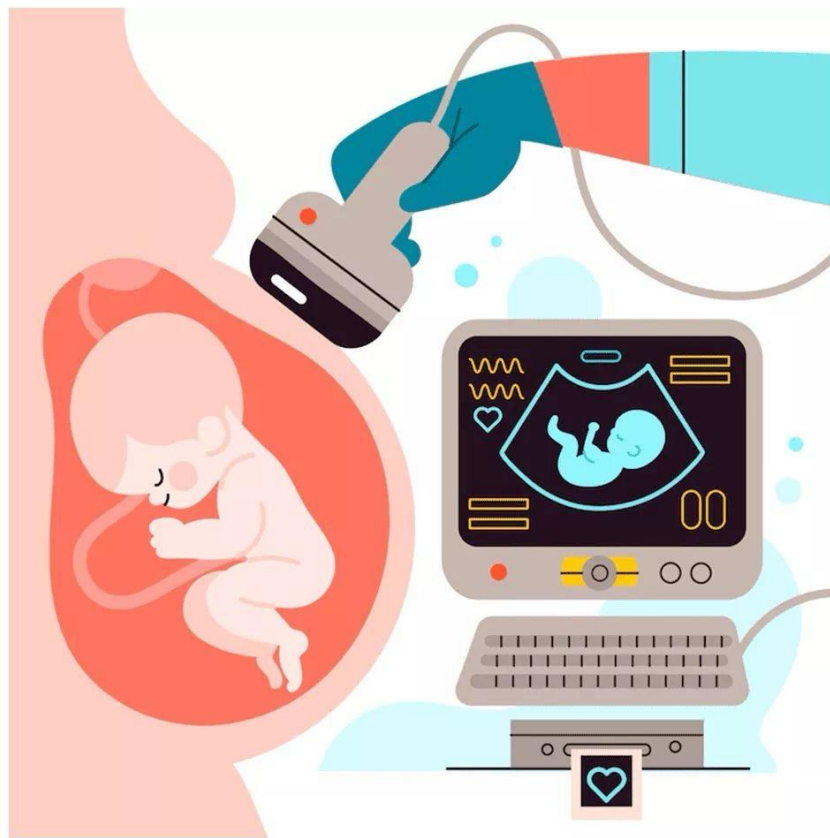




STUDY GUIDE

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

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Dr. Naila Mairaj
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Dr. Humaira Rasheed
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Dr. Nabiha Iqbal
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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.

4th Year MBBS

Duration of Session: 10th February, 2025 to 24 October 2025

Lectures = 32 (n) X 50 min = 26.6 hours

Clinical Ward = 4 days X 3 weeks = 25.5 hours

Total = **52.1 hours**

5th Year MBBS

Duration of Session: 3rd March, 2025 to 2nd December 2025

Lectures = 68 (n) X 50 min = 56.6 hours

Clinical Ward (Morning) = 5 days X 5 weeks = 115 hours

Clinical Ward (Evening) = 4 days X 4 weeks = 80 hours

Total = **251.6**

Grand Total = 303.7

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.

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)
- Mini CEX (last week 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 2025

