

# Syllabus

## Spring 2010

### **CP5330-Obstetrics and Gynecology**

#### **Meeting times and places**

Wednesday 8 a.m-10 a.m. in Room TBA  
Friday at 8 a.m. in Room TBA

#### **Contact Information:**

Course Instructor: Bernadette Olivier RNC, CNM, MSN  
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Faculty Support: Pamela Vise (281) 998-6082, Michelle Soto (281) 998-6083

#### **Course Materials:**

Required Readings/Texts:  
**ESSENTIALS OF OBSTETRICS AND GYNECOLOGY, 5<sup>th</sup> Edition**  
Hacker, Moore, et. al., Elsevier / Saunders Co., 2010.

#### **Suggested Readings:**

Novak's OB/GYN text

#### **Course Description:**

In a modern, average, chiropractic practice, female patients comprise approximately 70% of your patient population. For this reason, it is imperative that clinically competent doctors of chiropractic have a comprehensive knowledge of the female patient. This course will give the student doctor an in-depth look; beginning with the infant female, following her through menarche, her fertile years, culminating with menopause and finally senior womanhood. We will use both lecture as well as lab to teach the core concepts of the course. This course is definitely a keeper. Do not sell your book back. Keep it for reference in your practice.

**Learning Outcomes:**

**At the completion of this course the student doctor of chiropractic should be able to:**

1. Discuss the anatomy of the female patient as it relates to her health and welfare.
2. Discuss the physiology of the female system as it relates to her health and welfare.
3. Integrate the anatomy and physiology of the female subsequently using these basic sciences to support clinical reasoning and decision making as we follow the female along the life long continuum of infancy, adolescence, reproductive maturity and menopause.
4. Demonstrate a depth and breath of clinical knowledge of these processes sufficient that the Doctor of Chiropractic may safely and effectively manage a pregnancy and provide optimal health to our female patient base through the art and science of chiropractic medicine.
5. Identify and respect the needs of the females in our lives as well as our practices.

**Clinical Competencies:**

Clinical competencies set forth by CCE (Council on Chiropractic Education) to be derived from this course will be discussed throughout the trimester. Among those scheduled to be discussed are:

1. Professional issues, ethics and morals regarding female patient management.
2. Physical Examination of the female.
3. Neuromusculoskeletal Examination of the female.
4. Emergency care of the female.
5. Chiropractic adjustment or manipulation of the gravid female.
6. Non-Adjustive Therapeutic Procedures of the gravid female.
7. Record Keeping
8. The Doctor-Patient Relationship
9. Nutritional Counseling
10. Wellness

**Teaching Philosophy:**

The approach used in this class is to begin with a review of the basic sciences covered in the course, then build into the clinical application of the new clinical material covered.

The student doctor should benefit from this approach 3 fold:

1. Identify and solidifying attained background knowledge in basic science,
2. Correlating this basic science knowledge through application of such to solve novel clinical problems presented in upper level clinical courses,
3. And finally fortifying board preparation through this comprehensive review of basic science and clinical corollaries.

Teaching methods used in this course will vary according to tempo and personality of the class. Lecture, principally via Socratic Method, and assigned readings outside of class will be used.

At this advanced level in your education I consider you and I as equal partners with equal responsibility to each other, that is to say I bring the information to class in an organized manner and you put forth the necessary effort to take notes and learn the material. At various points I will check your progress and offer any service I can to identify and rectify any major deficiency that might be identified.

**Student Responsibilities:**

**Last day to drop and/or add.....TBA.**

**Last day to withdraw.....TBA**

**Participation:**

Student doctors should be participators rather than spectators. Ask questions in class and when the occasion arises dissertate. This is good early training for the field for field doctors are asked to speak frequently often times in public.

**Homework:**

Seldom will homework be assigned. A standing request to commit to memory the lesson given that day as well as past lectures is in order.

**Daily Responsibilities:**

Attend class, participate in class and stay current with concepts as they are presented.

**Projects:**

No projects are assigned to date.

