

**MINISTRY OF SCIENCE AND HIGHER EDUCATION
RUSSIAN FEDERATION**

**FEDERAL STATE AUTONOMOUS EDUCATIONAL INSTITUTION OF
HIGHER EDUCATION
NORTH-CAUCASUS FEDERAL UNIVERSITY**

Methodological Guidelines
for Students on arranging and performing independent work
in the Discipline of "Obstetrics and Gynecology"
for Students majoring (Specialty) in 31.05.01 General Medicine

introduction

The objectives of the discipline: Formation in the student of competencies and professionally significant qualities necessary for the initial examination of a pregnant woman and a gynecological patient, establishing a preliminary diagnosis, providing emergency qualified care to patients during physiological labor, pathological pregnancy, urgent and life-threatening conditions within the scope of duties of a general practitioner.

The objectives of the discipline are:

- To familiarize with the principles of organization and operation of departments of the maternity hospital and antenatal clinic;
- To provide basic knowledge of the physiological and pathological processes of the female reproductive system associated with conception, pregnancy, childbirth, and the postpartum period;
- To teach how to recognize, based on the study of anamnesis data and objective examination, physiological and pathological processes associated with the childbearing function;
- To train students in the basics of modern treatment and rehabilitation in obstetric practice;
- To train in professional problem-solving using algorithms in the event of life-threatening conditions in the pathology of pregnancy, childbirth, and the postpartum period;
- To form correct medical behavior with colleagues, patients, and their relatives from the modern standpoint of medical ethics and deontology.

As a result of studying the discipline, the student should know:

- Methods of using medical devices stipulated by the procedures for providing medical care in professional activities;
- The mechanism of action of medicinal products, medical devices, and therapeutic nutrition, medical indications and contraindications for their use; complications caused by their use;
- Fundamentals of the legislation of the Russian Federation, main normative and technical documents on the protection of maternal and child health;
- Maintaining standard accounting and reporting medical documentation in treatment and prevention institutions of the maternal and child health protection system;
- Organization of obstetric and gynecological care for the population (principles of dispensary observation), diagnosis of pregnancy, methods of pregnancy management and delivery;
- Modern methods of clinical, laboratory, and instrumental examination of patients (pregnant women, women in labor, postpartum women);
- General principles and features of diagnosis (prenatal, postnatal) of hereditary diseases and congenital anomalies;
- Types and methods of modern anesthesia (mask, endotracheal, intravenous) in pregnant women and women in labor;
- Methods of sanitary and educational work;
- Etiology, pathogenesis, and preventive measures of the most common diseases of newborns.

Must be able to:

- Methods of using medical devices stipulated by the procedures for providing medical care in professional activities;
- Skills in organizing personalized treatment of the patient, including pregnant women, and assessing the effectiveness and safety of treatment;
- Methods of proper maintenance of medical documentation in treatment and prevention institutions of the maternal and child health protection system;
- Methods of general clinical (and special) examination of pregnant women and postpartum women, and assessment of the fetal condition;
- Interpretation of the results of laboratory and instrumental diagnostic methods in pregnant women and women in labor;

- Algorithm for establishing a preliminary diagnosis with subsequent referral of pregnant women and women in labor for additional examination to specialist physicians.

Methodological Recommendations for Studying Theoretical Material

When performing the independent study of theoretical material, the student must follow the rules as set below. The working curriculum of the respective academic discipline shall be recommended to be used as the basis for such activity. According to the schedule of classroom lessons and independent work, a different number of hours is to be allocated for studying individual topics. A significant portion of the student's independent work should be allocated to mastering the material on the covered topic, writing a summary (notes) on the specified theoretical blocks, and searching for additional literature based on the NCFU library and via the Internet system. The lecture material shall not cover all theoretical material; the greater part of it must be mastered through independent work. Given the above, working with the recommended literature is mandatory. Special attention must be paid to the content of the main provisions and conclusions, the explanation of phenomena and facts, and the understanding of the practical application of the theoretical issues under consideration. In the process of this work, the student should strive to understand and memorize the main provisions of the material being considered, the examples illustrating it, as well as to understand the illustrative material. Preparation should be completed by drawing up a plan (summary/notes) on the material (issue) being studied. This allows for the creation of a concentrated, concise representation of the issues being studied. First, studying the recommended literature is to be done. Special attention must be paid to the content of the main provisions and conclusions, the explanation of phenomena and facts, and the understanding of the practical application of the theoretical issues under consideration.

During this work, the student should strive to understand and memorize the main provisions of the material being considered, the examples illustrating it, as well as to understand the illustrative material. Preparation should be completed by drawing up a plan (summary/notes) on the material (issue) being studied. This allows for the creation of a concentrated, concise representation of the issues being studied. If necessary, one should seek (advice) consultation from the instructor. When going to a consultation, it is necessary to thoroughly think through the questions that require clarification. Keeping records contributes to turning reading into an active process, mobilizing motor memory along with visual memory. The following should be born in mind: a student who systematically keeps records creates their own individual stock of auxiliary materials for a quick review of what has been read and for the mobilization of accumulated knowledge. Records are especially important and useful when they reflect the thoughts that arose during independent work.

It is important to develop the students' capacity to compare sources and to think through the material being studied.

Improving note-taking skills among students is of great importance.

The instructor may recommend the following main forms of recording to students: a plan (simple and detailed), excerpts, and theses (abstracts).

The results of note-taking can be presented in various forms.

- A plan is an outline of the read material, a brief (or detailed) list of questions reflecting the structure and sequence of the material.
- A detailed plan fully replaces a summary.
- A summary (notes) is a systematized, logical presentation of the source material. Four types of summaries are distinguished:
 - Outline-summary (Plan-notes) – this is an expanded, detailed plan in which sufficiently detailed records are provided for those points of the plan that need explanation.
 - Textual summary – this is the reproduction of the most important provisions and facts of the source.

- Free summary – these are clearly and briefly formulated (stated) main provisions resulting from a deep understanding of the material. It may contain excerpts, quotations, and theses; part of the material may be represented by a plan.
- Theme-based summary – this is compiled on the basis of studying a number of sources and gives a more or less exhaustive answer according to a certain scheme (issue).