Sr. No.	Class / DATE	MAIN TOPICS	SUB TOPICS	Facilitator
1.	14.02.2025	Introduction Obstetrics History Diagnosis of Pregnancy	Intruduction to Obs/Gynae Menstrual Cycle	Prof. Nabeela Shami
2.	21.02.2025	Physiological changes in pregnancy	Effects of pregnancy on the cardiovascular, respiratory, genito-urinary systems	Dr. Ameelia Sadaqat
3.	28.02.2025	Antenatal Care	Frequency of antenatal visits/ Common antenatal problems	Prof. Waseem Talib
4.	07.03.2025	Fetal development and growth	Fetal growth in different trimesters	Dr. Ameelia Sadaqat
5.	14.03.2025	Assessment of Fetal wellbeing	Fetal Surveillance CTG / Ultrasound /BPP	Dr. Ayesha Wasif
6.	21.03.2025	Hyperemesis Gravidarum	--	Dr. Naila Mairaj
7.	28.03.2025	Bleeding in early pregnancy	(Miscarriage)	Prof. Nabeela Shami
8.	04.04.2025	Ectopic pregnancy	--	Dr. Ayesha Wasif
9.	11.04.2025	Labour	Introduction, Diagnosis of labour Mechanism of normal labour, Stages of labour, Management	Dr. Sadia Ilyas
10.	18.04.2025	Abnormal Labour + Fetal malpresentations	Prolonged labour/ Obstructed labour Brow presentation, Face presentation, Occipito-posterior position	Dr. Naila Mairaj
11.	25.04.2025	Hypertensive disorders in pregnancy	Introduction, Types, Etiology, Management	Dr. Ameelia Sadaqat
12.	02.05.2025	Breech presentation	Types, Complications, Management	Dr. Ayesha Wasif
13.	09.05.2025	Preterm Labour	Preterm Labour Diagnosis, Management	Dr. Sadia Ilyas
14.	16.05.2025	Post Term Pregnancy Induction of Labour	Indication methods	Dr. Naila Mairaj
15.	23.05.2025	Complications of 3rd stage of labour	Postpartum haemorrhage, Uterine inversion	Dr. Kiran Iqbal
16.	30.05.2025	Antepartum haemorrhage	Introduction, Etiology, Management	Dr. Kiran Iqbal
17.	06.06.2025	IUGR	Gauses Management	Dr. Sadia Ilyas
18.	11.07.2025	Anemia in pregnancy	--	Dr. Naila Mairaj
19.	18.07.2025	Contraception	Introduction, Methods of contraception	Dr. Ameelia Sadaqat
20.	25.07.2025	Diabetes in pregnancy	Introduction, Types, Diagnosis, Complications, Management	Dr. Ayesha Wasif
21.	01.08.2025	Cardiac diseases in pregnancy / Thyroid	Common cardiac conditions, Management	Dr. Sadia Ilyas
22.	08.08.2025	RH incompatibility	Physiology, Complication, Diagnosis & Management	Dr. Naila Mairaj
23.	15.08.2025	Multiple gestation	Types, Complications, Management Causes Management	Dr. Sadia Ilyas
24.	22.08.2025	Abnormalities of amniotic fluid	Oligohydramnios, Polyhydramnios, Management	Dr. Naila Mairaj
25.	29.08.2025	Instrumental delivery	Forceps delivery, Ventouse delivery, Complications	Dr. Kiran Iqbal
26.	12.09.2025	Anatomy of female genital tract	--	Dr. Sadia Ilyas
27.	19.09.2025	Infections of female genital tract	Infections of upper genital tract /Infections of lower genital tract	Dr. Kiran Iqbal
28.	26.09.2025	Infertility	Introduction, Natural conception, Causes of infertility, History and examination	Dr. Naila Mairaj
29.	03.10.2025	Dysmenorrhea		Dr. Sadia Ilyas

30.	10.10.2025	PCOD		Dr. Sadia Ilyas
31.	17.10.2025	Fibroid		Dr. Naila Mairaj
32.	24.10.2025	Class Test		Dr. Kiran Iqbal

4th Year MBBS Clinical Ward topic wise

Sr.	Topic
1.	History taking Obstetrics
2.	General physical Exam
3.	Skills Lab (IUC Insertion, PAP Smear, Spontaneous Vaginal Delivery with Episiotomy)
4.	Antenatal Care Protocol / Screening methodology
5.	Maternal Pelvis and fetal Skull
6.	Diagnosis of Labour / Management of labor / CTG Partogram
7.	Abdominal Examination Leopold's maneuvers
8.	APH/PPH,
9.	Operative Vaginal Delivery / LSCS
10.	Anemia in Pregnancy / Diabetes in pregnancy
11.	Mini CEX
12.	Preterm Labour
13.	Breech Presentation
14.	Ward Test OSPE/Viva

