

## **Women's Health Rotation Learning Outcomes:**

Upon completion of the WH Rotation, the clinical year PA student will possess **the knowledge, clinical and technical skills, interpersonal skills, professional behaviors, clinical reasoning and problem-solving abilities** necessary to demonstrate entry-level proficiency through demonstration of the following:

To obtain the following RLO's, students will participate in clinical care of patients requiring assessment and management of gynecologic and prenatal care in acute, chronic and preventative health encounter types in adolescents, adults and the elderly.

1. Obtain a thorough obstetrical and gynecological history based on the patient's chief complaint or clinical presentation, with respect and sensitivity for the health concerns of women.
2. Perform a focused gynecological physical exam, with a focus on ensuring patient comfort.
3. Verbally communicate relevant findings of the history and physical exam to the preceptor.
4. Develop an appropriate differential diagnosis for common obstetrical and gynecologic problems encountered in a women's health setting.
5. Assess a patient for common complications that may occur during a pregnancy.
6. Order and interpret laboratory and diagnostic studies indicated for the initial or ongoing evaluation for common gynecological conditions and routine prenatal care.
7. Develop treatment plans for common problems seen in women's healthcare to include pharmacotherapy, lifestyle modifications, non-pharmacologic interventions, patient education, and follow-up evaluation for adolescents, adults and the elderly.
8. Recommend appropriate disposition of patients according to severity of presenting symptoms, including those in need of emergency care.
9. Recommend medications based on indication, patient profile-including pregnancy status, potential adverse effects, and drug interactions.
10. Observe, assist with and perform common procedures of women's health, including pap smears and pelvic exams.
11. Document a clinical encounter in a women's health setting.
12. Provide patient education on diagnosis, prevention/health promotion and treatment plan to women of all ages.
13. Recommend age-appropriate screening tests to promote health in women of reproductive age across the lifespan utilizing evidence-based guidelines.
14. Recommend immunizations for pregnant and non-pregnant women based on CDC/ACIP recommendations.
15. Assess a patient for common medical and psychological complications that may occur in the antepartum and/or postpartum period.
16. Identify indications for referral when specialist consultation is needed to meet the medical, surgical or psychological needs of a patient.
17. Demonstrate appropriate professional demeanor, ethics, and respect for patients, families, and healthcare team members.
18. Demonstrate respect for patient rights to individuality and privacy by treating confidential information with professional discretion.
19. Demonstrate appropriate response to feedback.
20. Demonstrate an ability to collaborate with other healthcare professionals to provide patient-focused care.

## **Instructional Objectives for Women's Health**

**Under appropriate preceptor supervision, by the end of this rotation, the clinical PA student will be able to demonstrate knowledge and competence pertaining to each of the Instructional Objectives (IOs are observable actions or behaviors) listed below in female patients of any age from adolescents, adults, and elderly and with acute, chronic, emergent, prenatal and/or preventive presentations:**

**History Taking and Physical Exam Skills: The student should be able to demonstrate competency in the following:**

1. Conducting focused and comprehensive interviews based on visit type, be it gynecologic, obstetric, prenatal or post-partum encounters
2. Identifying pertinent historical information including:
  - Menstrual
  - Obstetric
  - Gynecologic
  - Contraceptive
  - Sexual
  - Family and Social
3. Correlating current complaint with presented history and review of systems, with attention to medical conditions that may result in a high risk or complicated pregnancy, i.e diabetes, hypertension, anemia, asthma, thyroid disorders, vaginal bleeding
4. Performing focused or comprehensive age-appropriate physical examinations, including pap, pelvic and breast exam (per ACOG guidelines) for preventative encounters.
5. Performing physical exam techniques pertinent to the patient's chief complaint, with emphasis on speculum, bimanual, breast, and abdominal exams for prenatal, post-partum, and gynecological encounters
6. Identifying normal and abnormal physical examination findings and correlating with historical information, with attention to mood changes/depression, breast/pelvic tenderness, vaginal discharge, vulvar/vaginal/cervical lesions, fundal height and fetal heart tones

**Developing a differential diagnosis: The student should be able to demonstrate competency in the following:**

1. Presenting to the preceptor the significant history as it relates to possible differential diagnosis for obstetrical and gynecological patients
2. Presenting to the preceptor the significant physical exam findings as they relate to possible differential diagnosis for obstetrical and gynecological patients, with an understanding of the physiologic changes and signs of pregnancy
3. Formulating a differential diagnosis with consideration to the most likely diagnosis, the most common diagnosis, as well as the most severe and/or life threatening diagnosis, for both obstetrical and gynecological patients
4. Identifying common obstetric complications including:
  - First trimester loss
  - Ectopic pregnancy
  - Second-trimester loss
  - Preterm labor
  - Third-trimester bleeding
  - Gestational hypertension/pre-eclampsia
  - Gestational diabetes
  - Group B streptococcus colonization
  - Urinary tract infection
  - Multiple gestation
  - IUGR
  - Polyhydramnios/oligohydramnios
  - Alcohol/tobacco/drug use
  - Post-term pregnancy
  - Fetal death