Methodological Guidelines for the Preparation for Practical Activities

When preparing for practical activities, the recommendation implies studying the control questions for the given lesson and the theoretical material from one's own notes.

The main form of work during the lessons is an interview (discussion). Each student must be ready to speak on all issues raised in the plan and demonstrate maximum activity during their consideration.

The speech must be constructed freely, convincingly, and with arguments. The instructor ensures that the speech is not reduced to a reproductive level (simple reproduction of the text); simple reading of the summary is also not allowed.

It is necessary for the speaker to show their own attitude towards what they are talking about, express their personal opinion and understanding, substantiate it, and be able to draw the correct conclusions from what has been said. In doing so, the student may refer to the entries in the summary, directly to the primary sources, use knowledge of previously studied disciplines, etc. In addition, to obtain a grade at an advanced level, students solve situational tasks based on the results of the mastered topics.

During the execution of practical works, a defense of practical skills is provided, the full list of which is specified in the fund of assessment tools.

Methodological Recommendations for the Preparation of Presentations and Reports

The report must contain elements of novelty; along with the fundamental aspect, an analysis of the current state of the problem under study must be carried out, as well as inclusion in regional issues. The report must include an introduction, a theoretical part, a conclusion, a list of literature, and a presentation that reveals the essence of the topic in graphs, pictures, diagrams, and formulas.

The report is recommended to be submitted on 1 printed sheet. The text of the work must be printed with 1.5 line spacing on one side of a standard sheet (A4) of white paper.

The text and other printed elements of the work must be black, and the contours of letters and signs must be clear, without halos and shading. The font must be Times New Roman, size 14. The titles of chapters and paragraphs are highlighted in bold. The sheet with text must have margins: left – 30 mm, right – 10 mm, top – 20 mm, bottom – 20 mm.

Page numbering of the text is done in the lower right corner of the sheet. It is necessary to number pages starting from the page where the Introduction is printed, on which the number 3 is placed. After that, all pages, including appendices, are numbered.

A space equal to two intervals is placed between the title of the chapter and the title of the paragraph of this chapter, and the title of the paragraph must not be separated from the text of this paragraph by a space. The titles of paragraphs shall be separated from the text of the previous paragraph by a space equal to two intervals. Each chapter, as well as the introduction, conclusions, appendices, and the list of used literature, begin on a new page. The word Chapter is not to be written. Chapters have ordinal numbers within the entire work, designated by Arabic numerals (for example: 1, 2, 3), followed by a period.

The word **PARAGRAPH** or the paragraph symbol (§) is not placed in the title. Paragraphs have ordinal numbers within the chapters, designated by Arabic numerals (for example: 1.1. and 1.2.).

Headings of chapters and paragraphs in the text must be centered; a period shall not be placed at the end of the title of the chapter and paragraph. It is not allowed to hyphenate (transfer) a part of a word in a heading. 4.5. The numbering of tables and figures can be running (continuous)

or relate to the number of the chapter and paragraph. For example, if a table or a figure is included in the text of the first paragraph of the second chapter, the numbering is as follows: Table 2.1.1., Fig. 2.1.1.

The last digit means the ordinal number of the table (or figure) in this paragraph.

The table is to be placed as the next page after the first mention of it in the text.

Recommended literature.

- Baranovskaya E. I. Akusherstvo [Obstetrics] [Electronic resource]: uchebnik. Minsk: Vysheyschaya shkola, 2014. 288 p. ISBN 978-985-06-2432-1. Available at: <http://www.iprbookshop.ru/35454.html> (in Russian).
- Zan'ko S. N., Radetskaya L. E., Arestova I. M. et al. Akusherstvo[Obstetrics] [Electronic resource]: uchebnoe posobie. Ed. by S. N. Zan'ko, L. E. Radetskaya. Minsk: Vysheyschaya shkola, 2013. 735 p. ISBN 978-985-06-2171-9. Available at: <http://www.iprbookshop.ru/24050.html> (in Russian).
- Ivanov A. A. Akusherstvo i ginekologiya [Obstetrics and Gynecology] [Electronic resource]: uchebnoe posobie. 2nd ed. Saratov: Nauchnaya kniga, 2019. 158 p. ISBN 978-5-9758-1879-9. Available at: <http://www.iprbookshop.ru/80977.html> (in Russian).

Additional literature:

1. Iozefson, S. A., Zagorodnyaya, E. D., Tselyuba, E. A. et al. (2011). Obstetrics: Practical Course [Electronic resource]. S. A. Iozefson (Ed.). Chita: Chita State Medical Academy. 241 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/55303.html>
2. Artymuk, N. V., Marochko, T. Yu., & Sutulina, I. M. (2007). Basic Concepts in Obstetrics, Perinatology and Neonatology[Electronic resource]: textbook. Kemerovo: Kemerovo State Medical Academy. 112 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/6180.html>
3. Zanko, S. N., Suprun, L. Ya., & Divakova, T. S. (2010). Gynecology [Electronic resource]: textbook. S. N. Zanko (Ed.). Minsk: Vysheyschaya Shkola. 640 p. ISBN 978-985-06-1828-3. Available at: <http://www.iprbookshop.ru/20069.html>
4. Ushakova, G. A., Grigoruk, N. P., Novikova, O. N., & Yolgina, S. I. (2009). Clinical Trainings in Obstetrics and Gynecology[Electronic resource]: textbook for medical students. Kemerovo: Kemerovo State Medical Academy. 92 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/6135.html>
5. Konstantinova, O. D., Vekker, I. R., Demina, L. M., & Baeva, I. Yu. (2012). Pathological Obstetrics [Electronic resource]: textbook. Orenburg: Orenburg State Medical Academy. 168 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/31830.html>
6. Nalobina, A. N., Fedorova, T. N., Lazareva, N. N., & Kichigina, L. B. (2019). Physical Rehabilitation in Obstetrics and Gynecology[Electronic resource]: textbook. Saratov: IPR Media. 256 p. ISBN 978-5-4497-0010-0. Available at: <http://www.iprbookshop.ru/82676.html>

Internet resources:

1. ginekolog.my1.ru — About Gynecology and Obstetrics for Professionals.
2. praesens.ru — New Generation Information Company StatusPraesens.
3. bono-esse.ru/blizzard/aku.html — Obstetrics.
4. bono-esse.ru/blizzard/gyn.html — Gynecology.
5. bono-esse.ru/blizzard/deti_gyn.html — Pediatric and Adolescent Gynecology.
6. gyn.su/article.php?what=38 — Medical Eligibility Criteria for the Use of Contraceptive Methods.

