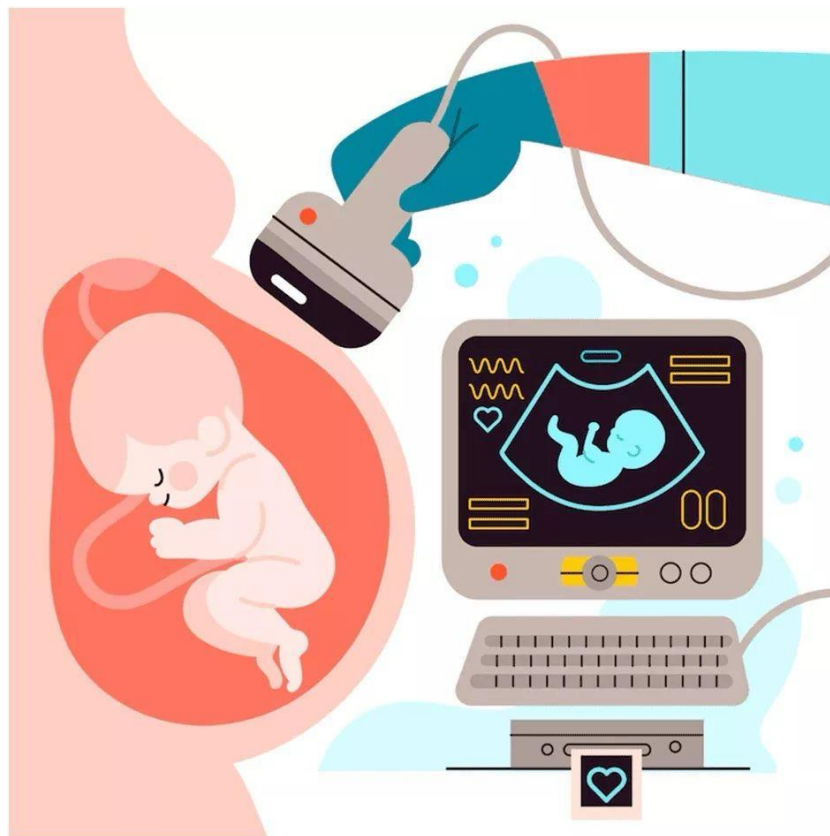




STUDY GUIDE

DEPARTMENT OF OBSTETRICS AND GYNAECOLOGY



LAHORE MEDICAL & DENTAL COLLEGE

LAHORE MEDICAL & DENTAL COLLEGE LAHORE

Mission of LMDC

The Lahore Medical & Dental College is committed in its pursuit of excellence to providing the best academic facilities and atmosphere to its students.

Our mission is to: “train future leaders of medicine who set new standards in knowledge, care and compassion”

The well qualified and committed faculty of LMDC provides combination of nurturing support and challenge to the students to reach their maximum potential.

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ORGANOGRAM

Prof. Nabeela Shami
FCPS, FIMSA, AD-HPE, MHPE
Head of Department (Obs & Gynae)



Dr. Waseem Talib
MCPS, FCPS, FIMSA
Professor



Dr. Ameelia Sadaqat
MBBS, FCPS
Associate professor



Dr. Ayesha Saif
MBBS, FCPS
Associate professor



Dr. Kiran Iqbal
MBBS, FCPS
Assistant Professor



Dr. Sadia Ilyas
MBBS, FCPS
Assistant Professor



Dr. Naila Mairaj
MBBS, FCPS
Assistant Professor



Dr. Humaira Rasheed
MBBS, FCPS
Senior Registrar



Dr. Nabiha Iqbal
MBBS, FCPS
Senior Registrar



Dr. Shadia Shah
MBBS, FCPS
Senior Registrar



Dr. Samra Mubeen
MBBS, FCPS
Senior Registrar



INTRODUCTION

Obstetrics and gynecology (OB/GYN) is a vital medical specialty focused on women's reproductive health, encompassing both pregnancy care and the treatment of female reproductive disorders. For undergraduate students, an introduction to this field typically covers several core areas.

