

# The RCGP Curriculum

## The Curriculum Topic Guides

Super-Condensed Topic Guides 2021



### Gynaecology and Breast

#### The Role of the GP and emerging issues in primary care

- Understand the impact of gynaecological problems on a woman's life and that some women will find these issues difficult to discuss
- Adopt a 'Woman Centred Life Course' approach and be aware of psychosocial aspects of women's health problems
- Offer primary care management of gynaecological conditions when appropriate, including long-term gynaecological conditions e.g. PCOS, endometriosis
- Alertness to safeguarding issues in relation to women's health, including FGM
- Engage in health promotion in women's health
- Be aware of the issues around common women's health cancers including breast and ovarian cancer.

#### Knowledge and Skills Self-Assessment Guide

##### Symptoms and Signs

- Breast symptoms – lumps, skin changes, mastalgia, nipple discharge, gynaecomastia
- Continence symptoms – urinary and faecal
- Menopause and peri-menopause symptoms
- Menstrual problems (abnormal cycles, heavy menstrual bleeding, pre-menstrual syndrome)
- Non-menstrual bleeding (inter-menstrual and post-coital bleeding, post-menopausal bleeding)
- Non-specific symptoms of ovarian cancer
- Pelvic and abdominal pain and masses
- Vaginal symptoms – discharge, pain, dryness, swellings and prolapse symptoms

- Vulval symptoms – pain, irritation, lumps, skin changes

### **Common and Important Conditions**

#### **Breast**

- Benign breast conditions (including skin conditions, lumps, pain, infection)
- Breastfeeding
- Malignant breast conditions and their treatment
- Other breast surgery – reconstruction, enlargement and reduction.

#### **Gynaecology**

- Bleeding problems
  - Amenorrhoea and abnormal menstrual cycles
  - Abnormal bleeding – post coital, intermenstrual and post-menopausal bleeding
  - Menstrual problems – heavy bleeding, dysmenorrhoea and dysfunctional bleeding
- Pelvic pain
- Benign ovarian conditions – benign cysts, dermoid cysts
- Malignant ovarian conditions – including adenocarcinoma and teratoma
- Polycystic ovarian syndrome
- Uterine and endometrial conditions
  - Endometrial polyps, hyperplasia, cancer, endometriosis, adenomyosis
  - Fibroids
  - Prolapse, cystocele, rectocele
- Cervical cancer and pre-malignant changes. Ectropion and polyp.
- Vulvo-vaginal conditions
  - Female genital mutilation
  - Vulval skin disorders benign and malignant
  - Vaginal discharge including sexually transmitted infections
  - Vulval pain disorders
- Fertility
  - Causes and investigation of fertility problems
  - Principles of assisted reproduction
  - Recurrent miscarriage

- Premenstrual syndrome and premenstrual dysphoric disorder
- Menopause – symptoms, treatments, wider health issues. Premature ovarian insufficiency.

#### **Examinations and Procedures**

- Abdominal examination
- Bimanual pelvic examination
- Breast examination
- Vulval and vaginal examinations including swab taking
- Obtaining informed consent for intimate examinations, chaperone use.

#### **Investigations**

- Breast imaging techniques
- Primary care gynaecological investigations (blood tests, swabs, cervical screening, pH testing)
- Common secondary care gynaecological investigations including ultrasound, colposcopy, hysteroscopy and laparoscopy
- Primary care investigation of sub-fertility

### **How this might be tested in MRCGP**

#### **AKT**

- Use and interpretation of CA125
- Diagnosis of menopause
- Diagnosis of endometriosis

#### **RCA**

- A woman who has discovered a breast lump on self-examination
- Mother from Somalia with history of FGM under pressure from family to submit daughter to FGM
- Young woman wishing to discuss borderline cervical smear result

#### **WPBA**

- COT on post-menopausal bleeding
- CbD about private gynaecologists request to prescribe high dose oestrogen when you disagree with the diagnosis and management plan
- CEPS assessment of female genital examination

# How to learn this topic

This section describes *examples* of opportunities for learning.  
We recognise that Covid-19 restrictions have significantly affected their accessibility



## Other relevant specialties

- Pre-conception and contraception
- Breast disorders
- Long term medical conditions and early pregnancy
- Colposcopy clinic
- Mood disorders and Psychosexual counselling
- Safeguarding including domestic violence screening
- Strategies to reduce teenage and unplanned pregnancies

## Community/MDT

- EPAU Liaison with MDT
- Awareness of other agencies – roles and remit e.g. HV, Social workers, police, allied health care professionals,
- Incontinence service e.g. physio services
- Sexual Health Clinic and fertility services

## Core themes

- **Communication and Consultation**
- - gynaecological & obstetric history, sexual history and pre-test HIV counselling
- **The normal and the abnormal** – breast and pelvic examination, cervical cytology
- **Prescribing** - prescribing in early pregnancy and chemotherapy of breast cancer
- **Teamworking** - Medicine, general surgery , specialist services
- **Health promotion & prevention** – pre-pregnancy screening including genetics, pre-natal counselling, breast-feeding
- **Medico-legal/Ethics** - TOP, fertility issues, genetic counselling, teenage contraception, sexual partner contact tracing

## Acute

- Newly discovered breast lump
- Mastitis, breast abscess
- Acute pelvic bleeding
- Acute pelvic infection
- Early pregnancy loss
- Ectopic pregnancy
- Complications of fertility treatment e.g. hyperstimulation

## Primary Care

- Day to day practice
- Out of hours in GP
- Outpatients/specialised clinics e.g. Gynaecology, Breast screening
- Menopause clinics
- Early pregnancy advice service
- Family planning clinic

## Tips

- Audit/QIP
- Significant Event Analysis
- Clinical governance
- Risk Assessment
- Dr as teacher
- Leadership
- BNF
- NICE guidelines