Final Year MBBS Lectures Schedule 2025

Sr.	DATE	Days	MAIN TOPICS	SUB TOPICS	Facilitator
1.	05.03.2025	Wed	Introduction	Anatomy of female genital organs Development of female genital organs	Prof. Waseem Talib
2.	06.03.2025	Thu	Menstrual Cycle		Prof. Nabeela Shami
3.	12.03.2025	Wed	Bleeding in early pregnancy	Miscarriage	Dr. Kiran Iqbal
4.	13.03.2025	Thu	Bleeding in early pregnancy	Ectopic pregnancy	Prof. Nabeela Shami
5.	19.03.2025	Wed	Bleeding in early pregnancy	Molar Pregnancy	Prof. Nabeela Shami
6.	20.03.2025	Thu	Puberty and adolescence	Puberty and adolescence, Secondary sexual development	Prof. Waseem Talib
7.	26.03.2025	Wed	Disorders of Menstruation	HMB	Dr. Ayesha Saif
8.	27.03.2025	Thu	1 st Test		Dr. Ameelia Sadaqat
9.	02.04.2025	Wed	Antenatal Care	Definitions, types & Causes	Dr. Kiran
10.	03.04.2025	Thu	Primary Amenorrhea	Investigations & Treatment	Dr. Ameelia Sadaqat
11.	09.04.2025	Wed	Assessment of Fetal Well being`		Dr. Kiran Iqbal
12.	10.04.2025	Thu	Secondary Amenorrhea	Investigations & Treatment	Dr. Ameelia Sadaqat
13.	16.04.2025	Wed	Fibroid Uterus	Definitions, Causes and their management	Dr. Ayesha Saif
14.	17.04.2025	Thu	Perinatal diagnosis		Dr. Ameelia Sadaqat
15.	23.04.2025	Wed	Contraception	Classification, methods	Prof. Waseem Talib
16.	24.04.2025	Thu	2 nd Test		Dr. Ayesha Saif
17.	30.04.2025	Wed	Endometriosis, adenomyosis	Definitions, Causes and their management	Dr. Ayesha Saif
18.	07.05.2025	Wed	Dysmenorrhea		Dr. Ayesha Saif