5. Identifying common gynecologic conditions:

- STI's
- Vaginitis
- Amenorrhea
- Dysmenorrhea
- Pelvic pain
- Abnormal Uterine Bleeding
- Uterine fibroids
- Galactorrhea
- Vulvitis

**Selecting and Interpreting Laboratory and Diagnostic Studies: The student should be able to demonstrate competency in the following:**

1. Identifying indication for initial and subsequent diagnostic or laboratory studies in obstetrical and gynecological patients (with attention to ACOG recommendations), including:
  - Routine gynecologic care including preventative testing and cancer screening
  - Routine prenatal care, labs, imaging, fetal monitoring, non-stress test indications, cervical checks
  - Screening for STI's
  - Gestational Diabetes
  - Abnormal Uterine Bleeding
2. Selecting appropriate common screening tests for routine obstetric and gynecologic care in adolescents, adults and the elderly
3. Identifying cost effectiveness, benefits, contraindications, sensitivity and specificity, and informed consent for diagnostic studies or procedures.
4. Explaining risks associated with diagnostic studies or procedures to the patient
5. Identifying normal and abnormal laboratory/diagnostic ranges and results for obstetrical and gynecological studies
6. Performing the lab and diagnostic studies safely and with appropriate technique
7. Interpreting results of lab and diagnostic studies correctly

**Developing, Documenting, and Executing an Assessment and Plan: Student should be able to demonstrate competency in the following:**

1. Correlating lab and diagnostic data to the differential diagnosis to help select the most likely diagnosis, with an understanding of management of common obstetric and gynecologic conditions, as mentioned above and as detailed in the topic list
2. Developing pertinent non-pharmacologic management plan including referrals to specialists, community resources, behavioral and/or psychological interventions
3. Documenting the patient encounter using SOAP note or site-specific template including patient education and follow-up recommendations
4. Providing and documenting patient counseling and education that is patient-centered, culturally sensitive and inclusive to ensure patient's understanding of the plan, including:
  - a. Health prevention such as family planning, nutrition, safety, domestic violence screen, and substance use
  - b. Counseling regarding perimenopause/menopause, post-partum period, breastfeeding
  - c. Physical activity and exercise modifications
  - d. Necessary age-appropriate screenings and periodic health assessments
  - e. Attention to body, soul, and spirit with consideration of and sensitivity to patient's religious/spiritual beliefs, health practices, and lifestyle choices

**Developing and Documenting Pharmaceutical Therapeutics and Treatment Modalities: The student should be able to demonstrate competency in the following:**

1. Demonstrating understanding of current guidelines as they relate to Hormone Replacement Therapy, Contraceptive Therapy, Urinary Incontinence, and STI's
2. Discussing rationale for utilization of each drug with understanding of:
  - a. Mechanism of action
  - b. Indications for use
  - c. Contraindications (including Pregnancy Category rating of medications)
  - d. Side effects
  - e. Adverse reactions
  - f. Potential for drug-drug interactions
  - g. Therapeutic effects
  - h. Dosing
  - i. Cost-effectiveness
  - j. Drug toxicity
  - k. Identify risks for, and signs and symptoms of drug interactions from polypharmacy
  - l. Methods to reduce medication errors
  - m. Cross-reactivity of similar medications
3. Selecting appropriate pharmacologic therapy for medical conditions encountered
4. Monitoring patient's current pharmacologic regimens and adjusting as appropriate
5. Managing adverse drug reactions
6. Determining appropriate medications and utilizing appropriate resources
7. Documenting orders and prescriptions for treatment medications

**Applying Basic Science Concepts: The student should be able to demonstrate competency in the following:**

1. Identifying normal and abnormal human anatomy and physiology to correlate how it applies to conditions encountered in obstetrical and gynecological patients
2. Correlating pathophysiologic principles to specific disease processes encountered in obstetrics and gynecology
3. Correlating abnormal physical exam findings to a given disease process
4. Applying abnormal results of diagnostic tests to a given disease process

**Professionalism: The student should be able to demonstrate competency in the following:**

1. Demonstrating sensitivity to the emotional, social, and ethnic background of patients
2. Demonstrating respect for the privacy and confidentiality of each patient
3. Communicating and interacting professionally with other members of the healthcare team.
4. Identifying limitations and willingness to seek help from supervising preceptors, and referencing appropriate resources.
5. Demonstrating an openness to receiving constructive criticism
6. Initiating independent outside research concerning clinical cases encountered
7. Performing duties with a professional attitude in such areas as attendance, dress code, and demeanor