1. **Anatomy and Physiology:** Understanding the female reproductive system, including the anatomy of the pelvis and the physiological changes during pregnancy.
2. **Obstetric Care:** This includes prenatal care, labor and delivery management, and postnatal care. Students learn about normal and complicated pregnancies, labor physiology, and the management of emergencies like preterm labor and obstetric hemorrhage.
3. **Gynecological Health:** Topics include menstrual disorders, infertility, contraception, and the diagnosis and treatment of gynecological diseases such as cancers and infections.
4. **Clinical Skills:** Students are trained in essential skills such as taking obstetric histories, performing pelvic examinations, and understanding the basics of surgical procedures related to OB/GYN.
5. **Public Health and Ethics:** Awareness of socio-cultural factors affecting women's health, medical ethics, and the importance of effective communication in healthcare settings.

RATIONALE

Teaching obstetrics and gynecology (OB/GYN) to undergraduate MBBS students is crucial for several reasons:

Importance of Women's Health

1. **Comprehensive Care:** OB/GYN encompasses a wide range of health issues affecting women, including reproductive health, pregnancy, and gynecological disorders. Understanding these areas is essential for providing holistic care to female patients throughout their lifespan.
2. **Prevalence of Conditions:** Many women experience reproductive health issues, making it vital for medical professionals to be equipped with the knowledge and skills to diagnose and manage these conditions effectively. This includes recognizing signs of pregnancy complications, menstrual disorders, and gynecological cancers.

Clinical Skills Development

3. **Hands-on Experience:** The curriculum often includes clinical placements and practical training, allowing students to develop essential skills such as performing pelvic examinations, managing labor, and responding to obstetric emergencies. This hands-on experience is critical for building competence and confidence in clinical practice.
4. **Interdisciplinary Collaboration:** OB/GYN training fosters collaboration among healthcare professionals, emphasizing the importance of teamwork in managing complex cases and improving patient outcomes.

Societal Impact

5. **Public Health:** Educating future doctors about women's health issues contributes to improved health outcomes for women and their families, addressing broader public health goals.
6. **Ethical and Cultural Sensitivity:** The training encourages understanding the socio-cultural and ethical dimensions of women's health, preparing students to navigate sensitive issues with empathy and professionalism.

In summary, teaching OB/GYN is essential for preparing medical students to meet the diverse health needs of women, ensuring they can provide quality care and advocate for women's health issues effectively.

1st Year MBBS (Nitration with Anatomy)

Dr. Ameelia Sadaqat

1. Fetal Rejection & Abortions
2. Anovulatory Cycle, Contraception
3. IUGR, Post Maturity
4. Erythro Blastosis fetalis / Pre-eclampsia

Lectures = 4 (n) X 50min = **3.3 hours**

2nd Year MBBS

1. Fetal Skull, Maternal Pelvis
2. Pelvic floor anatomy and diameters
3. Injury to Pelvic floor during child birth and its complication
4. Endometriosis

Dr. Ayesha Saif

Dr. Ayesha Saif

Dr. Ayesha Saif

Prof. Nabeela Shami

Lectures = 4 (n) X 50min = **3.3 hours**

4th Year MBBS

Duration of Session: 4th March, 2024 to 10th November 2024

Lectures = 30 (n) X 50 min = 28 hours

Clinical Ward = 4 days X 3 weeks = 25 hours

Total = **53 hours**

5th Year MBBS

Duration of Session: 1st April, 2024 to 11th December 2024

Lectures = 58 (n) X 50 min = 48.3 hours

Clinical Ward (Morning) = 5 days X 5 weeks = 83.75 hours

Clinical Ward (Evening) = 4 days X 3 weeks = 120 hours

Total = **252.05**

Grand Total = 311.65

LEARNING OUTCOMES FOR OBSTETRICS AND GYNAECOLOGY

1. Knowledge and Understanding:

- Understand the anatomy and physiology of the female reproductive system.
- Recognize and manage common obstetric emergencies (e.g., eclampsia, postpartum hemorrhage).
- Comprehend normal and abnormal labor and delivery processes.
- Identify and manage gynecological conditions (e.g., fibroids, endometriosis).
- Describe the stages and signs of pregnancy and fetal development.
- Understand family planning methods and counseling.

2. Clinical Skills:

- Conduct comprehensive antenatal assessments.
- Perform vaginal deliveries and assist in operative deliveries.
- Manage prenatal, intrapartum, and postpartum care.
- Execute basic gynecological examinations.
- Interpret fetal heart rate monitoring.
- Conduct and interpret ultrasound scans.