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Questions for self-preparation

1. Structure of the maternity hospital, equipping its subdivisions, indications for hospitalization in the physiological, observational, and septic departments, observance of the sanitary and anti-epidemic regime of the institution, main tasks and indicators of its activity
2. External and internal genital organs. Perineum and pelvic floor. Blood supply of the external and internal genital organs.
3. Lymphatic system. Innervation. Menstrual cycle. Ovaries. Cyclic changes in the mucous membrane of the uterus (endometrium).
4. Preparation for pregnancy. Regulation of reproductive function. Fertilization, development of the fetal egg. Clinical periods of intrauterine development. Influence of harmful factors on the mother's and fetus's organism. Changes in the woman's body during pregnancy. Pelvis from an obstetric point of view.
5. Fetus as an object of labor. Main clinical methods of examination. Additional methods of examination in obstetrics and perinatology. Signs of pregnancy. Determination of the term of pregnancy. Outpatient observation of a pregnant woman.
6. Fundamentals of rational nutrition of pregnant women. Regimen and personal hygiene of pregnant women.
7. Principles of preparing pregnant women for labor. Prenatal diagnosis. Causes of the onset of labor.
8. Harbingers of labor. Stages of labor.
9. Management of the postpartum period.
10. Contraception in the postpartum period. Periods of newborns. Classification. Diagnosis of breech presentations. Mechanism of labor in breech presentations of the fetus.
11. Management of pregnancy and labor in breech presentations of the fetus. Variants of pelvic anomalies. Diagnosis of a narrow pelvis. Course of labor with a narrow pelvis. Clinically narrow pelvis. Diagnosis. Course of pregnancy. Management of pregnancy. Management tactics. Course and management of labor.
12. Spontaneous abortion. Criminal abortion. Septic abortion. Tubal pregnancy. Rare forms of ectopic pregnancy. Complications in post-term pregnancy. Toxicoses. Gestosis.
13. Extragenital diseases and pregnancy.
14. Respiratory diseases. Diabetes mellitus. Blood diseases.
15. Pathology of fetal membranes. Pathology of the umbilical cord. Pathology of the placenta. Pathological preliminary period.
16. Primary weakness of labor activity. Secondary weakness of labor activity.
17. Excessively strong labor activity. Placenta previa. Premature detachment of the normally located placenta. Bleeding in the postpartum period.
18. Injuries of the soft tissues of the birth canal. Retention of parts of the afterbirth in the uterine cavity. Ruptures of the vulva, vagina, and perineum. Ruptures of the cervix. Rupture of the pubic symphysis. Ruptures of the uterus.
19. Management of pregnancy and labor with a uterine scar.
20. Postpartum complications: hemorrhagic shock; disseminated intravascular coagulation syndrome; amniotic fluid embolism
21. Postpartum endometritis. Infection of the postoperative wound after cesarean section and suturing of ruptures. Postpartum mastitis.
22. Peritonitis in obstetrics. Sepsis. Septic shock. Induced abortion.
23. Operations correcting the abnormal position of the fetus (obstetric turn).

24. Obstetric operations accelerating the opening of the cervix. Cesarean section. Abdominal cesarean section.
25. Amniotomy. Obstetric forceps. Vacuum extraction of the fetus.
26. Fetal destructive operations. Extraction of the fetus by the pelvic end.
27. Main issues of etiology and pathogenesis of inflammatory diseases of the genital organs in women. The role of macro- and microorganisms, working and living conditions in the occurrence and course of inflammatory diseases.
28. Features of the course of inflammatory diseases in different periods of a woman's life (childhood, reproductive, elderly).
29. Erased forms of inflammatory diseases.
30. Inflammatory processes of the external and internal genital organs (vulvitis, inflammation of the Bartholin glands of the vaginal vestibule, colpitis, endocervicitis).
31. Salpingo-oophoritis, pelvioperitonitis, and parametritis of septic etiology. Clinic, diagnosis, treatment, prevention.
32. Sexually transmitted infection. Gonorrhea. Etiology. Spread of gonorrheal infection. Forms of gonorrhea: fresh (acute, subacute), chronic, subjectively asymptomatic, torpid, latent. Gonorrhea of the lower and upper parts of the genital tract. Clinic, diagnosis, methods of provocation. Features of the course of gonorrhea in girls. Treatment of gonorrhea in women. Local and general treatment. Features of immunotherapy. Treatment of gonorrhea during pregnancy, in the postpartum period. Treatment in girls. Criteria of cure. Prevention of gonorrhea.
33. Indications for surgical treatment of inflammatory diseases of the uterine appendages.
34. Trichomoniasis of the female genital organs. Epidemiology, clinic, diagnosis, therapy and prevention.
35. Candidomycosis of the genital organs. Bacterial vaginosis. Etiology, clinic, diagnosis, therapy.
36. Tuberculosis of the female genital organs. Pathogenesis, classification, clinic. Diagnosis, prevention, therapy.
37. Genital herpes.
38. Papillomavirus infection. HIV infection. The role of mycoplasmas, chlamydia, viruses, anaerobic microorganisms in the occurrence of inflammatory diseases of the female genital organs. Prevention of inflammatory diseases of the female genital organs and the role of sanitary and educational work.
39. Physiotherapeutic methods of treatment of gynecological patients. Sanatorium-resort treatment of gynecological patients. Indications, contraindications.
40. Post-hysterectomy, post-castration, premenstrual syndromes. Virilizing, polycystic ovary syndromes. Tumors and tumor-like formations of the genital organs.
41. Uterine myoma. Modern theories of the pathogenesis of uterine myoma (leiomyoma). Clinic, diagnosis. Conservative and surgical methods of treatment. Rehabilitation measures.
42. Uterine sarcomas.
43. Endometriosis. Definition of the concept. Theories of the origin of endometriosis. Classification. Clinic of genital endometriosis (endometriosis of the body and cervix, fallopian tubes, ovaries, retrocervical). Clinic of extragenital endometriosis (endometriosis of the navel, postoperative scar, and other organs). Surgical and conservative methods of endometriosis therapy. Rehabilitation of patients.
44. Pretumor and tumor diseases of the cervix. Background, precancerous diseases and cervical cancer. Diagnosis, therapy, prevention. Classification, clinic, diagnosis and treatment of cervical cancer. Diagnostic value of colposcopy, cytological method of investigation.
45. Hyperplastic processes of the endometrium. Glandular hyperplasia, polyposis, atypical hyperplasia. Methods of treatment in the age aspect. Endometrial cancer. Classification, clinic, diagnosis, methods of treatment.