19.	08.05.2025	Thu	Subfertility	Introduction, Natural conception, Causes of infertility, History and examination	Prof. Waseem Talib
20.	14.05.2025	Wed	Subfertility	Investigations & Management	Prof. Waseem Talib
21.	15.05.2025	Thu	PID	Def, symptoms ,management	Prof. Nabeela Shami
22.	21.05.2025	Wed	PCOS		Dr. Kiran Iqbal
23.	22.05.2025	Thu	Perinatal Infection		Dr. Ameelia Sadaqat
24.	28.05.2025	Wed	Tumours of cervix	Premalignant disease of the cervix, Cervical screening	Prof. Nabeela Shami
25.	29.05.2025	Thu	3 rd Test		DR. Ameelia Sadaqat
26.	04.06.2025	Wed	Tumours of cervix	Malignant disease of the cervix, Staging & management	Prof. Nabeela Shami
27.	05.06.2025	Thu	Tumours of uterus	Classification of endometrial cancers, Staging & management Endometrial hyperplasia	Prof. Nabeela Shami
28.	09.07.2025	Wed	Endometrial Carcinoma	--	Prof. Nabeela Shami
29.	10.07.2025	Thu	Tumours of Ovary	Benign ovarian tumours classification and Management	Prof. Nabeela Shami
30.	16.07.2025	Wed	Tumours of Ovary, Epithelial	Malignant Ovarian Tumours, Classification, FIGO Staging, Management & Adjuvant treatment	Prof. Nabeela Shami
31.	17.07.2025	Thu	Non-epithelial		Prof. Nabeela Shami
32.	23.07.2025	Wed	Invasive mole+ Choriocarcinoma		Prof. Nabeela Shami
33.	24.07.2025	Thu	4 th Class Test		Dr. Ayesha Saif
34.	30.07.2025	Wed	Vulval lesions	benign and malignant lesions and management	Prof. Nabeela Shami
35.	31.07.2025	Thu	Normal Labour	Mechanism of normal labor	Prof. Waseem Talib
36.	06.08.2025	Wed	Normal Labour	Stages and Management of labor	Prof. Waseem Talib
37.	07.08.2025	Thu	Abnormal labor	Prolonged labor	Prof. Waseem Talib
38.	13.08.2025	Wed	Abnormal labor	Fetal malpresentations/ Malpositions	Prof. Waseem Talib
39.	20.08.2025	Wed	Breech	Types, Mechanism & Complications	Dr. Ayesha Saif
40.	21.08.2025	Thu	5 th Class Test		Dr. Ameelia Sadaqat
41.	27.08.2025	Wed	Diabetes in pregnancy	Introduction, Types, Diagnosis, Complications & Management	Prof. Nabeela Shami
42.	28.08.2025	Thu	Hypertension in pregnancy + Eclampsia	Introduction, Types, Etiology, Management	Prof. Nabeela Shami
43.	03.09.2025	Wed	Anemia in pregnancy	Introduction, Types of anaemia, Diagnosis & Management	Prof. Nabeela Shami
44.	04.09.2025	Thu	Cardiac Diseases in Pregnancy	Diagnosis and management	Dr. Ameelia Sadaqat
45.	10.09.2025	Wed	Thromboembolism in Pregnancy	DVT & Pulmonary embolism	Prof. Nabeela Shami
46.	11.09.2025	Thu	IUGR	Causes and Management	Prof. Nabeela Shami
47.	17.09.2025	Wed	Rh-incompatibility	Pathophysiology & Management	Prof. Waseem Talib
48.	18.09.2025	Thu	Multiple Gestation	Types, Management & Complications	Dr. Ayesha Saif
49.	24.09.2025	Wed	Antepartum hemorrhage	Placenta previa	Prof. Waseem Talib
50.	25.09.2025	Thu	6 th Class Test		Dr. Ayesha Saif
51.	01.10.2025	Wed	Antepartum hemorrhage	Placental abruption	Prof. Waseem Talib
52.	02.10.2025	Thu	Obstetrics Emergencies	Cord Prolapse, Uterine inversion, Shoulder Dystocia,	Prof. Waseem Talib
53.	08.10.2025	Wed	Obstetrics Emergencies	Postpartum Hemorrhage	Prof. Waseem Talib
54.	09.10.2025	Thu	Preterm Labour	Diagnosis, Tocolysis & Management	Prof. Waseem Talib

55.	15.10.2025	Wed	Post Term Pregnancy	Definition, Bishop Score, induction of labour	Prof. Waseem Talib
56.	16.10.2025	Thu	Urogynaecology	Pelvic organ prolapse, Introduction, Supports of uterus, Degrees of prolapse & Treatment	Dr. Ameelia Sadaqat
57.	22.10.2025	Wed	Operative Gynaecology	Hysterectomy types, Procedure, complications	Dr. Ayesha SAif
58.	23.10.2025	Thu	Urogynaecology	Urinary incontinence, Types and management	Dr. Ameelia Sadaqat
59.	29.10.2025	Wed	Menopause & HRT	Diagnosis and management	Prof. Nabeela Shami
60.	30.10.2025	Thu	7 th Test		Dr. Ameelia Sadaqat
61.	05.11.2025	Wed	Operative Obstetrics	Episiotomy, Cesarean, Forceps	Dr. Kiran Iqbal
62.	06.11.2025	Thu	Urogynaecology	Fistula	Dr. Ameelia Sadaqat
63.	12.11.2025	Wed	Hirsutism	Causes and Management	Prof. Nabeela Shami
64.	13.11.2025	Thu	PMS	Definition, Symptoms and Management	Dr. Kiran Iqbal
65.	19.11.2025	Wed	Puerperium	Changes in puerperium, Importance and management of lactation, Common infections in puerperium, sepsis	Prof. Waseem Talib
66.	20.11.2025	Thu	Disorder of Amniotic fluid		Dr. Kiran Iqbal
67.	26.11.2025	Wed	OSPE Practice		Dr. Ayesha Saif
68.	27.11.2025	Thu	OSPE Practice		Dr. Kiran Iqbal