3. Diagnostic Abilities:

- Diagnose and manage common gynecological cancers.
- Interpret laboratory and imaging studies relevant to obstetrics and gynecology.
- Detect and treat infectious diseases in pregnancy.

4. Patient Management:

- Develop treatment plans for high-risk pregnancies.
- Manage pregnancy-related complications (e.g., gestational diabetes, preeclampsia).
- Counsel patients on reproductive health issues.
- Provide postmenopausal care and treatment.

5. Communication Skills:

- Communicate effectively with patients and their families.
- Provide empathetic and confidential patient counseling.
- Work collaboratively within a multidisciplinary team.

6. Ethical Practice:

- Apply ethical principles to reproductive health issues.
- Understand legal aspects related to obstetrics and gynecology (e.g., informed consent, confidentiality).

7. Professionalism:

- Demonstrate professional behavior in clinical settings.
- Maintain up-to-date knowledge and skills through continuous education.

8. Research and Evidence-Based Practice:

- Utilize evidence-based guidelines in practice.
- Critically appraise and apply research findings to clinical care.

These outcomes aim to ensure that graduates are well-prepared for their careers in obstetrics and gynecology, providing safe and effective care to their patients.

CONTENT SYLLABUS (PMDC/UHS) OBSTETRICS

1. Introduction.
2. Obstetric history taking and examination.
3. Conception, implantation and development of placenta, fetal circulation, abnormalities of placenta.
4. Fetal skull and bony pelvis.
5. Diagnosis of pregnancy.
6. Physiological changes associated with pregnancy.
7. Ante-natal care.
8. Physiology of labour.
9. Mechanism of labour.
10. Management of labour.
11. Complications of 3rd stage of labour.
12. Abnormal labour e.g. Prolonged labour/obstructed labour.
13. Pre-term labour.
14. Induction of labour.
15. Pre-maturity.
16. Post-maturity.
17. Conduction of normal delivery.
18. Operation delivery.
19. Forceps delivery.
20. Vacuum delivery.
21. Caesarean section.
22. Ante-partum haemorrhage.
23. Hydramnios.
24. Hyperemesis gravidarum.
25. Medical Disorder associated with pregnancy e.g.
 - Pregnancy with anaemia
 - Pregnancy with heart disease
 - Pregnancy with diabetes

26. Hypertensive disorders of pregnancy e.g.
 - PET
 - Eclampsia
 - Essential hypertension
27. Obstetric shock.
28. Intra uterine growth retardation and its management.
29. Fetal distress and its management.
30. Fetal Monitoring.
31. Fetal presentations.
32. Breech presentation.
33. Occipito posterior position.
34. Brow presentation.
35. Face presentation.
36. Cord prolapse/compound presentation.
37. Transverse lie/unstable lie.
38. Multiple pregnancy.
39. Puerperium (normal and abnormal).
40. Examination of the new-born baby.
41. Resuscitation of new-born.
42. Minor problems of the new-born.
43. Breast feeding and its importance.
44. Obstetric injuries/ruptured uterus.
45. Haematological disorder of pregnancy e.g.
 - Rh incompatibility
 - Thalassemia major/minor

Practical:

Log Book of 10 patient's obstetric history.

CONTENT SYLLABUS (PMDU/UHS) GYNAECOLOGY

The course outline is as follows:

1. Introduction.
2. Anatomy of female
 - i. Genital organs
 - ii. Development of female genital organs
3. Puberty and adolescence.
4. Ovulation and its clinical importance.
5. Normal menstruation.
6. Menstrual abnormalities.
7. Gynaecological history taking and examination
8. Amenorrhoea
9. Infertility.
10. Contraception.
11. Ectopic pregnancy.
12. Bleeding in early pregnancy
 - Miscarriage, Ectopic, Molar Pregnancy
13. Trophoblastic tumours.
14. Vulval lesion.
15. Tumours of cervix.
16. Tumours of uterus.
17. Tumours of ovaries.
18. Menopause, Hormone replacement therapy.

19. Genital prolapse.
20. Pelvic floor injuries.
21. Urogynaecology.
22. Problems of marriage and sex.
23. Vaginal discharges.
24. Infections of female genital tract
 - i. Infections of upper genital tract
 - ii. Infections of lower genital tract
25. Endometriosis

Practical:

Log Book of 10 patient's of Gynaecology history.