**Quizzes/Exams:**

Hourly exams will be given at regular intervals and paced somewhat to the tempo of the class at large. First exam 30%, Midterm 30%, Final 40%

**Holidays/Other Non-meeting Dates:**

Classes will not meet: TBA

**Final Exam Week..... TBA**

## **Course Content and Outline:**

### **TENATIVE OUTLINE OF COURSE:**

#### ***Week 1 Chapter 1***

Practice management and Ethics in Obstetrics and Gynecology

Learning Objectives of this chapter: Commit to memory and be able to apply clinically the bolded legal definitions.

#### ***Week 1 Chapters 2***

Clinical Approach to the Patient

Learning Objectives of this chapter: Apply Nagele's Rule given date of last menstrual period. Learn signs and symptoms of pregnancy correlating other possible causes for some of these signs and symptoms. Learn laboratory test and diagnostics used to confirm pregnancy. Learn Table 2-1 and be aware these parameters may change as research emerges.

#### ***Week 2 Chapter 3***

Female Reproductive Anatomy and Embryology

Learning Objectives of this chapter: Review anatomy and neurology of the female perineum. Learn Table 3-1 Know the male and female homologs of the primordia in question.

#### ***Week 2 Chapter 4***

Female Reproductive Physiology

Learning Objectives of this chapter: Review of endocrine system. Commit Figure 4-2 to memory and correlate each event with proper timing. Review histophysiology of the pituitary gland, uterine endometrium, ovary, placenta and testes. Understand the process of fertilization both male and female components.

#### ***Week 3 Chapter 5 Clinical Performance Improvement: Assessing Quality and Safety of Women's Health Care***

Learning Objectives of this chapter: Patient focused care, Disclosure of medical errors, Medical Terminology errors and abbreviations.

#### ***Week 3 Chapter 6***

Endocrinology of Pregnancy and Parturition

Learning Objectives of this chapter: Understand the role of the fetoplacental unit, the interaction with mom. Relate hormone types either steroid or peptide and their respective organ of origin and their targets. Compare basal vs pregnancy levels of estrogens, androgens, cortisol, prostaglandins, leukotrienes, and relaxin. Note the mechanism of parturition.

#### ***Week 4 Chapter 7***

Maternal Physiologic and Immunologic Adaptation of Pregnancy

Learning Objectives of this chapter: Be very familiar with Tables 7.1 and 7.2 as it relates to basal vs pregnant levels and function. Be aware of the pulmonary changes of pregnancy and be able to compare and contrast the pulmonary parameters in table 7.3 Know the biochemical shifts that take place in a gravid female regarding lipid, carbohydrate, protein and oxygen requirements. Relate endocrine changes, weight gain

and oxygen saturation due to pregnancy. Compare and contrast the fetal circulation and adult circulation. Describe the immunologic response during pregnancy.

### ***Week 5 Chapter 8***

Antepartum Care: Preconception and Prenatal Care, Genetic Evaluation and Teratology, and Antenatal Fetal Assessment

Learning Objectives of this chapter: Know what constitutes the first prenatal visit. What constitutes a viable pregnancy. Be familiar with terms spontaneous abortion, threatened abortion, complete vs incomplete abortion, recurrent abortion. Know postulated etiologies of abortion types. Know congenital and hereditary disorders, autosomal recessive vs autosomal dominant, sex linked disorders, Principles of teratology. Know agents of teratology, common drugs, illicit drugs, hormones, infectious agents, and effects of various types of radiation including x-ray, CT, fluoroscopy, PET and MRI on pregnancy. Know how to figure BMI and how that relates to weight gain of pregnancy targets. Know prenatal follow-up visit schedule recommendations. High risk pregnancy and the recommended frequency of prenatal visits.