Final Year MBBS Clinical Rotation Scheme

Week 1: Introduction to Obstetrics & Core Concepts

- Day 1: Orientation & Basics of Antenatal Care (ANC)
- Overview of the clinical rotation
- Basics of antenatal care and history-taking
- Interactive session: Role-play history-taking in small groups
- Skill station: Blood pressure measurement, abdominal examination in pregnancy
- Day 2: Maternal Physiology in Pregnancy
- Physiology changes in pregnancy (cardiovascular, respiratory, hematologic)
- Interactive discussion on case studies of pregnancy complications (anemia, hypertension)
- Skill station: Measuring fundal height, fetal heart auscultation
- Day 3: Normal Labor & Delivery
- Stages of labor, monitoring progress (partograph)
- Interactive case: Identifying normal and abnormal labor progression
- Skill station: Demonstrating Leopold's maneuvers, assessing fetal lie and presentation
- Day 4: Postpartum Care
- Postpartum physiological changes, care, and breastfeeding support
- Case-based discussion: Managing postpartum hemorrhage (PPH)
- Skill station: Newborn resuscitation, active management of the third stage of labor
- Day 5: Contraception & Family Planning
- Overview of contraceptive methods and counseling
- Student presentations on different contraceptive methods
- Skill station: Insertion/removal of contraceptive implants (models), IUD insertion

Week 2: Obstetric Complications

- Day 6: Hypertension in Pregnancy
- Preeclampsia, eclampsia, and gestational hypertension
- Case-based discussion on preeclampsia management
- Skill station: Monitoring blood pressure, urine dipstick for proteinuria
- Day 7: Diabetes in Pregnancy
- Gestational diabetes management and its implications
- Case-based learning: Managing insulin therapy in pregnancy
- Skill station: Glucometer use, insulin administration techniques
- Day 8: Preterm Labor & PROM

- Causes, management of preterm labor, and premature rupture of membranes (PROM)
- Interactive session: Case discussion on preterm labor management
- Skill station: Cervical examination, tocometry
- Day 9: Multiple Pregnancy & Malpresentation
- Twin pregnancy, breech presentation, and delivery complications
- Case-based discussion on breech deliveries and multiple pregnancies
- Skill station: Breech extraction on models, manual handling of twin delivery
- Day 10: Antepartum Hemorrhage
- Placenta previa, abruptio placentae
- Interactive session: Case-based discussions on antepartum hemorrhage management
- Skill station: Speculum examination, bimanual examination

Week 3: Gynecology – Core Topics

- Day 11: Abnormal Uterine Bleeding (AUB)
- Classification, causes, and management of AUB
- Case discussions on AUB management
- Skill station: Pap smear demonstration, endometrial biopsy (on models)
- Day 12: Pelvic Organ Prolapse
- Pathophysiology, classification, and surgical/non-surgical management
- Interactive case discussion on management options
- Skill station: Bimanual pelvic examination, pessary fitting
- Day 13: Cervical & Ovarian Cancers
- Screening, early detection, and management of gynecological cancers
- Interactive case study on cervical cancer screening (Pap smear, HPV testing)
- Skill station: Pelvic examination, colposcopy demonstration
- Day 14: Ectopic Pregnancy
- Risk factors, clinical presentation, and management options
- Case-based discussion on ectopic pregnancy diagnosis and treatment
- Skill station: Ultrasound scanning for ectopic pregnancy (practice on models)
- Day 15: Menopause & HRT
- Management of menopausal symptoms and hormone replacement therapy (HRT)
- Case study: Risks and benefits of HRT in postmenopausal women
- Skill station: Pelvic examination for postmenopausal bleeding