TEACHING AND LEARNING METHODOLOGIES: (INSTRUCTIONAL STRATEGIES)

Case-Based Learning (CBL): Engages students with real clinical cases to enhance critical thinking and teamwork.

Problem-Based Learning (PBL): Encourages self-directed learning through collaborative problem-solving sessions.

Simulation-Based Learning: Provides hands-on experience in a controlled environment, allowing practice without risk to patients.

Flipped Classroom: Students review materials independently before class, focusing on discussion and application during sessions.

Peer-Assisted Learning: Fosters collaboration among students, enhancing understanding through teaching each other.

These methods promote active engagement and prepare students for clinical practice.

LEARNING RESOURCES

1. Obstetrics

- 1) Obstetrics by Ten Teachers by Louise C. Kenny & Jenny E Myers. 20th edition, 2017.
- 2) Hacker & Moore's Essentials of Obstetrics and Gynecology by Neville F. Hacker, Joseph C. Gambone, Calvin J, Hobel, 6th ed. 2015.
- 3) Notes on Obstetrics & Gynecology. Stirrat, Mills, Draycott. 5th Ed. 2003.
- 4) Fundamentals of Obstetrics by Arshad Chohan, 2021.
- 5) Online Journals and Reading Materials through HEC Digital Library Facility.

2. Gynaecology

- 1) Gynaecology by Ten Teachers, by Stanley G. Clayton and Ash Monga, 20th Edition
- 2) Hacker & Moore's Essentials of Obstetrics and Gynecology by Neville F. Hacker, Joseph C. Gambone, Calvin J. Hobel, 6th edition. 2015.
- 3) Notes on Obstetrics & Gynecology by Stirrat, Mills, Draycott. 5th Ed. 2003.
- 4) Text book of Gynecology by Rashid Latif, 7th Edition, 2012.
- 5) Fundamentals of Gynecology by Arshad Chohan, 2022, international edition.
- 6) Online Journals and Reading Materials through HEC Digital Library Facility.
- 7) Online Platforms*: Websites like TeachMeObGyn offer structured learning and high-yield clinical pearls, making them valuable study aids for medical students.

ASSESSMENT METHODOLOGY Marks: 30

It includes:

- Class tests (3rd week of every month)
- Ward test (at the end of clinical rotation)
- Send-up examination result (at the end of the session)
- Attendance

FORMATIVE AND SUMMATIVE EXAM RULES AND REGULATIONS

Formative Examination:

Theory, single best multiple choice question test and short answer questions every month. **Clinical ward test**, comprising OSPE stations of 75 marks and percentage is shown on card.

Summative UHS examination (to be held at the end of 5th year MBBS)

Theory Paper I: Obstetrics

Theory Paper II: Gynaecology **Summative examination details**

Paper -1, Obstetrics = 70 marks, 7 seq= 35 marks, 35 Single best answer multiple choice questions= 35

Total = 70 marks

Paper- 2, Gynae = 65 marks, 10 seq= 30 marks, 35 Single best answer multiple choice questions= 35 Total = 65 marks

Internal assessment=20 marks

Total of theory= 150 marks

Clinical and practical exams

OSCE= 75 marks, 15 stations, 8 obstetrics (5 static and 3 interactive) and 7 Gynaecology (5 static and 2 interactive)