46. Ovarian tumors. Histological classification, clinic, diagnosis, treatment. Ovarian cancer (primary, secondary, metastatic), stages of spread, diagnosis, treatment.
47. Trophoblastic disease. Hydatidiform mole, destructive hydatidiform mole, choriocarcinoma. Clinic. Methods of diagnosis and treatment (chemotherapy, surgical).
48. Malformations of the genital organs, infantilism, gonadal dysgenesis (clinical manifestations, diagnosis, methods of correction). Disorders of puberty. Clinical and hormonal aspects, diagnosis, treatment.
49. Definition of physiological labor.
50. Concepts of premature, term, and delayed labor.
51. Levels of regulation of labor activity.
52. The concept of the "labor dominant," changes in the CNS before labor.
53. Changes in the functional state of subcortical structures, their significance in the development of labor activity.
54. Changes in the fetoplacental complex, its role in the development of the labor act.
55. Functional state of the autonomic nervous system, its role in the regulation of labor activity.
56. The role of the neuromuscular apparatus of the uterus in the realization of the labor act.
57. The role of the fetus in the development of labor activity.
58. Mechanism of a labor contraction.
59. Methods of recording labor activity.
60. Main issues of etiology and pathogenesis of inflammatory diseases of the genital organs in women.
61. The role of macro- and microorganisms, working and living conditions in the occurrence and course of inflammatory diseases. Features of the course of inflammatory diseases in different periods of a woman's life (childhood, reproductive, elderly).
62. Sexually transmitted infection. Gonorrhea. Etiology. Spread of gonorrheal infection. Forms of gonorrhea: fresh (acute, subacute), chronic, subjectively asymptomatic, torpid, latent. Gonorrhea of the lower and upper parts of the genital tract. Clinic, diagnosis, methods of provocation. Features of the course of gonorrhea in girls. Treatment of gonorrhea in women. Local and general treatment.
63. Features of immunotherapy. Treatment of gonorrhea during pregnancy, in the postpartum period. Treatment in girls. Criteria of cure. Prevention of gonorrhea. Indications for surgical treatment of inflammatory diseases of the uterine appendages.
64. Trichomoniasis of the female genital organs. Epidemiology, clinic, diagnosis, therapy and prevention.
65. Candidomycosis of the genital organs. Bacterial vaginosis. Etiology, clinic, diagnosis, therapy.
66. Tuberculosis of the female genital organs. Pathogenesis, classification, clinic. Diagnosis, prevention, therapy.
67. Genital herpes. Papillomavirus infection.
68. HIV infection.
69. The role of mycoplasmas, chlamydia, viruses, anaerobic microorganisms in the occurrence of inflammatory diseases of the female genital organs. Prevention of inflammatory diseases of the female genital organs and the role of sanitary and educational work.
70. Malformations of the genital organs, infantilism, gonadal dysgenesis (clinical manifestations, diagnosis, methods of correction). Disorders of puberty. Clinical and hormonal aspects, diagnosis, treatment.
71. Female infertility, causes. Diagnosis. Methods of treatment. Prevention.
72. Male infertility. Main causes. Characteristics of the spermogram.
73. Organization and methodology of examination of an infertile couple.
74. Sanatorium-resort treatment of gynecological patients.

Test 1

Variant 1

1. Definition of the concepts "maternal mortality," "perinatal mortality," "infant mortality," "feto-infantile losses." Methods of their calculation.
2. Severe form of gestosis. Preeclampsia. Eclampsia. Etiology. Pathogenesis. Clinic. Diagnosis. Differential diagnosis. Treatment.

Variant 2

1. Obstetric bleeding. Assessment of blood loss. Clinical and diagnostic criteria. Modern principles of therapy. Hemotransfusion.
2. Obstetric forceps. Vacuum extraction of the fetus. Indications, contraindications. Technique of performance.

Variant 3

1. Bleeding in the postpartum period (hypotonic, atonic). Etiology. Clinic. Diagnosis. Modern approaches to treatment. Prevention.
2. Functional system "Mother — Placenta — Fetus."

Variant 4

1. Bleeding during labor. Etiology. Clinic. Diagnosis. Tactics of labor management.
2. Organization of obstetric and gynecological care in Russia.

Variant 5

1. Modern methods of assessing the fetal condition (CTG, USD). Criteria for diagnosing fetal hypoxia.
2. Severe form of gestosis. Preeclampsia. Eclampsia. Etiology. Pathogenesis. Clinic. Diagnosis. Differential diagnosis. Treatment.

Test 2

Variant 1

1. Pregnancy and HIV infection. Management of pregnancy and labor. Indications for operative delivery.
2. Pregnancy and lung diseases (bronchial asthma, acute and chronic inflammatory processes). Management of pregnancy. Delivery.

Variant 2

1. Anemia and pregnancy. Clinic. Diagnosis. Treatment. Features of management of pregnancy and labor. Complications. Prevention.
2. Perinatal risk factors. Groups of maternal risk. Individual plan of pregnancy management.

Variant 3

1. Organization of obstetric and gynecological care in outpatient settings. The concept of dispensary observation.
2. Anomalies of labor activity. Classification. Etiology. Pathogenesis. Clinic. Diagnosis. Treatment.

Variant 4

1. Modern methods of examination in gynecology (ultrasound, X-ray, endoscopic). Possibilities and indications for use.
2. Pulmonary edema. Etiology. Pathogenesis. Clinic. Diagnosis. Intensive care.

