

Clinic Name: Womens Health Primary Care Elective
Clinic Education Site Leader: Meg Zoffuto MD and Kaylin Craig MD
Updated by: Meg Zoffuto MD
Date: 2/23/22

Goal:

The purpose of this educational experience is to attain understanding and competence in common womens health topics. It will provide residents with clinical experience in womens preventative care as well as diagnosis and treatment of common womens health clinical issues.

Objectives:

By the end of this educational block, learners in this rotation will be able to:

Patient Care

1. Describe evidence based preventative care for adult women.
2. Obtain appropriate history and physical for acute pelvic complaints.
3. Outline appropriate work up of breast masses.
4. Counsel women of child-bearing age on risks and benefits of various contraceptive methods.

Medical Knowledge

1. Demonstrate clear understanding of the menstrual cycle.
2. Develop a thorough differential diagnosis and systematic approach to abnormal uterine bleeding.
3. Describe the treatment guidelines for STI and recurrent yeast infections.
4. Understand evidence based approach to screening for osteoporosis.
5. Understand evidence based approach to treating osteopenia and osteoporosis.

Interpersonal and Communication Skills

1. Effectively communicate intricacies of mammogram guidelines for average risk women to patients.
2. Perform sensitive exams including vaginal and breast exam as well as PAP with chaperone.
3. Counsel patients on the benefits and risks of HRT.

Professionalism

1. Perform appropriate history and physical exam for womens acute complaints.
2. Demonstrate sensitivity toward gender and transgender specific concerns.

Systems based practice

1. Understand use of primary care and specialist referrals in women's health complaints.
2. Tailor management recommendations per patient centered care conversations.

Practice-based learning and improvement

1. Incorporate evidence into practice.
2. Seek feedback.

Educational Strategies:

Educational Strategy	Skills (taught and/or assessed)
Case based discussions	Clinical Reasoning Medical Knowledge
Board Review	Medical Knowledge Clinical Reasoning
Direct patient care	Professionalism Practice based learning Interpersonal and communication skills

Reading and/or Resources:

ACP Handbook of Women’s Health

Treatment of Low Bone Density or Osteoporosis to Prevent Fractures in Men and Women: A Clinical Practice Guideline Update from the American College of Physicians (2017)

Screening for Breast Cancer in Average-Risk Women: A Guidance Statement From the American College of Physicians (2019)

Common Breast Problems. Am Fam Physician 2019 Apr 15;99(8):505

Benign Breast Disease. Obstet Gynecol Clin North Am. 2008 Jun;35(2):285-300, ix.
doi: 10.1016/j.ogc.2008.03.008.

Abnormal Uterine Bleeding in Premenopausal Women. Am Fam Physician. 2019 Apr 1;99(7):435-443.

Workowski KA, Bachmann LH, Chan PA, Johnston CM, Muzny CA, Park I, Reno H, Zenilman JM, Bolan GA. Sexually Transmitted Infections Treatment Guidelines, 2021. [MMWR Recomm Rep. 2021 Jul 23;70\(4\):1-187PDF](#) or at [CDC 2021 Jul 22](#)

American College of Obstetricians and Gynecologists (ACOG) Committee on Practice Bulletins—Gynecology. Vaginitis in Nonpregnant Patients: ACOG Practice Bulletin, Number 215. [Obstet Gynecol. 2020 Jan;135\(1\):e1-e17](#)

Stuenkel CA, Davis SR, Gompel A, et al. Treatment of Symptoms of the Menopause: An Endocrine Society Clinical Practice Guideline. [J Clin Endocrinol Metab. 2015 Nov;100\(11\):3975-4011](#)

Evaluation:

(Ideally, the evaluation items below resemble the learning objectives above)

Assessment Form:

1. Please identify 3 skills you observed the resident do well? (Text Box)

2. Please identify 3 skills the resident needs to improve or should do differently. How should they do it differently? (Text Box)

(Ideally, limit to 8-10 skills that you ask your faculty to assess)

For the remaining items, please rate 1-5 (or did not observe):

1 = cannot do this skill

2 = can do this skill only with direct supervision (some needs to be there to supervise)

3 = can do this skill with indirect supervision (an attending or fellow is close by or available by phone)

4 = can do this skill unsupervised (they are ready to graduate for this skill)

5 = has achieved mastery of this skill (They can teach others how to do this skill well)

1. Demonstrate clinical use of FRAX score for osteoporosis screening and treatment.

4. Describe the differential of abnormal uterine bleeding.

5. Counsel on contraception options.

6. Perform Pre-Preconception counseling.

7. Describe diagnosis of PCOS, both clinical and chemical.

8. Manage a patient with PCOS.

9. Perform PAP smear.

10. Perform breast exam.

11. Describe work up and treatment of vaginitis and STI.