Long case obstetrics= 30 marks

Long case Gynaecology= 30 marks

Total of viva = 150 marks

Total marks of theory and viva =150+150 = 300 marks

SCHEDULE / PLANNER / TIMETABLE

4th Year MBBS Lecture Schedule 2024

Sr. No.	DATE	MAIN TOPICS	SUB TOPICS	Facilitator
1.	06.03.2024	Introduction Obstetrics History Diagnosis of Pregnancy	Intruduction to Obs/Gynae Menstrual Cycle	Prof. Nabeela Shami
2.	15.03.2024	Physiological changes in pregnancy	Effects of pregnancy on the cardiovascular, respiratory, genito-urinary systems	Dr. Ameelia Sadaqat
3.	22.03.2024	Antenatal Care	Frequency of antenatal visits/ Common antenatal problems	Prof. Nabeela Shami
4.	29.03.2024	Fetal development and growth	Fetal growth in different trimesters	Dr. Ameelia Sadaqat
5.	05.04.2024	Assessment of Fetal wellbeing	Fetal Surveillance CTG / Ultrasound /BPP	Dr. Ayesha Wasif
6.	19.04.2024	Hyperemris Gravidarum	--	Dr. Ameelia Sadaqat
7.	26.04.2024	Bleeding in early pregnancy	--	Dr. Naila Mairaj
8.	03.05.2024	Ectopic pregnancy	--	Dr. Ayesha Saif
9.	10.05.2024	Labour	Introduction, Diagnosis of labour Mechanism of normal labour, Stages of labour, Management	Dr. Ameelia Sadaqat
10.	17.05.2024	Abnormal Labour + Fetal malpresentations	Prolonged labour/ Obstructed labour Brow presentation, Face presentation, Occipito-posterior position	Dr. Ameelia Sadaqat
11.	24.05.2024	Hypertensive disorders in pregnancy	Introduction, Types, Etiology, Management	Dr. Ameelia Sadaqat
12.	31.05.2024	Breech presentation	Types, Complications, Management	Dr. Ayesha Saif
13.	07.06.2024	Preterm Labour	Preterm Labour Diagnosis, Management	Dr. Ayesha Saif
14.	14.06.2024	Post Term Pregnancy Induction of Labour	Indication methods	Dr. Naila Mairaj
15.	26.07.2024	Complications of 3rd stage of labour	Postpartum haemorrhage, Uterine inversion	Dr. Kiran Iqbal
16.	02.08.2024	Antepartum haemorrhage	Introduction, Etiology, Management	Dr. Kiran Iqbal
17.	09..08.2024	IUGR	Gauses Management	Dr. Ayesha Saif
18.	16.08.2024	Anemia in pregnancy	--	Dr. Naila Mairaj
19.	23.08.2024	Contraception	Introduction, Methods of contraception	Dr. Ameelia Sadaqat
20.	30.08.2024	Diabetes in pregnancy	Introduction, Types, Diagnosis, Complications, Management	Dr. Ayesha Wasif
21.	06.09.2024	Cardiac diseases in pregnancy / Thyroid	Common cardiac conditions, Management	Dr. Ayesha Wasif
22.	13.09.2024	RH incompatibility	Physiology, Complication, Diagnosis & Management	Dr. Ayesha Wasif
23.	20.09.2024	Multiple gestation	Types, Complications, Management Causes Management	Dr. Sadia Ilyas
24.	27.09.2024	Abnormalities of amniotic fluid	Oligohydramnios, Polyhydramnios, Management	Dr. Naila Mairaj
25.	04.10.2024	Instrumental delivery	Forceps delivery, Ventouse delivery, Complications	Dr. Kiran Iqbal
26.	11.10.2024	Anatomy of female genital tract	--	Dr. Sadia Ilyas
27.	18.10.2024	Infections of female genital tract	Infections of upper genital tract /Infections of lower genital tract	Dr. Kiran Iqbal
28.	25.10.2024	Infertility	Introduction, Natural conception, Causes of infertility, History and examination	Dr. Naila Mairaj
29.	01.11.2024	Dysmenorrhea		Dr. Sadia Ilyas

30.	08.11.2024	Full Class Test		Dr. Ameelia Sadaqat
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Final Year MBBS Lectures Schedule 2024