Week 4: Complex Cases & Advanced Skills

- Day 16: Uterine Fibroids
- Presentation and management of fibroids
- Case discussions on fibroid management (medical vs. surgical)
- Skill station: Abdominal and pelvic examination for fibroids
- Day 17: Infertility & ART
- Causes of infertility, introduction to assisted reproductive technologies (ART)
- Case-based learning: Managing infertility, ethical issues in ART
- Skill station: Semen analysis, infertility counseling role-play
- Day 18: Cesarean Section
- Indications, techniques, and post-op care
- Case-based learning: Complications and management post-C-section
- Skill station: Suturing techniques, post-op wound care
- Day 19: Heavy Menstrual Bleeding
- Clinical management of heavy menstrual bleeding (HMB)
- Case-based discussions on medical vs. surgical management
- Skill station: Demonstrating the use of endometrial ablation tools
- Day 20: Maternal Bony Pelvis & Cephalopelvic Disproportion
- Pelvic anatomy, cephalopelvic disproportion, and obstructed labor
- Interactive session: Case study on obstructed labor management
- Skill station: Pelvic model examination, fetal head fitting

Week 5: Exam Preparation & OSCE Practice

- Day 21: OSCE Station Practice – Part 1
- Rotating stations on obstetric emergencies (e.g., PPH, eclampsia)
- Feedback and reflection on station performance
- Day 22: OSCE Station Practice – Part 2
- Rotating stations on gynecological skills (e.g., Pap smear, pelvic examination)
- Feedback and reflection on station performance
- Day 23: Mock Exam – Theory & Viva Voce
- Simulated theory paper followed by viva voce
- Group feedback session
- Day 24: Revision of Key Concepts
- Interactive quiz covering all major obstetric and gynecological topics
- Student-led Q&A sessions for clarification
- Day 25: Feedback & Reflection
- Reflective session on the entire rotation
- Addressing any final questions or concerns
- Feedback collection from students on the teaching program

FOURTH YEAR MBBS TIME TABLE

DAYS						11:25 a.m. to 01:35 p.m.		
MONDAY					Travel Time to GTTH	Clinical Ward Dr. Sadia Ilyas Dr. Naila Mairaj	Travel Time to LMDC	
TUESDAY					Travel Time to GTTH	11:25 a.m. to 01:35 p.m.		
						Clinical /WARD Dr. Sadia ilyas Dr. Naila Mairaj	Break & Travel Time to LMDC	
WEDNESDAY						WARD / SKILLS LAB. Dr. Sadia Ilyas Dr. Naila Mairaj		
THURSDAY						10:45 a.m. to 01:35 p.m.		
						WARD/ Clinical Dr. Sadia Ilyas Dr. Naila Mairaj		
FRIDAY	08:50 a.m. to 09:40 a.m.							
	Obstetrics & Gynaecology Lecture Theater No. 7 Prof. Nabeela Shami Prof. Waseem Talib 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 Dr. Kiran	
					11:00 a.m. to 02:45 p.m.	
Tuesday					Hospital Work Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif Dr. Kiran	
		08:00 a.m. to 08:50 am			Hospital Work Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif Dr. Kiran Iqbal	
Wednesday		Obs/Gynae Lecture Theater No. 2 Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif DR,, Kiran		Travel To GTTH		
		08:50 a.m. to 09:40 am			Hospital Work Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif Dr. Kiran Iqbal	
Thursday		Obs/Gynae Lecture Theater No. 2 Prof. Nabeela Shami Prof. Waseem Talib Dr. Ameelia Sadaqat Dr. Ayesha Saif Dr. Kiran Iqbal				
						10:45 a.m. to 12:45 p.m.
Friday					Travel to GTTH	Hospital Work Dr .Ameelia / Dr. Ayesha Dr. Kiran Iqbal
						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.