Variant 5

1. Hemorrhagic shock. Clinical and diagnostic criteria (degrees of severity, assessment of blood loss). Modern principles of hemotransfusion and transfusion of blood substitutes.
2. Fetoplacental insufficiency. Classification. Etiology. Pathogenesis. Clinic. Diagnosis. Modern principles of therapy. Assessment of the fetal condition. Management of pregnancy and labor. Indications for early delivery.

Test 3

Variant 1

1. Miscarriage (spontaneous abortion, non-developing pregnancy). Etiology. Pathogenesis. Clinic. Diagnosis. Treatment. Rehabilitation.
2. Preoperative preparation and postoperative management of patients of obstetric and gynecological profile. Prevention of postoperative complications.

Variant 2

1. Preterm labor. Clinic. Diagnosis. Management tactics. Methods of delivery.
2. Pregnancy and blood diseases (Werlhof's disease, thrombocytopenic purpura, acute and chronic leukemias). Management of pregnancy. Delivery. Indications for termination.

Variant 3

1. Infertile marriage. Classification. Etiology. Diagnosis. Treatment.
2. Induced labor. Definition. Indications. Methods of induction. Modern management tactics. Groups of pharmacological preparations used. Prevention of complications.

Variant 4

1. Post-term pregnancy. Etiology. Pathogenesis. Diagnosis. Modern methods of preparation for labor. Tactics of delivery.
2. Heart defects and pregnancy. Management of pregnancy and labor.

Variant 5

1. Amniotic fluid embolism. Etiology. Pathogenesis. Clinic. Diagnosis. Intensive care.
2. Gestosis of the first trimester of pregnancy. Classification. Clinic. Diagnosis. Therapy of water-electrolyte disorders and metabolic shifts. Indications for termination of pregnancy.

Exam Questions

Obstetrics

1. History of the development of domestic obstetrics of the 19th–20th centuries (Krassovsky, Snegirev, Ott, Lazarevich, Gruzdev).
2. Organization and principles of work of the obstetric hospital.
3. Organization and principles of work of the antenatal clinic. Group at increased risk of complications of pregnancy and labor.
4. Critical periods of ontogenesis.
5. Changes in the woman's body during pregnancy.
6. Changes in the cardiovascular system of a woman during pregnancy.
7. Changes in the respiratory organs during pregnancy.
8. Immunological and biological methods of diagnosing pregnancy. Rationale and practical value.
9. Diagnosis of early pregnancy, hormonal methods of diagnosing pregnancy.
10. Obstetric terminology (position of the fetus, lie, presentation, position, type of the fetus).
11. Methods of examination of pregnant women and women in labor. External and internal obstetric examination.
12. Determination of the term of pregnancy and labor. Antenatal and postnatal leave.

13. The fetus as an object of labor. The head of a full-term fetus. Sutures and fontanelles. Dimensions of the head.
14. Structure of the birth canal. The pelvis from an obstetric point of view.
15. Soft tissues of the birth canal. Pelvic floor.
16. Normal dimensions of the pelvis. Determination of the true conjugate.
17. Fetoplacental complex. Methods of determining its functional state at various terms of pregnancy.
18. Objective methods of assessing the vital activity of the intrauterine fetus.
19. Hormonal function of the placenta.
20. Perinatology: definition of the concept, tasks. Interrelation with other disciplines.
21. Antenatal protection of the fetus. Influence of occupational hazards, alcoholism, tobacco smoking on fetal development. Embryo- and fetopathy.
22. Intranatal protection of the fetus. Causes of intrauterine hypoxia and fetal death in labor.
23. Prenatal methods of investigation (chorionic biopsy, amniocentesis, cordocentesis, radiography, echography). Fetal markers. The role of medical-genetic consultation in the prevention and early diagnosis of fetal developmental anomalies.
24. Main functions of the placenta, fetal membranes, umbilical cord. Methods of determining the localization of the placenta.
25. Diagnosis of fetal malformations at different terms of pregnancy.
26. Intrauterine infection of the fetus.
27. Concept of maturity and full-term of the fetus.
28. Asepsis and antisepsis in obstetrics. Rules for the maintenance of maternity departments.
29. Biomechanism of labor in the anterior form of occipital presentation.
30. Biomechanism of labor in the posterior form of occipital presentation. Clinical features of the course of labor. Influence on the fetus and newborn.
31. Factors determining the development of labor activity. Labor dominant.
32. Clinical course of labor. Stages of labor. First stage of labor.
33. Management of the expulsion period. Principles of obstetric assistance in cephalic presentation.
34. Third stage of labor. Signs of placental separation. Management of the third stage of labor.
35. Physio-psychoprophylactic method of preparing women for labor and its rationale. Components, timing, effectiveness.
36. First stage of labor. Modern methods of labor pain relief. Physio-psychoprophylactic preparation for labor.
37. Harbingers of labor. Expulsive forces, methods of recording labor activity.
38. Assessment of the newborn's condition according to the Apgar scale. Period of acute adaptation.
39. Primary care of the newborn. Prevention of purulent-septic diseases of the newborn.
40. Postpartum period. Course and management. Rules for the maintenance of the postpartum department.
41. Labor pain relief. Main requirements for labor anesthetics.
42. Breech presentation of the fetus. Classification, biomechanism of labor.
43. Breech presentation of the fetus, diagnosis. Features of the course and management of labor. Influence on the fetus and newborn.
44. Hemolytic disease of the fetus and newborn.
45. Manual assistance in breech presentation. Manual assistance according to Tsovyanov, classic manual assistance.
46. Management of pregnancy and labor in polyhydramnios and multiple pregnancy. Differential diagnosis. Complications in labor and their prevention.
47. Toxicoses and gestoses of pregnant women. Modern concepts of etiology and pathogenesis. Classification.

