style-type: none"> <li>• Balance personal and professional priorities.</li> </ul>	<ul style="list-style-type: none"> <li>• Direct observation.</li> </ul>

## RELEVANT ENTRUSTABLE PROFESSIONAL ACTIVITIES

1. **Foundations EPA #9:** Providing consultation for patients with gynecologic conditions
  2. **Core EPA #8:** Providing care for patients with complex gynecologic conditions and/or medical comorbidities
  3. **Core EPA #12:** Assessing, diagnosing and managing patients with chronic pelvic pain and sexual health concerns
- 

### Obstetrics & Gynecology: Foundations EPA #9

#### Providing consultation for patients with gynecologic conditions

##### Key Features:

- This EPA includes the assessment, counselling, initial management and follow-up for out-patients with gynecologic conditions including: menstrual disorders; menopausal disorders including postmenopausal bleeding and endometrial biopsy; vulvovaginal complaints including vulvar biopsy; adnexal masses; sexually transmitted infections, including pelvic inflammatory disease (PID); and primary preventive care (Pap smears, HPV vaccination).
- This EPA includes appropriate documentation, i.e., consult letter, and communication with the referring health care provider.

##### Assessment Plan:

Direct and indirect observation by OBGYN faculty, subspecialty trainee, TTP trainee or other attending supervisor (dermatology, infectious disease, hematology, family physician)

Use Form 1. Form collects information on:

- Presentation: menopausal disorders including postmenopausal bleeding; menstrual disorders; vulvovaginal complaints; adnexal masses; sexually transmitted infections; primary dysmenorrhea; gynecologic preventative care
- Procedure: not applicable; endometrial biopsy; cervical biopsy; vulvar biopsy; IUD/ IUS insertion; Pap smear

Collect 5 observations of achievement

- At least 3 different types of patient presentations and the related procedure
- At least 3 observers must be attending physician
- At least 2 different observers

Relevant Milestones:

- 1 ME 1.4 Apply clinical and biomedical sciences to manage presentations in gynecologic care**
  - 2 ME 2.2 Perform a patient assessment including history and physical exam**
  - 3 ME 2.2 Select appropriate investigations and interpret the results**
  - 4 ME 2.4 Develop and implement initial management plans for common gynecologic conditions**
  - 5 ME 3.1 Describe the indications, contraindications, risks, and alternatives for a given procedure or therapy**
  - 6 ME 3.2 Obtain and document informed consent, explaining the risks, benefits, alternatives and the rationale for the proposed treatment options**
  - 7 ME 3.4 Perform common procedures in a skilful, fluid, and safe manner, including endometrial or vulvar biopsy, IUD/IUS insertion or Pap smear**
  - 8 COM 4.3 Answer questions from patients and their families about next steps**
- 

## **Obstetrics & Gynecology: Core EPA #8**

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

#### Key Features:

- 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.
- 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.
- 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; **complex menopausal complaint**; pre-invasive gynecologic condition; complex gynecologic infection; pelvic mass; vulvar dystrophy; other
- Procedure: endometrial biopsy; cervical biopsy; vulvar biopsy; loop electrosurgical excision procedure (LEEP); not applicable

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**

**8 COL 1.2 Consult as needed with other health care professionals, including other physicians**

**9 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