

# ST1+2 Job Description

## Job Description – GPST /GPST+ Post in Obstetrics and Gynaecology

**Job Title:** GPST1 and GPST2

**Speciality:** Obstetrics and Gynaecology

**Duration of Post:** 6 months as part of the GP Specialist training programme

**Base:** UHSM Wythenshawe Hospital

**Responsible to:** Consultants in Obstetrics and Gynaecology

**Working Hours:** 48 hours

**On Call:** GPSTs are expected to comply with the rota as set by the rota team.

**GP+ Post:** GP Out of Hours requirement of 6 sessions in 6 months.

## Duties Of The Post

- Attending ante-natal and gynaecological clinics.
- Care of patients in ante-natal and post-natal wards.
- Dealing with both routine and emergency admissions.
- Preparation of patients for theatre and post-operative care.
- Assisting in theatre and on the delivery suite.
- Participation in duty rota.
- A face-to-face handover of care must take place at every change of shifts, with communication of details about all problem patients.
- The trainee must carry out a daily ward round of all gynaecology and maternity patients on their firm, in time to allow discharge prescriptions to be obtained; and write in the notes daily.
- At weekends and Bank Holidays every gynaecology and maternity patient in the hospital must be seen, and the notes written in.
- Discharge summaries are to be dictated on gynaecology patients.
- Results relating to their firm must be seen and signed daily.

The appointee is not required to carry out terminations of pregnancy, but must be prepared to treat an existing condition in a patient awaiting termination, or provide treatment required as a result of a termination already undertaken (GMC Guidance).

## Clinical Governance

Undertake induction and mandatory training, including completion of the Educational Agreement. This includes completing training in cardiocotocograph interpretation, using the online K2 teaching package, and attending obstetric emergency study days.

In accordance with the Educational Contract, take part in audit.

## Teaching/Training

GP ST are expected to attend the weekly GP teaching programme on Wednesday afternoons at the Education and Research Centre at Wythenshawe Hospital

## Educational Aspects of the Post

### Main Purpose of the Post

The post will provide them with skills and knowledge in Women's and sexual health that are relevant to primary care, and which will enable them to provide better quality care for their patients. It also aims to give them some enthusiasm for the speciality which, as more sexual health care is devolved to primary care is of increasing importance.

The overall aims will be:-

- To learn about, and how to manage, important/common conditions in Obstetrics, Gynaecology and sexual medicine
- Develop practical skills for examination, assessment, screening and treatment.
- Develop patient centred consulting skills particularly helpful in women & sexual health.
- To prepare for and hopefully sit the Diploma of faculty of family Planning exams.

### Educational content

The post holder will have a named clinical supervisor who is accountable for the overall educational experience of the job.

**The post holder will also attend the educational meetings organised by the General Practice Primary Care Medical Educator.**

The post holder will participate in a continuing programme of education in women's health within the hospital department. This will be encouraged by various educational methods including self directed learning, tutorials, random case analysis, project work, audit, case studies, computer based learning and clinical practice.

We will endeavour to make the post relevant to Women's and sexual health. For example, the post holder will attend antenatal clinics and gynaecology clinics.

There will hopefully be opportunities to attend the family planning and GUM clinics at Withington Community Hospital during the 6 months post.

**The post holder will be entitled to study leave in accordance with national and local guidelines.**

The post holder will be encouraged to work towards the Diploma of the faculty of Family Planning and, as preparation for this, attend the appropriate theory course.

The post holder should record progress in a learning log/training record.

## The Appraisal and Educational Assessment

In line with the RCGP training programme, the post holder will be assigned an Educational supervisor and a Clinical Supervisor. The clinical supervisor will have regular meetings to assess his/her progress and perform the mandatory WBPA. The Educational Supervisor will meet at least 6 monthly and undertake the educational review.

### Curriculum

The curriculum will be based on the new General Practice curriculum where clear learning outcomes are stated. The areas covered are from the curriculum statements 11- Sexual Health and 10.1– Women’s health.

Area of the curriculum to be covered	Where this may be achieved during the post
Acquiring knowledge of the signs, symptoms, treatment or appropriate referral of common or important sexual health presentations and conditions (as listed in curriculum statement 11).	This would be achieved during the teaching sessions and clinics. It may be possible to attend a GUM clinic during the post.
Learn to work within a team to provide sexual health services, particularly emphasising confidentiality, health promotion and appropriate counselling.	The ability to work in the team will be gained during time on the wards, clinics and delivery suite. The specific objectives will be discussed during the post.
Gain knowledge and confidence in sexual health investigations, treatments, appropriate counselling/advice and contraception options. Be familiar with the local services and policies for contact tracing.	This will be discussed during teaching and knowledge gained by reading. During the training programme the learner should attend GUM clinics and Family Planning Clinics.
Gain skills in taking a thorough, non judgemental and sensitive sexual history. Also in being able to use this information to form a differential diagnosis and formulate a sensible management plan.	This will be discussed during teaching and knowledge gained by reading. During the training programme the learner should attend GUM clinics and Family Planning Clinics.