48. Early toxicoses of pregnant women. Clinic. Diagnosis. Indications for termination of pregnancy.
49. Gestoses. Modern classification. Clinical picture and diagnosis. Assessment of the severity of gestosis.
50. Preeclampsia and eclampsia. The role of V.V. Stroganov in the development of principles for the treatment of eclampsia. Features of management of severe forms of gestosis.
51. Eclampsia: symptoms, course, prognosis. Eclampsia of pregnant women, women in labor, postpartum women.
52. Eclampsia. Provision of emergency care.
53. Transverse lie of the fetus. Diagnosis. Management of labor.
54. Neglected transverse lie of the fetus. Methods of treatment.
55. Anomalies of labor activity. Classification.
56. Weakness of labor activity. Causes, diagnosis. Modern methods of treatment. Influence on the fetus.
57. Precipitate labor. Its influence on the fetus.
58. Excessive labor activity. Diagnosis, management of labor. Influence on the fetus and newborn.
59. Discoordinated labor activity. Diagnosis, management of labor. Influence on the fetus and newborn.
60. Polyhydramnios and oligohydramnios. Clinic, treatment, features of labor management.
61. Anterior cephalic and facial presentation. Biomechanism of labor. Management of labor. Outcome for the mother and fetus.
62. Extensor insertions of the head.
63. Anatomically narrow pelvis. Modern classification. Degrees of pelvic narrowing.
64. Caput succedaneum. Cephalohematoma. Recognition of a narrow pelvis.
65. Clinically narrow pelvis. Causes, diagnosis, and management of labor.
66. Biomechanism of labor in a generally uniformly narrowed and flat pelvis. Prognosis and therapy in a narrow pelvis. Influence on the fetus and newborn.
67. Spontaneous abortion. Etiology. Classification. Clinical course. Diagnosis and treatment.
68. Features of diagnosis and management of pregnant women with isthmic-cervical insufficiency.
69. Features of the course and management of preterm labor, their prevention. Prevention of RDS.
70. Features of the clinical course of pregnancy, labor, and the postpartum period in minors.
71. Family planning. Modern methods of contraception.
72. Artificial termination of early pregnancy. Methods of termination, complications.
73. The problem of abortion. Influence of abortion on the woman's body.
74. Course and outcomes of labor in post-term pregnancy.
75. Placenta previa. Etiology. Clinic. Diagnosis. Methods of delivery. Outcome for the mother and fetus.
76. Premature detachment of the normally located placenta. Etiology, diagnosis, treatment. Outcome for the mother and fetus.
77. Bleeding in the afterbirth period (placenta accreta and placenta increta). Clinic. Diagnosis. Treatment.
78. Bleeding in the early postpartum period. Main causes, diagnosis. Treatment.
79. Hypotonic bleeding in the early postpartum period. Diagnosis. Treatment.
80. Pathogenesis of obstetric hemorrhagic shock. Clinical diagnosis.
81. Principles of complex intensive care of hemorrhagic shock.
82. DIC in obstetrics. Main causes. Diagnosis. Emergency care.
83. Uterine rupture. Causes. Classification by pathogenesis, clinical course, localization, nature of damage.
84. Threatened uterine rupture. Etiology, diagnosis. Treatment.
85. Completed uterine rupture. Causes. Clinic. Treatment.
86. Injuries of the soft tissues of the birth canal. Classification of ruptures of the perineum and cervix, diagnosis. Treatment. Prevention.

87. Intrauterine fetal hypoxia. Classification. Modern methods of diagnosis.
88. Acute and chronic placental insufficiency. Causes, methods of diagnosis. Fetal growth restriction syndrome. Treatment and prevention.
89. Methods of prevention and treatment of intrauterine fetal hypoxia.
90. Postpartum infectious diseases. Classification. Etiology. Routes of infection spread.
91. Asphyxia of newborns. Etiology. Clinic. Treatment. Rehabilitation.
92. The role of the observational department of the maternity hospital. Rules for its maintenance.
93. Classification of postpartum septic diseases according to Sazonov-Bartels. Features of the course of septic postpartum infection.
94. The role of the antenatal clinic in the prevention of purulent-septic diseases among mothers and newborns.
95. Postpartum endometritis. Etiology. Clinic. Treatment.
96. Features of the course of obstetric peritonitis. Diagnosis and treatment.
97. Episiotomy in labor. Indications. Technique of performance.
98. Cesarean section: indications, conditions, contraindications, complications.
99. Cesarean section: types of operations. Modern methods of performing operations.
100. Management of pregnancy and labor in the presence of a uterine scar after a previous cesarean section.
101. Obstetric forceps: indications, conditions, influence on the fetus and newborn.
102. Vacuum extraction of the fetus: indications, conditions, influence on the fetus and newborn.
103. Operations: manual removal and extraction of the afterbirth, manual examination of the postpartum uterus. Indications, technique of performance, type of anesthesia.
104. Fetal destructive operations. Craniotomy.

Gynecology.

1. Anomalies of genital development.
2. Anatomical and physiological features of the genitals.
3. Physiology of the female reproductive system. The menstrual cycle.
4. Sex hormones and their influence on the woman's body.
5. Methods of functional diagnostics used in gynecology.
6. X-ray and ultrasound methods of investigation in gynecology.
7. Methods of examination of gynecological patients.
8. Features of gynecological examination of girls and adolescents.
9. Amenorrhea. Classification.
10. Endoscopic methods of diagnosing gynecological diseases.
11. Conservative and surgical methods of treating female infertility.
12. Amenorrhea of central origin.
13. Nonspecific vulvovaginitis.
14. Polycystic ovary syndrome. Clinic, diagnosis, treatment.
15. Algodysmenorrhea. Pathogenesis. Clinic, diagnosis and treatment.
16. Malformations of the genital organs.
17. Classification of obstruction of the vagina and cervix. Treatment.
18. Juvenile uterine bleeding. Etiology, pathogenesis, clinic and treatment.
19. Dysfunctional uterine bleeding in reproductive age. Etiology. Clinic. Treatment.
20. Abdominal syndrome in girls, ovarian apoplexy.
21. Modern methods of contraception. Methods of adolescent contraception.
22. Ovarian and uterine forms of amenorrhea.
23. Acute salpingo-oophoritis. Etiology, clinic, treatment.
24. Trichomonas colpitis. Diagnosis. Treatment.
25. Gonorrhea. Etiology. Clinical forms. Methods of diagnosis. Treatment.
26. Bacterial vaginosis. Clinic, diagnosis, treatment. Pelvioperitonitis. Etiology, clinic, treatment.
27. Tuberculosis of the genitals. Routes of spread. Clinical forms, diagnosis and treatment.