Sr.	DATE	MAIN TOPICS	SUB TOPICS	Facilitator
1.	03.04.2024	Bleeding in early pregnancy	Miscarriage	Prof. Nabeela Shami
2.	04.04.2024	Bleeding in early pregnancy	Ectopic pregnancy	Prof. Nabeela Shami
3.	17.04.2024	Bleeding in early pregnancy	Molar Pregnancy	Prof. Nabeela Shami
4.	18.04.2024	1 st Class Test		Dr. Ameelia Sadaqat
5.	24.04.2024	Introduction	Anatomy of female genital organs Development of female genital organs	Prof. Waseem Talib
6.	02.05.2024	Disorders of Menstruation	HMB	Dr. Ayesha Saif
7.	08.05.2024	Fibroid Uterus	Definitions, Causes and their management	Dr. Ayesha Saif
8.	09.05.2024	Endometriosis + Adenomyosis	Definitions, Causes and their management	Dr. Ayesha Saif
9.	15.05.2024	Contraception	Classification, methods	Prof. Waseem Talib
10.	16.05.2024	2 nd Class Test		Dr. Ayesha Saif
11.	22.05.2024	PID	Def, symptoms ,management	Prof. Nabeela Shami
12.	23.05.2024	Primary Amenorrhea	Definitions, types & Causes	Dr. Ameelia Sadaqat
13.	29.05.2024	Secondary Amenorrhea,	Investigations & Treatment	Dr. Ameelia Sadaqat
14.	30.05.2024	Tumours of cervix	Premalignant disease of the cervix, Cervical screening	Prof. Nabeela Shami
15.	05.06.2024	Tumours of cervix	Malignant disease of the cervix, Staging & management	Prof. Nabeela Shami
16.	06.06.2024	Tumours of uterus	Classification of endometrial cancers, Staging & management Endometrial hyperplasia	Prof. Nabeela Shami
17.	12.06.2024	Subfertility	Introduction, Natural conception, Causes of infertility, History and examination	Prof. Waseem Talib
18.	13.06.2024	Subfertility	Investigations & Management	Prof. Waseem Talib
19.	24.07.2024	3 rd Class Test		Dr. Ameelia Sadaqat
20.	25.07.2024	Endometrial Carcinoma	--	Prof. Nabeela Shami
21.	31.07.2024	Tumours of Ovary	Benign ovarian tumours classification and Management	Prof. Nabeela Shami
22.	01.08.2024	Tumours of Ovary	Malignant Ovarian Tumours, Classification, FIGO Staging, Management & Adjuvant treatment	Prof. Nabeela Shami
23.	07.08.2024	Germ cell Tumors	--	Prof. Nabeela Shami
24.	08.08.2024	Invasive mole and choriocarcinoma	Diagnosis, Management & Follow-up	Prof. Nabeela Shami
25.	15.08.2024	4 th Class Test		Dr. Ayesha Saif
26.	21.08.2024	Vulval lesions	benign and malignant lesions and management	Prof. Nabeela Shami
27.	22.08.2024	Urogynaecology	Pelvic organ prolapse, Introduction, Supports of uterus, Degrees of prolapse & Treatment	Dr. Ameelia Sadaqat
28.	28.08.2024	Urogynaecology	Urinary incontinence, Types and management	Dr. Ameelia Sadaqat
29.	29.08.2024	Menopause & HRT	Diagnosis and management	Prof. Nabeela Shami
30.	04.09.2024	Normal Labour	Mechanism of normal labor	Prof. Waseem Talib
31.	05.09.2024	Normal Labour	Stages and Management of labor	Prof. Waseem Talib
32.	11.09.2024	Abnormal labor	Prolonged labor	Prof. Waseem Talib
33.	12.09.2024	Abnormal labor	Fetal malpresentations/ Malpositions	Prof. Waseem Talib

34.	18.09.2024	5 th Class Test		Dr. Ameelia Sadaqat
35.	19.09.2024	PCOS	Diagnosis, Investigation & Management	DR. Ameelia Sadaqat
36.	25.09.2024	Obstetrics Emergencies	Postpartum Hemorrhage	Prof. Waseem Talib
37.	26.09.2024	Cardiac Diseases in Pregnancy	Diagnosis and management	Dr. Ameelia Sadaqat
38.	02.10.2024	Preterm Labour	Diagnosis, Tocolysis & Management	Prof. Waseem Talib
39.	03.10.2024	Anemia in pregnancy	Introduction, Types of anaemia, Diagnosis & Management	Prof. Nabeela Shami
40.	09.10.2024	Diabetes in pregnancy	Introduction, Types, Diagnosis, Complications & Management	Prof. Nabeela Shami
41.	10.10.2024	IUGR	Causes and Management	Prof. Nabeela Shami
42.	16.10.2024	Antepartum hemorrhage	Placenta previa	Prof. Waseem Talib
43.	17.10.2024	6 th Class Test		Dr. Ayesha Saif
44.	23.10.2024	Antepartum hemorrhage	Placental abruption	Prof. Waseem Talib
45.	24.10.2024	Hypertension in pregnancy + Eclampsia	Introduction, Types, Etiology, Management	Prof. Nabeela Shami
46.	30.10.2024	Obstetrics Emergencies	Cord Prolapse, Uterine inversion, Shoulder Dystocia,	Prof. Waseem Talib
47.	31.10.2024	Rh-incompatibility	Pathophysiology & Management	Prof. Waseem Talib
48.	06.11.2024	Multiple Gestation	Types, Management & Complications	Dr. Ayesha Saif
49.	07.11.2024	Breech	Types, Mechanism & Complications	Dr. Ayesha Saif
50.	13.11.2024	Puerperium	Changes in puerperium, Importance and management of lactation, Common infections in puerperium, sepsis	Prof. Waseem Talib
51.	14.11.2024	Thromboembolism in Pregnancy	DVT & Pulmonary embolism	Prof. Nabeela Shami
52.	20.11.2024	Post Term Pregnancy	Definition, Bishop Score, induction of labour	Prof. Waseem Talib
53.	21.11.2024	7 th Class Test		Dr. Ameelia sadaqat
54.	27.11.2024	PMS	Definition, Symptoms and Management	Dr. Ameelia Sadaqat
55.	28.11.2024	Hirsutism	Causes and Management	Prof. Nabeela Shami
56.	04.12.2024	Operative Gynaecology	Hysterectomy types, Procedure, complications	Prof. Waseem Talib
57.	05.12.2024	Puberty and adolescence Ovulation and menstruation	Puberty and adolescence, Secondary sexual development	Prof. Waseem Talib
58.	11.12.2024	8 th Test		Dr. Ayesha Saif