<p>Learn about the risks of cervical cancer, the screening process and appropriate referrals of abnormal results of cervical smear tests. Understand consent and confidentiality and be able to counsel someone before having a smear. They should be assessed in competence to take a smear.</p>	<p>The learner will gain knowledge from reading and teaching sessions.  They should attend the colposcopy clinics and gynaecology clinics.  Smear training should be provided during the training programme.</p>
<p>To understand the psychological and social effects of sexual health problems, the cultural issues, the social stigma, the effect of mental health problems/drugs/alcohol problems on sexual health and the needs of those in neglected groups such as elderly or patients with learning difficulties.</p>	<p>This should be discussed during teaching sessions and case discussions. The learners should have the opportunity to attend the GUM and family planning clinics during the training programme.</p>
<p>To know about the legal and ethical aspects of contraception and sexual health</p>	<p>This should be discussed during teaching sessions and case discussions. The learners should have the opportunity to attend the GUM and family planning clinics during the training programme.</p>
<p>To Gain knowledge &amp; confidence in the common and/or important presentations and conditions in obstetrics and Gynaecology (as listed in curriculum statement 10.1) and their management.</p>	<p>The learners will be part of the clinical team on the ward and delivery suite.  They should attend clinic.  These subjects will be discussed during teaching and case based discussions</p>
<p>Become familiar with specific treatment areas such as HRT, gynaecological operations, prescribing in pregnancy and the approach and palliative management of patients with gynaecological terminal illness.</p>	<p>The learners will be part of the clinical team on the ward and delivery suite.  They should attend clinic.  These subjects will be discussed during teaching and case based discussions</p>
<p>To know about various common problems in pregnancy, appropriate health promotion surrounding pregnancy &amp; pre-conception and counselling for example regarding antenatal screening.</p>	<p>The learners should have the opportunity to attend antenatal clinics at the hospital and in General Practice.  This knowledge will be gained by reading, from teaching sessions and discussion with midwives.</p>

<p>To be able to develop communication skills that enable the doctor to consult in a patient-centred, sensitive way regarding difficult issues such as sexual abuse, domestic violence, genital mutilation, and have the skills to deal with these issues appropriately.</p>	<p>The skills can be discussed at teaching sessions and in case based discussion. The consultation skills can be discussed with the educational supervisor. It may be possible to develop skills in this area in A+E or psychiatry.</p>
<p>To recognise the issues relating to lifestyle, sexual orientation, chaperones and the gender of the doctor, and be able to take account of those when seeing female patients.</p>	<p>The learners need to read around this area and discuss at teaching sessions. Practical experience may be gained in General Practice.</p>
<p>Gain skills in gentle and thorough pelvic examination, performing of a cervical smear breast examination, catheterisation and ring pessaries changes in a respectful, professional &amp; patient-centred manner.</p>	<p>The learners should attend gynaecology clinics during the post.</p>

## Intended Learning Outcomes

1. To be able to make a thorough assessment, diagnosis and treatment plan for the following symptoms

- Pruritis vulvae, vaginal discharge
- Dysparunia, pelvic pain, endometriosis
- Amenorrhoea, menorrhagia, dysmenorrhoea, inter-menstrual bleeding, irregular bleeding patterns, postmenopausal bleeding, pre-menstrual syndrome, menopause, menopausal problems
- Infertility – primary and secondary
- Emotional problems, including low mood and symptoms of depression.

2. Common and/or important conditions

- Abnormal cervical cytology
- Vaginal and uterine prolapse
- Fibroids
- Gynaecological infections including Bartholin's abscess and sexually transmitted infections (covered in detail *Women's Health v1.1, Feb09 | 11* in the RCGP curriculum statement on *Sexual Health*)
- Gynaecological malignancies
- Miscarriage and abortion
- Ectopic pregnancy

- Trophoblastic disease
- Normal pregnancy and pregnancy problems including hyperemesis, back pain, symphysis pubis dysfunction, multiple pregnancy, growth retardation, pre-eclampsia, antepartum haemorrhage and abruption, premature labour, polyhydramnios, abnormal lies, placenta praevia, deep vein thrombosis and pulmonary embolism, post dates, reduced movements, intra-uterine infection, intra-uterine death, foetal abnormality
- Sexual dysfunction including psychosexual conditions
- Mental health issues including anxiety, depression, suicide, eating disorders and the relationship between these, pregnancy and the menopause.

### 3. Investigations

- Pregnancy testing
- Urinalysis, MSU (mid-stream specimen of urine) and urine dipstick
- Blood tests including renal function tests, hormone tests
- Bacteriological and virology tests
- Knowledge of secondary-care investigations including colposcopy and subfertility investigations.

### 4. Treatment

- Primary care management of the conditions listed above (*Note: sexually transmitted infections and contraception are dealt with in depth in the curriculum statement on Sexual Health*)
- Menopause management including hormone replacement therapy
- Knowledge of specialist treatments and surgical procedures including: laparoscopy, D&C, hysterectomy, oophorectomy, ovarian cystectomy, pelvic floor repair, medical and surgical termination of pregnancy, sterilisation
- Understand the risks of prescribing during pregnancy
- Palliative care, including management of pain, vomiting, anxiety.

### 5. Emergency care

To be able to make a thorough assessment, diagnosis and treatment plan for the following symptoms:

- Bleeding in pregnancy
- Suspected ectopic pregnancy
- Domestic violence.

### 6. Prevention

- Health education regarding lifestyle and sexual and mental health
- Pre-pregnancy issues discontinuing contraception, folic acid, family and genetic history and lifestyle advice
- Pregnancy care including health promotion, social and cultural factors, smoking and alcohol, age factors, previous obstetric history, diabetes and obesity, rhesus problems and use of antidepressants, hypertension

7. Person-centred care

- Chaperone Use
- Communication around Sensitive Areas

8. Contextual aspects

- Be familiar with legislation relevant to women's health (e.g. abortion, contraception for minors).

9. Psychomotor skills

- Perform a gentle and thorough pelvic examination.
- Competently perform a cervical smear with sensitivity and care
- Change a ring pessary.