### ***Week 6 Chapters 9 & 10***

Normal Labor, Delivery, and Postpartum Care:

Learning Objectives or highlights of this chapter:

Anatomic Considerations, Obstetric Analgesia and Anesthesia, and Resuscitation of the Newborn

Learning Objectives of these chapters: Know fetal skull landmarks, timing of closure of fontanelles, pelvic types and pelvic inlet diameter characteristics for each type. Know the highlighted terms especially if presented in lecture. Know stages of labor highlights. Know anatomic and physiologic changes of mom's body postpartum. Know mechanism of lactation and benefits of breastfeeding. Know pain pathways and how various anesthesia methods affect the afferent system of the female pelvis and perineum. Know steps of resuscitation of the newborn. Know APGAR scoring method. Fetal Surveillance During Labor

Learning Objectives of this chapter: Know the normal fetal heart rate and the kick method of fetal surveillance

### ***Week 07***

**Exam I, Chapters 1-15, 50 Multiple choice questions worth 30 of your final grade.**

### ***Week 08 Chapters 11-12-13***

Obstetric Hemorrhage and Puerperal Sepsis

Learning Objectives of this chapter: Know antepartum vs postpartum hemorrhage parameters and characteristics. Know placental types and risks associated with each. Know etiology of puerperal sepsis.

Uterine Contractility and Dystocia

Learning Objectives of this chapter: Know all terms associated with dystocia mechanisms.

Obstetric Complications: Preterm Labor, PROM, IUGR, Postterm Pregnancy, and IUFD

Learning Objectives of this chapter: Know preterm labor definition, etiology and risk factors. Know accepted tocolytic methods. Know how labor is induced.....agents used.

### ***Week 9 Chapters 14-15-16***

Multifetal Gestation and Malpresentation

Learning Objectives of this chapter: Know the etiology, incidence and classification of twinning. Compare and contrast fetal malpresentation.

Hypertensive Disorders of Pregnancy

Learning Objectives of this chapter: Know how hypertension affects pregnancy.

Rhesus Isoimmunization

Learning Objectives of this chapter: Know the pathophysiology of Rhesus incompatibility issues. Know first pregnancy normal and the remaining will require mom to receive injections of Rho-Gam prophylactically. Know Kleihauer-Betke test is to detect fetomaternal hemorrhage.

### ***Week 10 Chapters 17-18-19-20***

Common Medical and Surgical Conditions Complicating Pregnancy

Learning Objectives of this chapter: Know the effects of the medical condition and the expected pregnancy outcome.

Obstetric Procedures

Learning Objectives of this chapter: Know timing and chief indications of Ultrasound, Amniocentesis, and chorionic villus sampling and Cesarean delivery.

Congenital Anomalies and Benign Conditions of the Vulva and Vagina

Learning Objectives of this chapter: Know fibromas, lichen sclerosis, imperforate hymen and Bartholin's cyst.

Congenital Anomalies and Benign Conditions of the Uterine Corpus and Cervix

Learning Objectives of this chapter: Bicomuate uterus vs Bicomuate uterus. Endometrial polyps, Nabothian cysts, cervical polyps, endometrial hyperplasia, polycystic ovarian syndrome and Asherman's syndrome.

### ***Week 11***

**Exam II, Chapters 15-40, 50 Multiple choice questions worth 30% of your final grade.**

### ***Week 12-14 Chapters 21-40 Selected Topics***

Congenital Anomalies and Benign Conditions of the Ovaries and Fallopian Tubes

Learning Objectives or highlights of this chapter:

Dysmenorrhea and Chronic Pelvic pain

Learning Objectives or highlights of this chapter:

Pelvic Infections: Vulvovaginitis, STIs, and Pelvic Inflammatory Disease

Learning Objectives or highlights of this chapter:

Genitourinary Dysfunction: Pelvic Organ Prolapse, Urinary Incontinence, and Infections

Ectopic Pregnancy

Learning Objectives or highlights of this chapter:

Endometriosis and Adenomyosis

Learning Objectives or highlights of this chapter:

Family Planning: Contraception, Sterilization, and Abortion

Learning Objectives or highlights of this chapter:

Human Sexuality

Learning Objectives or highlights of this chapter:

Domestic Violence and Sexual Assault

Learning Objectives or highlights of this chapter:

Breast Disease: A Gynecologic Perspective

Learning Objectives or highlights of this chapter:

Gynecologic Procedures

Learning Objectives or highlights of this chapter:

Puberty and Disorders of Pubertal Development

Learning Objectives or highlights of this chapter:

