MINISTRY OF HEALTH OF THE REPUBLIC OF BELARUS

«VITEBSK STATE ORDER OF PEOPLES’ FRIENDSHIP

MEDICAL UNIVERSITY»

DEPARTMENT OF OBSTETRICS AND GYNECOLOGY

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|  | Approved at the meeting of the department  Protocol №1 02.09.2024 |

**METHODOLOGICAL INSTRUCTIONS FOR STUDENTS**

**for clinical practical classes**

in the discipline “Obstetrics and Gynecology”

speciality 1-79 01 01 “General Medicine”

V course Faculty of overseas students training

full-time education

**Lesson Topic:** Background, precancerous and benign diseases of the female reproductive system (uterine fibroids, endometriosis).

**Duration of the class:** 5 hours

**Authors:**

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Vitebsk, 2024 year

**Motivational characteristics of the necessity of studying the topic:**

Currently, uterine fibroids occurs in 20% of women who have reached the age of 35 and in 30-35% of women of premenopausal age. Patients with uterine fibroids often have infertility, glandular-cystic hyperplasia of the endometrium, polycystic and stromal hyperplasia of the ovaries; cardiovascular, endocrine diseases, metabolic disorders, neurological disorders are noted; radical surgical interventions are performed, which significantly worsens their quality of life. The relevance of the problem of genital endometriosis is determined by the high frequency and growth rate of this pathology, severe, progressive course of the disease, disruption of the menstrual, reproductive and other functions of the reproductive system, decreased ability to work, and insufficient effectiveness of treatment.

**Goals and objectives of the class:**

**Learning goals**

To know the etiology and pathogenesis of background, precancerous and benign diseases of the female reproductive system (myoma, endometriosis).

To study modern theories of the pathogenesis, classification, diagnostics, clinical signs of uterine myoma.

To know tactics of managing patients with myoma uteri: conservative therapy, indications and extent of operative intervention in myoma uteri.

To study modern theories of the pathogenesis, classification, diagnostics, clinical manifestations of endometriosis.

To know tactics of managing patients with endometriosis, depending on the pathological process localization.

To study principles of therapy of patients with endometriosis. Indications for conservative therapy and operative treatment. Prevention. Rehabilitation.

**Developmental goals**

Formation of clinical mindset, development of attentiveness and observation while performing practical clinical tasks, development and improvement of communication skills “doctor-patient”, strengthening interest in the study of the topic of the class and gynecology in general.

**Formative goals**

Formation and development of the sense of mutual assistance, subordination, tact, empathy, responsibility for the assigned work, efficiency, accuracy, conscientiousness, understanding of the importance of the profession, familiarization with the norms of professional activity taking into account medical ethics and deontology in the management of gynecological patients.

**Lesson objectives**

During the study of the topic of the training session the student should

**learn:**

* etiology, pathogenesis, clinical signs, diagnostic methods of myoma;
* tactics of managing patients with uterine myoma: principles of conservative therapy, indications for surgery;
* modern theories of the pathogenesis, classification, diagnostics, clinical manifestations of endometriosis;
* principles of treatment of patients with endometriosis: indications for conservative therapy and surgical treatment;
* prevention of uterine myoma, endometriosis;

**be able to:**

* determine risk factors for uterine myoma, endometriosis;
* carry out the objective gynecological examination of a patient with uterine myoma, endometriosis;
* chart a survey and treatment plan for the patient with uterine myoma and endometriosis;
* interpret the results of clinical and laboratory examination of a patient with uterine myoma, endometriosis and make a diagnosis;
* determine indications for surgical treatment and its volume in uterine myoma, endometriosis;

**practice:**

* basic techniques for examining patients with uterine myoma and endometriosis.

**Practical skills to be formed when class is conducted, including with the use of simulation training technologies:**

1. Examination and palpation of mammary glands.

2. Bimanual vaginal-abdominal examination.

**Interdisciplinary and intra-disciplinary links**

For a full understanding of the topic of the class in the study, interpretation of the data obtained laboratory and instrumental methods of research, it is necessary to be guided by previous knowledge in the field of normal and pathological physiology, anatomy (including topographic), biochemistry, histology, pharmacology, propaedeutics of internal medicine, infectious diseases, clinical immunology and allergology.

