

LOG BOOK OF EXPERIENCE

Professorial Appointment in Obstetrics & Gynaecology

Department of Obstetrics & Gynaecology
Faculty of Medicine & Allied Sciences
Rajarata University of Sri Lanka

Name: _____

Faculty ID No: _____

Dates of Rotation: _____

Introduction

The purpose of this logbook is to record what you see and do during your professional appointment and to give you an idea of the kind of activities you should get involved with. It is principally a record for you so that you can plan how to focus your time. It also helps us to know that you are getting the opportunities you need.

The logbook is also a prompt to reflect on what you see and do. Apart from case histories and management plans use it also to write brief notes on your thoughts as things happen such as,

Why were decisions made as they were?

Could it have been done any differently?

What impact did events and the way they were handled have on the patient?

What were the shortcomings?

What are your suggestions?

Note things you did not understand, to be addressed later, perhaps in a ward class, tutorial or with your teachers.

A mandatory requirement for your end of course assessment is to write an approximately 500 word reflective piece considering the impact, positive or negative, the professional appointment had on you in terms of attitudes/behavior/confidence and competence on patient experiences. You may wish to record ideas here.

This logbook forms a part of your final end of course assessment and if you do not do well in the end of course assessment, this booklet may also be used to help work out why. So it would be wise to record what you have done and seen regularly and religiously! Make sure you get the signatures then and there from the supervising doctors as that may be the only proof that you were there and done it.

Please make sure that the booklet is in A4 format and bound securely. It should be handed over to the Department within one week of the end of appointment.

Word of advice to make the most of your professorial appointment

Obstetrics

Delivery is one of the most intimate experiences of some women's lives and it is a great privilege to have the opportunity to be present and to play an active role in the process. Make sure you make the most of it. Aim is to see as much as you can of normal and abnormal deliveries and the events leading up to it. Try to understand how the decisions are made and how this affects the mothers.

It should be realistic to deliver at least 5 babies during your appointment. Try to follow several women all through their labour, even if this takes hours. Consider things from her perspective. Explain things and reassure them. Make sure they get adequate and appropriate pain relief. Help maintaining the partogram. Clarify things you do not understand from senior doctors.

Spend time with the midwives, Nurses, doctors and try to get actively involved in the management as much as possible. Aim to do a few vaginal examinations in labour if you can. Try to see a forceps delivery, a ventouse delivery, a breech or twins been delivered. Assist or watch several caesarean sections – perhaps an emergency, an elective, a breech, twins etc. Watch an epidural/spinal being sited and observe the effect this has on the woman and her labour. What emergencies did you see – bleeding, postpartum haemorrhage, manual removal of placenta, pre eclampsia? Observe how the staff reacts to the emergency, the team work, the co-ordination and their confidence and skill levels.

Gynaecology

Aim to see as many patients with different types of clinical problems as you can such as menstrual dysfunction, urogynaecology, infertility, menopausal symptoms, STD and contraception. Try to attend some specialist clinics such as colposcopy, early pregnancy or subfertility. Time in theatre is useful to see and understand a variety of procedures, learn theatre etiquette and gaining experience of vaginal examinations under general anaesthetic. Examining women under general anaesthetic by a medical student is very useful, particularly to feel pathology e.g. ovarian cysts, fibroid uterus. Make sure you gain the consent through a senior doctor during the pre-op process.

Spend time with the doctors in the ward and on call. By the end of this appointment you should be able to perform a competent bimanual and speculum examination without causing discomfort or embarrassment to the patient and probably confident enough to arrive at a reasonable diagnosis and a management plan.

Another core competency is taking a gynaecology and a sexual history. You should practice taking and presenting histories either in clinic or on the wards. This experience should be recorded in the relevant section of the log book. Make sure you discuss your examination with the supervising clinician to understand how you can improve.

A CHECK LIST

Have you clerked and presented patients with following problems?

Antenatal

Hypertensive disorders	<input type="checkbox"/>
Heart disease	<input type="checkbox"/>
Respiratory diseases	<input type="checkbox"/>
Renal disease	<input type="checkbox"/>
Anaemia	<input type="checkbox"/>
Bleeding disorders	<input type="checkbox"/>
Psychiatric disorders	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>
Diabetes in Pregnancy	<input type="checkbox"/>
Endocrine diseases	<input type="checkbox"/>
Auto-immune disorders	<input type="checkbox"/>
Haematological disorders	<input type="checkbox"/>
Dermatological disorders	<input type="checkbox"/>
Inflammatory bowel disease	<input type="checkbox"/>
Antepartum haemorrhage	<input type="checkbox"/>
Abdominal pain in pregnancy [non obstetric causes]	<input type="checkbox"/>
Head ache in pregnancy	<input type="checkbox"/>
Nausea and vomiting	<input type="checkbox"/>
Preterm labour	<input type="checkbox"/>
Obstetric cholestasis	<input type="checkbox"/>
Infections in pregnancy	<input type="checkbox"/>
Multiple pregnancy	<input type="checkbox"/>
Malpresentation	<input type="checkbox"/>
IUGR	<input type="checkbox"/>
IUD	<input type="checkbox"/>

Obstetric emergencies

Have you been a team member managing following emergencies?