28. Indications for surgical treatment of inflammatory diseases of the genitals.
29. Ectopic pregnancy. Etiopathogenesis. Clinical course, diagnosis and treatment.
30. Prolapse and descent of the uterus and vagina. Causes of occurrence. Methods of surgical treatment.
31. Rupture of the fallopian tube. Emergency care.
32. Injuries of the genital organs in girls. Emergency care for foreign bodies.
33. Uterine myoma. Classification. Methods of diagnosis and treatment.
34. Uterine myoma. Non-operative treatment of patients with uterine myoma. Indications for surgical treatment.
35. Endometrioid disease (endometriosis). Classification. Clinic and diagnosis.
36. Conservative treatment of endometriosis.
37. Indications for surgical treatment of endometriosis.
38. Ovarian tumors. Classification. Diagnosis. Features of the clinical course in girls.
39. Bacterial-toxic (septic) shock in gynecology. Pathogenesis, clinic. Basic principles of emergency care.
40. Climacteric disorders. Post-castration and post-hysterectomy syndromes. The role of hormone replacement therapy.
41. Cervical cancer. Classification.
42. Cervical cancer. Clinic, diagnosis and treatment.
43. Hyperplastic processes of the endometrium. Classification. Methods of diagnosis and treatment.
44. Endometrial cancer. Pathogenesis. Clinic, diagnosis and treatment.
45. Ovarian cancer. Classification. Methods of diagnosis and treatment. Prevention.
46. Features of the clinical course of ovarian tumors in girls. Modern methods of treatment.
47. Infertile marriage. Diagnosis. Treatment of female infertility.
48. Assisted reproductive technologies. Their place in overcoming infertility. Possible complications.

Situational tasks in the discipline Obstetrics and Gynecology

Obstetrics

Task 1.

A 23-year-old pregnant woman visited the antenatal clinic for the purpose of registering for pregnancy. The term of pregnancy is 6–7 weeks. Complaints of pain in the heart area, palpitations, shortness of breath, low-grade fever over the past month. On auscultation of the heart — a snapping first sound at the apex, diastolic murmur.

1. Formulate a probable diagnosis.
2. Determine the medical tactics, the degree of "risk."

ANSWER:

1. Pregnancy 6–7 weeks. Chronic rheumatic heart disease, A1; mitral stenosis; CHF IIA.
2. Carrying the pregnancy is contraindicated; risk degree — III.

Task 2.

Patient S., 51 years old, was admitted to the clinic with complaints of bloody discharge from the genital tract for 2 weeks. Menarche at 16 years, subsequently without deviations, in the last 3 years irregular, prolonged. Last menstruation 3 months ago. Three deliveries, two medical abortions.

IN MIRRORS: The mucous membrane of the cervix and vaginal walls without peculiarities. Bloody discharge in small quantities.

BIMANUAL EXAMINATION: The cervix of usual consistency. The body of the uterus in anteflexio-versio, not enlarged, mobile, painless. Adnexa are not determined. Fornices are deep, parametria are free.

1. Formulate a clinical diagnosis.
2. Determine the medical tactics.

ANSWER:

1. AUB of the climacteric period.
2. Hemostasis — curettage of the uterine cavity walls; hormone therapy with gestagens, GnRH agonists.

Task 3.

A pregnant woman was brought to the maternity hospital, presenting complaints of abdominal pain, bloody discharge from the genital tract. No headache, vision is clear. The day before, fetal movement was felt well. The term of pregnancy is 35–36 weeks. The general condition is of moderate severity, pulse 90 bpm, BP 130/90–140/90 mm Hg; skin is pale. Edema is determined in the area of the shins and feet, which appeared 2 weeks ago. The uterus is enlarged according to the term of pregnancy, tense. On palpation, pain is noted in the fundus of the uterus. Fetal heartbeat is 160–170 bpm, muffled. On vaginal examination: the cervix is preserved, the external os is closed; there is moderate bloody discharge from the genital tract, through the fornices the fetal head is determined, slightly pressed to the inlet of the small pelvis. Urinalysis — protein 0.33 g/l.

1. Formulate a clinical diagnosis.
2. Determine the medical tactics.

ANSWER:

1. Diagnosis. Pregnancy 35/36 weeks. Gestosis of I–II degree of severity. Premature detachment of the normally located placenta.
2. Tactics. Considering the premature detachment of the normally located placenta, delivery by cesarean section is indicated. During the operation, attention must be paid to the condition of the uterus, as hypotonic bleeding and uteroplacental apoplexy are possible.

Task 4.

A multiparous woman was admitted to the maternity hospital with complaints of bloody discharge from the genital tract and contractions. Upcoming second delivery. History of 2 induced abortions. Objectively: skin is pale, pulse 100 bpm, BP 100/60 mm Hg. Contractions every 3–4 min, lasting 30–40 sec, of moderate strength. The uterus corresponds to the term of a full-term pregnancy. The fetal head is presenting — above the inlet of the small pelvis. Fetal heartbeat is 132 bpm, clear, rhythmic. Vaginal examination: the cervix is effaced, the opening of the obstetric os is 5 cm, loose tissue is palpated on the side, fetal membranes are determined on the remaining sections. Blood clots in the vagina. Estimated blood loss 200–250 ml.

Questions:

1. Causes of bleeding
2. Tactics of the admission department physician
3. Actions of the physician during the vaginal examination
4. Obstetric tactics
5. What is the danger for the mother and fetus in this obstetric pathology?

Task 5.

On the 3rd day after delivery, a 32-year-old postpartum woman complains of pain in the lower abdomen, chills, headache, and an increase in body temperature to 38 °C. During labor, a perineotomy was performed due to a threatening rupture of the perineum; in the afterbirth period, due to partial placenta accreta, manual removal of the placenta and extraction of the afterbirth were performed. History of one delivery and two medical abortions, chronic pyelonephritis. Condition is satisfactory. Skin is pale. Mammary glands are in a state of moderate engorgement, milk is

expressed with difficulty. The abdomen is not distended, soft on palpation. The fundus of the uterus is at the level of the navel. The uterus is firm, pain is determined on palpation along the left rib of the uterus. Lochia are bloody, moderate. Urination is independent. Sutures on the perineum are in good condition. No infiltrates or hyperemia.