FOURTH YEAR MBBS TIME TABLE

DAYS						11:25 a.m. to 01:35 p.m.			
MONDAY					Travel Time to GTTH	Clinical Ward Dr. Kiran Iqbal	Travel Time to LMDC		
TUESDAY					11:25 a.m. to 01:35 p.m.				
				Travel Time to GTTH	Clinical /WARD Dr. Sadia Ilyas		Break & Travel Time to LMDC		
WEDNESDAY					WARD / SKILLS LAB. Dr. Kiran Iqbal Dr. Sadia Ilyas Dr. Naila Mairaj				
THURSDAY					10:45 a.m. to 01:35 p.m.				
					WARD/ Clinical Dr. Naila Mairaj				
FRIDAY	08:50 a.m. to 09:40 a.m.								
	Obstetrics & Gynaecology Lecture Lecture Theater No. 7 Dr. Ameelia Sadaqat Dr. Ayesha Wasif Dr. Kiran Iqbal Dr. Sadia Ilyas Dr. Naila Mairaj								

FINAL YEAR MBBS TIME TABLE

Day					11:00 a.m. to 02:45 p.m.	
Monday				Travel to GTTH	Hospital Work Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif	
					11:00 a.m. to 02:45 p.m.	
Tuesday					Hospital Work Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif	
Wednesday		08:00 a.m. to 08:50 am Obs/Gynae Lecture Theater No. 2 Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif		Travel To GTTH	Hospital Work Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif	
Thursday		08:50 a.m. to 09:40 am Obs/Gynae Lecture Theater No. 2 Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif			Hospital Work Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif	
						10:45 a.m. to 12:45 p.m.
Friday					Travel to GTTH	Hospital Work Dr .Ameelia / Dr. Ayesha
						Travel to LMDC

COUNSELLING

- a. Career Guidance
- b. Psychosocial Counselling

Department nominate the faculty (AP& Above) for career guidance & psychosocial Counselling will be provided in:

1st Quarter Dr. Ameelia Sadaqat

2nd Quarter Dr. Ayesha Saif

3rd Quarter Dr. Kiran Iqbal

4th Quarter Dr. Sadia Ilyas

STUDY GUIDE (300 HOURS)

Obstetrics: 150 Hours

1. Basics of Obstetrics: 20 Hours

Teaching Strategies:

- Lectures: Interactive Q&A, polling during lectures on anatomy, physiology, and antenatal care.
- Flipped Classroom: Assign pre-reading/videos on pregnancy physiology with in-class discussions.
- Clinical Demonstration: Use models and ultrasound for fetal development and maternal adaptations.
- Case-Based Learning: Group discussions on case studies about normal pregnancy and antenatal care.

2. Antenatal Complications: 30 Hours

Teaching Strategies:

- Problem-Based Learning (PBL): Small group discussions on conditions like gestational diabetes.
- Simulation Training: Simulate conditions like preeclampsia and placenta previa using mannequins.
- Interactive Quizzes: Post-lecture quizzes to reinforce learning and assess understanding.
- Bedside Teaching: Antenatal rounds focusing on patient care and antenatal counseling skills.