Antepartum Haemorrhage	<input type="checkbox"/>
Post-partum haemorrhage	<input type="checkbox"/>
Maternal collapse	<input type="checkbox"/>
Foetal Distress	<input type="checkbox"/>
Cord prolapse	<input type="checkbox"/>
Shoulder dystocia	<input type="checkbox"/>
Eclampsia	<input type="checkbox"/>
Neonatal resuscitation	<input type="checkbox"/>

Gynaecology

Have you clerked and presented patients with following gynaecological problems?

Heavy/irregular bleeding	<input type="checkbox"/>
primary/secondary amenorrhoea	<input type="checkbox"/>
Post-menopausal bleeding	<input type="checkbox"/>
Fibroids	<input type="checkbox"/>
PCOS	<input type="checkbox"/>
Pre-menstrual syndrome	<input type="checkbox"/>
Chronic pelvic pain	<input type="checkbox"/>
Endometriosis & adenomyosis	<input type="checkbox"/>
Ovarian cysts	<input type="checkbox"/>
Sub-fertility	<input type="checkbox"/>
ectopic pregnancy	<input type="checkbox"/>
PID	<input type="checkbox"/>
Vulval pain syndromes	<input type="checkbox"/>
Pelvic organ prolapse	<input type="checkbox"/>
Urinary incontinence	<input type="checkbox"/>
Gestational trophoblastic disease	<input type="checkbox"/>
Gynaecological malignancies	<input type="checkbox"/>
Vaginal discharge	<input type="checkbox"/>
STD	<input type="checkbox"/>
Problems with puberty and menarche	<input type="checkbox"/>

Obstetrics

Please get the boxes signed and dated by Medical staff.

Tasks to be done under supervision

1. Obstetric history and examination

Date			
Signature			

2. Assessment of Bishops score

Date			
Signature			

3. Membrane sweep

Date			
Signature			

4. Setting up and maintaining an oxytocin infusion

Date			
Signature			

5. Maintaining partograms

Date			
Signature			

6. Conducting normal vaginal deliveries

Date			
Signature			

7. Performing and repairing an episiotomy

Date			
Signature			

8. Catheterization

Date			
Signature			

9. Preparing patients for cesarean section

Date			
Signature			

10. Assisting for cesarean section

Date			
Signature			

11. Writing Op. notes

Date			
Signature			

12. Post natal advice

Date			
Signature			

13. Writing diagnosis cards

Date			
Signature			

Tasks to be observed

1. Forceps Delivery

Date			
Signature			

2. Ventouse Delivery

Date			
Signature			

3. Twin Delivery

Date			
Signature			

4. Breech Delivery

Date			
Signature			

5. Manual Removal of Placenta

Date			
Signature			

6. Repair of Perineal tear

Date			
Signature			

7. Resuscitation of a Collapsed patient

Date			
Signature			

Drills

All the students should be able to show adequate competency in the following emergency drills. The boxes will be signed only if the supervisor is satisfied of your competency.

1. Shoulder Dystocia

Date	
Signature	

2. Breech Delivery

Date	
Signature	

3. Post Partum hemorrhage

Date	
Signature	

4. Eclampsia

Date	
Signature	

5. Post partum collapse

Date	
Signature	

6. Neonatal Resuscitation

Date	
Signature	

Gynaecology

Tasks to be done under supervision

1. Speculum examination

Date			
Signature			

2. Setting up and maintaining and IV infusion

Date			
Signature			

3. Venepuncture

Date			
Signature			

4. Administer a blood transfusion

Date			
Signature			

5. Removal of sutures

Date			
Signature			

6. Preparing patients for gynaecological surgeries

Date			
Signature			

7. Assist major surgeries

Date			
Signature			

8. Performing a Pap smear test

Date			
Signature			

9. Insertion of a vaginal ring pessary

Date			
Signature			

10. Writing Op. notes

Date			
Signature			

11. Writing Diagnosis cards

Date			
Signature			

12. Advising clients on contraception

Date			
Signature			

Obstetric Experience

Student Presentations

Gynaecology Experience