1. Formulate a clinical diagnosis.
2. Determine the medical tactics.

ANSWER:

1. Diagnosis. Postpartum period, day 3. Endometritis. Lactostasis. Exacerbation of chronic pyelonephritis? The following investigations are indicated to clarify the diagnosis: clinical blood test, clinical urinalysis. Culture of lochia, urine culture. Ultrasound examination of the uterus and urinary system.

2. Considering the clinical picture of postpartum endometritis, antibacterial therapy, infusion, desensitizing therapy, vitamin therapy, etc., are indicated. Correction of lactostasis.

Gynecology

Task 1.

A 32-year-old patient was brought to the clinic with complaints of sharp pain in the lower abdomen radiating to the anus. The pain appeared after defecation in the morning, accompanied by a semi-fainting state, dizziness, and vomiting. From the anamnesis, it was determined that menstruation lasts 3–4 days, every 28 days, painless, regular, not heavy. Pregnancy 2 years ago ended in term delivery. She uses the "calendar" method of contraception. The last menstruation came at the expected time but is accompanied by pain and a feeling of "faintness," and for 2 weeks the bloody discharge has not stopped, scanty, dark-bloody. Objectively: the skin and visible mucous membranes are pale, pulse 80 bpm, BP 110/70 mm Hg. The tongue is moist, clean. The abdomen is distended, tense, sharply painful in the lower sections, on percussion — dullness of sound in the sloping parts of the abdomen. On examination with mirrors — the walls of the vagina and cervix are cyanotic. Scanty bloody discharge from the cervical canal. On bimanual examination, movements behind the cervix are sharply painful. The uterus is enlarged to 5 weeks of pregnancy, somewhat soft. In the area of the right adnexa, a rounded painful formation of "doughy" consistency up to 4 cm in size is palpated; the left adnexa are without peculiarities. The posterior fornix bulges.

1. Formulate a clinical diagnosis.
2. Determine the medical tactics.

ANSWER:

1. Clinical diagnosis. Disturbed ectopic pregnancy.

2. Management plan. Catheterization of the cubital or subclavian vein. Emergency surgery. The operation is performed by laparoscopic or laparotomic access. The anticipated scope of the operation: removal of the fallopian tube. In the postoperative period, it is necessary to draw up an individual rehabilitation plan, including the prescription of agents that increase the body's resistance, stimulate hemopoiesis, drugs with anti-inflammatory properties, resorption of adhesions (longidase, etc.), and a course of physiotherapy.

Recommended literature.

1. Baranovskaya E. I. Akusherstvo [Obstetrics] [Electronic resource]: uchebnik. Minsk: Vysheyshaya shkola, 2014. 288 p. ISBN 978-985-06-2432-1. Available at: <http://www.iprbookshop.ru/35454.html> (in Russian).
2. Zan'ko S. N., Radetskaya L. E., Arestova I. M. et al. Akusherstvo [Obstetrics] [Electronic resource]: uchebnoe posobie. Ed. by S. N. Zan'ko, L. E. Radetskaya. Minsk: Vysheyshaya shkola, 2013. 735 p. ISBN 978-985-06-2171-9. Available at: <http://www.iprbookshop.ru/24050.html> (in Russian).

3. Ivanov A. A. Akusherstvo i ginekologiya [Obstetrics and Gynecology] [Electronic resource]: uchebnoe posobie. 2nd ed. Saratov: Nauchnaya kniga, 2019. 158 p. ISBN 978-5-9758-1879-9. Available at: <http://www.iprbookshop.ru/80977.html> (in Russian)

Additional literature:

1. Iozefson, S. A., Zagorodnyaya, E. D., Tselyuba, E. A. et al. (2011). Obstetrics: Practical Course [Electronic resource]. S. A. Iozefson (Ed.). Chita: Chita State Medical Academy. 241 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/55303.html>
2. Artymuk, N. V., Marochko, T. Yu., & Sutulina, I. M. (2007). Basic Concepts in Obstetrics, Perinatology and Neonatology [Electronic resource]: textbook. Kemerovo: Kemerovo State Medical Academy. 112 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/6180.html>
3. Zanko, S. N., Suprun, L. Ya., & Divakova, T. S. (2010). Gynecology [Electronic resource]: textbook. S. N. Zanko (Ed.). Minsk: Vysheyshaya Shkola. 640 p. ISBN 978-985-06-1828-3. Available at: <http://www.iprbookshop.ru/20069.html>
4. Ushakova, G. A., Grigoruk, N. P., Novikova, O. N., & Yolgina, S. I. (2009). Clinical Trainings in Obstetrics and Gynecology [Electronic resource]: textbook for medical students. Kemerovo: Kemerovo State Medical Academy. 92 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/6135.html>
5. Konstantinova, O. D., Vekker, I. R., Demina, L. M., & Baeva, I. Yu. (2012). Pathological Obstetrics [Electronic resource]: textbook. Orenburg: Orenburg State Medical Academy. 168 p. ISSN 2227-8397. Available at: <http://www.iprbookshop.ru/31830.html>
6. Nalobina, A. N., Fedorova, T. N., Lazareva, N. N., & Kichigina, L. B. (2019). Physical Rehabilitation in Obstetrics and Gynecology [Electronic resource]: textbook. Saratov: IPR Media. 256 p. ISBN 978-5-4497-0010-0. Available at: <http://www.iprbookshop.ru/82676.html>

Internet resources:

1. ginekolog.my1.ru — About Gynecology and Obstetrics for Professionals.
2. praesens.ru — New Generation Information Company StatusPraesens.
3. bono-esse.ru/blizzard/aku.html — Obstetrics.
4. bono-esse.ru/blizzard/gyn.html — Gynecology.
5. bono-esse.ru/blizzard/deti_gyn.html — Pediatric and Adolescent Gynecology.
6. gyn.su/article.php?what=38 — Medical Eligibility Criteria for the Use of Contraceptive Methods.