

# RCGP Curriculum

## Supercondensed Curriculum Guide

### GYNAECOLOGY AND BREAST

#### Role of the GP

- Understand the impact of gynecological problems on a woman's life and that some women will find these issues difficult to discuss
- Opportunistically promote women's health, e.g. breast and cervical screening, during pregnancy
- Understand the primary care management of gynaecological problems
- Presentation of and issues relating to women's health cancers
- Alertness to safeguarding issues in relation to women's' health, e.g. Female Genital Mutilation (FGM).

#### Knowledge and Skills Self-Assessment Guide

##### Symptoms and Signs



##### Breast

- Breast development
- Breast lumps, nipple and skin changes (men and women)
- Gynaecomastia
- Mastalgia

##### Pelvic

- Bleeding symptoms including menstrual problems, intermenstrual and post-coital bleeding and post-menopausal bleeding
- Pelvic and abdominal pain and masses
- Continence problems
- Vaginal symptoms – discharge, dryness, swelling, lumps
- Vulval symptoms – pain, lumps, skin problems

##### Other

- Menopause and peri-menopausal symptoms
- Non-specific symptoms of gynaecological malignancy.

#### Knowledge and Skills Self-Assessment Guide

##### Common and Important Conditions



##### Breast

- Benign breast conditions including skin conditions, lumps, pain, infection
- Breastfeeding
- Malignant breast conditions and their treatment
- Other breast surgery.

# GYNAECOLOGY AND BREAST

## Knowledge and Skills Self-Assessment Guide

### Common and Important Conditions (Continued)



#### Pelvic

- Menstrual bleeding problems
  - Amenorrhoea and irregular menstrual cycles, menorrhagia and dysmenorrhea
- Abnormal bleeding patterns including post-coital, intermenstrual and post-menopausal
- Pelvic pain
- Benign and malignant ovarian conditions
- Polycystic ovary syndrome
- Uterine and endometrial problems including polyps, cancer, endometriosis, adenomyosis, fibroids, prolapse
- Cervical: polyps, cancer and pre-malignant conditions
- Vulvo-vaginal:
  - Female genital mutilation (FGM),
  - Benign and malignant vulvo-vaginal skin disorders
  - Vaginal discharge
  - Vulval pain

#### Fertility

- Causes and investigation of subfertility
- Principles of assisted reproduction
- Recurrent miscarriage

#### Other

- Menopause and peri-menopause
- Menstrual mood disorders.

## Knowledge and Skills Self-Assessment Guide

### Examinations and Procedures



- Abdominal assessment
- Bimanual pelvic examination
- Breast examination
- Consent for intimate examinations and chaperone use
- Vulvo-vaginal examination including and swabs

## Knowledge and Skills Self-Assessment Guide

### Investigations



- Primary care gynaecological investigations - blood tests, swabs
- Cervical cytology tests
- Semen analysis
- Ultrasound
- Breast imaging
- Common secondary care gynaecological investigations.

# GYNAECOLOGY AND BREAST

## Knowledge and Skills Self-Assessment Guide

### Other



- Female Genital Mutilation
- Gynaecological health of transgender patients
- Women's' health cancer screening programmes.

## How this might be tested in MRCGP

### AKT



- Symptom management through reproductive stages (e.g., menopause, fertility and menstrual issues)
- Recognition of red flag breast and gynaecological symptoms
- Differential diagnosis of pelvic pain.

### SCA

- Woman has a breast lump (silicone model for the examination)
- Woman from Somalia with a history of FGM has concerns about family pressure to submit her daughter to the same
- Phone call: Young woman wants to discuss her cervical smear result which shows borderline dyskaryosis (HPV negative).



### WPBA



- Observation of a pelvic examination for a woman with unexplained vaginal bleeding
- Consultation Observation Tool (COT) on an 80-year-old patient who ends the consultation saying she is bleeding
- Case-based Discussion (CbD) about a private gynaecologist's request that you prescribe high-dose oestrogen preparations when you disagree with the consultant's diagnosis and management plan
- Statutory Clinical Observation and Procedural Skills (CEPS) assessment of female genital examination.

# LEARNING OPPORTUNITIES (Examples)

## Core Content

- **Communication and Consultation**
  - Gynaecological history and examination
  - Sexual and obstetric history taking
  - Discussing cervical cytology results
  - Breaking bad news when making a suspected cancer referral
- **Normal and Abnormal**
  - Awareness of normal and abnormal examination findings, including breast and pelvic examination
- **Prescribing**
  - Contraception
  - Hormone replacement therapy
  - Evidence-informed prescribing for common conditions (e.g., menorrhagia)
- **Health Promotion and Prevention**
  - Women's health screening programmes
  - Prenatal counselling
- **Medico-legal/ Ethics**
  - Termination of pregnancy
  - Contraception in teenagers
  - Female Genital Mutilation (FGM).

## Primary care



- Daily practice and out-of-hours GP seeing common gynaecological presentations (e.g., irregular PV bleeding, pelvic pain)
- GP with Extended Role clinic (e.g., menopause)
- Practice nurse (smear taking).

## Multidisciplinary Team

- Specialist nurses (e.g., endometriosis, cancer).

## Acute Care



- Newly presenting breast lump
- Management of menstrual problems
- Assessment of non-menstrual vaginal bleeding
- Presentation of possible ovarian malignancy
- Early pregnancy pain and bleeding
- Breast-feeding problems including abscess.

## Other Specialties

- Breast outpatient clinic/ screening service
- Breast surgery
- Colposcopy clinics
- Gynaecology outpatient clinics
- Menopause clinics
- Oncology
- Obstetrics
- Sexual Health.

## Community

- Community gynaecology services
- Contraceptive clinics including Long Acting Reversible Contraceptive (LARC) fittings
- Early pregnancy assessment clinics.