Amenorrhea, Oligomenorrhea, and Hyperandrogenic Disorders

Learning Objectives or highlights of this chapter:

Dysfunctional Uterine Bleeding

Learning Objectives or highlights of this chapter:

Infertility and Assisted Reproductive Technologies

Learning Objectives or highlights of this chapter:

Climacteric

Learning Objectives or highlights of this chapter:

Menstrual Cycle-Influenced Disorders

Learning Objectives or highlights of this chapter:

Principles of Cancer Therapy

Learning Objectives or highlights of this chapter:

Cervical Dysplasia and Cancer

Learning Objectives or highlights of this chapter:

Ovarian Cancer

Learning Objectives or highlights of this chapter:

Vulvar and Vaginal Cancer

Learning Objectives or highlights of this chapter:

Uterine Corpus Cancer

Learning Objectives or highlights of this chapter:

Gestational Trophoblastic Neoplasia

#### **Week 14 Lab finals week**

Learning Objectives for this exercise: Be able to describe and perform a proper female pelvic assessment, anal examination and breast examination.

***FINAL EXAM WEEK 15 – Absolutely Comprehensive 75-100 questions over the entire text This exam will be very challenging due to the comprehensiveness so Study Hard! This exam will count for forty percent of your final grade in the course.***

#### **Grade Method and Scale:**

Explanation of Evaluation:

Evaluation of progress will be solely by way of regularly spaced hourly examinations and one attendance grade. Grading scale is per student handbook with the following values:

**90-100 = A**

**80-89 = B**

**70-79 = C**

**Below 70 = F**

**Assessment Process and Measurements:**

There will be 2 hourly exams equally weighted and together comprise 60% of your total grade for the course. The final exam will comprise 40% of your total grade for the course.

**Assessment Format:**

Each hourly exam will consist of 50 questions, a combination of multiple-choice, true/false, or short answer format. Each item will be of equal value, 2 points. The final exam is similar format just more questions.....75-100.

**Resources:**

Web-based: to supplement text as needed.

**Labs:**

Lab is during the Lab Finals Week and is mandatory!

**Study Groups:**

Study groups are encouraged but are at the initiative of the individual students. I have office hours and will be happy to meet with individual students or a group of students to help clarify topics that you may find need for clarification.

Case Studies: Are individual projects. Extra credits.

**Essential Policy Information:****Attendance** p. 59 Student Handbook:

Regular and punctual attendance at all scheduled classes and laboratories is expected. A student is subject to academic penalty if absences exceed ten percent. Absences exceeding twenty percent subject a student to dismissal from a course. Three (3) incidences of tardiness may constitute an absence. If justifiable cause can be shown for the absenteeism, the student may be permitted to make up missed assignments and maintain enrollment in the class. The hours from these periods will be added to the student's clinic requirements.

**Examinations** p. 59 Student Handbook:

Students must notify faculty before missing any examination. Students are expected to take intra-term examinations at their scheduled times. If an examination is missed for good and sufficient reason and the student has notified the faculty in advance, a make-up examination may be given subject to a fee of \$25. Such examinations must be made up prior to final examinations. Final exams are to be taken at the scheduled time. If an examination is missed for good and sufficient reason and the student notified the faculty in advance, a make-up examination may be given subject to a fee of \$25.00, which goes into a student scholarship fund. Make-up examinations must be completed with the first week of the next trimester.

**Incompletes** p. 59 Student Handbook:

Course assignments and examinations must be completed prior to the final examination in that course. Assignments and examinations not completed receive a grade of zero.

**Cellular Phones and Pagers** p.12 Student Handbook:

Electronic communication devices are to be turned off or placed in silent mode when entering the classroom. This will benefit the learning environment for you, your fellow classmates, and instructors.

**Guidance and Counseling** p.18 Student Handbook:

The Guidance and Counseling Department is prepared to confidentially assist students, faculty, and staff with personal, relationship, and academic mental health-related issues. With appropriate documentation, the Director of Guidance and Counseling coordinates academic-related special needs with instructors.

**Note:** Other important policies can be obtained from the current edition of the Student Handbook.