3. Intrapartum and Postpartum Care: 35 Hours

Teaching Strategies:

- Skill Stations: Practical training on delivery techniques, partogram, and neonatal resuscitation.
- Video Demonstrations: Labor and Cesarean section videos with guided discussion.
- Simulation-Based Training: Mock scenarios on labor complications using role-playing techniques.
- Hands-On Practice: Experience in labor wards and real-time observation of deliveries.

4. High-Risk Pregnancy and Management: 30 Hours

Teaching Strategies:

- Case-Based Discussions: Group work on multiple pregnancies, fetal distress, and Doppler ultrasound.
- Ward Rounds: High-risk pregnancy management under consultant supervision.
- Team-Based Learning: Collaborative group learning and presentations on high-risk conditions.
- OSCE Practice: Clinical OSCE stations on CTG interpretation and patient management.

5. Obstetric Emergencies and Complications: 20 Hours

Teaching Strategies:

- Simulation Drills: Emergency management simulations for eclampsia, uterine rupture, etc.
- Case Discussions: Discussions on perinatal mortality, ethical concerns in emergencies.
- Role Play: Simulating obstetric emergencies with different team roles.

6. Case-Based Discussions and Exam Practice (OSCE/Long Case/Short Case): 15 Hours

Teaching Strategies:

- Mock OSCEs: Focus on obstetric scenarios with feedback.
- Clinical Vignettes: Clinical reasoning practice using case vignettes.
- Peer Teaching: Students teach each other obstetric topics for reinforcement.

Gynaecology: 150 Hours

1. Basics of Gynaecology: 15 Hours

Teaching Strategies:

- Interactive Lectures: Multimedia lectures with diagrams and videos.
- Flipped Classroom: Assign readings on menstrual cycle, contraception for in-class problem-solving.
- Role Play: Simulated counseling sessions on contraceptive methods.

2. Benign Gynecological Conditions: 30 Hours

Teaching Strategies:

- Problem-Based Learning: Small group discussions on AUB, fibroids, and pelvic masses.
- Clinical Skills Workshops: Practice pelvic exams and ultrasounds for gynecological conditions.
- Video-Based Learning: Video demonstrations of gynecological surgeries.

3. Gynecological Oncology: 30 Hours

Teaching Strategies:

- Case-Based Learning: Group analysis of cancer staging and management.
- Tumor Boards: Attend tumor board meetings to understand multi-disciplinary cancer care.
- Debates: Debate on HPV vaccination or cervical cancer screening.

4. Infertility and Assisted Reproductive Techniques: 20 Hours

Teaching Strategies:

- Interactive Seminars: In-depth seminars on infertility and ethical issues.
- Case Presentations: Infertility case studies for diagnostic planning.
- Simulation: Simulate patient counseling on IVF and infertility treatments.

5. Urogynecology and Pelvic Floor Disorders: 20 Hours

Teaching Strategies:

- Hands-On Workshops: Pelvic floor examinations and incontinence management workshops.
- Demonstrations: Surgical techniques for prolapse and incontinence using models.

6. Menopause and Postmenopausal Health: 15 Hours

Teaching Strategies:

- Flipped Classroom: Assign readings on HRT, with in-class discussions on risks and benefits.
- Role Play: Simulate consultations on HRT and lifestyle management for postmenopausal women.

7. Adolescent Gynecology and Sexual Health: 10 Hours

Teaching Strategies:

- Case Discussions: Present adolescent gynecological issues like dysmenorrhea and amenorrhea for discussion.
- Peer Teaching: Assign student groups to teach topics on contraception and STI prevention.

8. Case-Based Discussions and Exam Practice (OSCE/Long Case/Short Case): 10 Hours

Teaching Strategies:

- Mock OSCEs: Practice clinical scenarios with feedback.

- Peer Learning: Students review each other's case presentations to improve clinical reasoning.

Attendance Requirement

- 1) Students are expected to attend all scheduled teaching sessions and examinations
- 2) Attendance in lectures, tutorials, and wards is mandatory. Absence from these sessions will make the students ineligible to sit the final summative assessment.
- 3) A minimum of 85 % attendance in the lectures, wards is mandatory to appear in the summative UHS examination
- 4) Absence due to illness must be certified appropriately by the General Physician

Identification of Students Requiring Additional Assistance

Students requiring additional assistance will be identified by results of class test and remedial classes will be arranged for these students in excess of this 300 hrs.

Identification of Students With Extraordinary Performance

Students with extraordinary performance will be identified by results class test.