**Theoretical part**

All necessary information for preparation for the lesson can be found in the distance learning system of VSMU (Faculties→ Faculty of Medicine→ Department of Obstetrics and Gynecology → Obstetrics and Gynecology (5th year Overseas Students Training Faculty). The presentation of theoretical material should be deep, consistent in accordance with the list of control questions on the topic of the class. References to the used sources should be indicated in the process of their mentioning according to the list of used literature. When presenting issues related to diagnosis and treatment, it is recommended to emphasize modern methods and recommendations (according to clinical protocols of the Ministry of Health of the Republic of Belarus, national and international clinical guidelines).

**Classroom control questions:**

1. Uterine myoma: etiology, pathogenesis, risk groups of pathology.

2. Classification of myoma according localization.

3. Clinical signs of the uterine myoma.

4. Methods of diagnosis of myoma.

5. Principles of conservative treatment of myoma.

6. Indications for surgical treatment of myoma.

7. Endometriosis: definition, etiology and pathogenesis.

8. Classification of endometriosis.

9. Clinical signs of endometriosis according the localization of endometrioid heterotopias.

10. The main methods of diagnosis of endometriosis.

11. Tactics of managing patients with endometriosis depending on the localization of the pathological process.

12. Principles of therapy of patients with endometriosis.

13. Indications for conservative therapy and surgical treatment patients with endometriosis.

14. Prevention and rehabilitation of patients with uterine myoma, endometriosis.

**Practical part**

Solving clinical tasks – see the topic "Endometriosis" in the manual Obstetrics and gynecology: clinical tasks: a manual for students of higher education institutions studying in the specialty 1-79 01 01 "General Medicine" / L.E. Radeckaya [et al.]; Ministry of Health of the Republic of Belarus, UO "Vitebsk State Order of Peoples’ Friendship Medical University", Department of Obstetrics and Gynecology. - Vitebsk: [VSMU], 2021. - 67 p. - <https://do2.vsmu.by/pluginfile.php/323312/mod_resource/content/0/Radeckaya-LE_Obstetrics_and_gynecology_clinical_tasks_2021.pdf>

Algorithms for completing practical skills can be found at <https://do2.vsmu.by/course/view.php?id=2062> (practical section, manual on practical skills in obstetrics and gynecology - video)

**LITERATURE:**

**Basic:**

1. Dutta D.C. Textbook of gynecology including contraception / textbook / Calcutta: New central book Agency (P) Ltd. - 2016. -574 P.

2. Гинекология : пособие / Н.И. Киселева [и др.]; под общ. ред. Н.И. Киселевой. – Витебск : ВГМУ, 2022. – 478 с.

**Additional:**

1. Сборник тестовых заданий по гинекологии для специальности 1-79 01 01 "Лечебное дело" = Multiple choice questionnaire on gynecology for the specialty 1-79 01 01 "General practice" / Л. Е. Радецкая [и др.]. - Витебск : ВГМУ, 2020. - 63 с. - Режим доступа: https://elib.vsmu.by/handle/123/22320

2. Obstetrics and gynecology: practical skills = Акушерство и гинекология: практические навыки : метод. рекомендации / Л. Е. Радецкая [и др.] ; М-во здравоохранения Республики Беларусь, УО "Витебский гос. ордена Дружбы народов мед. ун-т", Каф. акушерства и гинекологии. - (2-е изд., перераб. и доп.). - Витебск : ВГМУ, 2020. - 68 с. : ил. - Библиогр.: с. 67-68. - ISBN 978-985-580-009-6. - Режим доступа: https://elib.vsmu.by/handle/123/22909

3. Radeckaya, L. E. Obstetrics and gynecology: clinical tasks = Акушерство и гинекология: клинические задачи : метод. рекомендации / L. E. Radeckaya, E. A. Kolbasova ; М-во здравоохранения Республики Беларусь, УО "Витебский гос. ордена Дружбы народов мед. ун-т", Каф. акушерства и гинекологии. - Витебск : [ВГМУ], 2021. - 66 с. - Режим доступа: https://elib.vsmu.by/handle/123/23638

4. Radzinskiy, V. Е. (Радзинский В. Е. ) Gynecology : textbook / ed. by Radzinskiy V. Е. , Fuks А. М. - Москва : ГЭОТАР-Медиа, 2020. - 896 с. Режим доступа: https://www.studentlibrary.ru/book/ISBN9785970457993.html