Women´s and childrens health

Studyguide

Women’s and Children’s Health, (28,5hp)
including Child and Adolescent Psychiatry and Forensic Medicine

Subjects: Obstetric&gynecology 11,1hp, Pediatric 11,1hp,
Child&Adolescent Psychiatry 1,5hp, Forensic Medicine 1,5hp,
Oncology 0,75hp, Family medicine 2,55hp

General goals

- Acquisition of the knowledge necessary for the diagnosis and initial management of common acute and chronic illnesses, and common emergencies in pediatrics, gynecology/obstetrics and child psychiatry.
- Further development of attitudes and professional behavior appropriate for medical practice.
- Further development of communication skills to facilitate the interaction with patients, their family members and professionals in health care and society - to ensure that complete and accurate data is obtained. Further development of physical examination skills and the ability to analyze and document symptoms and signs.
- Further development of problem-solving skills and ability to apply an evidence-based approach to medical problems.
- Acquisition of basic knowledge of laws and regulations concerning the specialities included in this course.
- Ability to identify and appreciate ethical problems in medical practice.
- Understanding of strategies for health promotion and prevention of disease, injury and death.
- Ability to appreciate health problems in different socioeconomic conditions, cultural settings and from a gender perspective.

Specific goals: Obstetrics and gynecology

The female reproductive system
Good knowledge of:
  - Anatomy of the genital organs
  - Anatomy of the pelvis
  - Reproductive physiology (especially the menstrual cycle)
  - Physiology of the breast and breast feeding

Some knowledge of:
  - Embryology of the genital organs
Pregnancy, labour and the puerperium
Good knowledge of:
- The normal pregnancy and maternity care
- Abnormal development of pregnancy and monitoring
- Disease related to pregnancy
- Normal labour and delivery
- Normal puerperium
- Complications of the puerperium
- Prenatal diagnosis of congenital abnormalities

Some knowledge of:
- Normal fetal development and growth
- Prenatal diagnosis
- Medical diseases complicating pregnancy
- Abnormal labour, induction of labour and operative intervention
- Antenatal imaging and assessment of fetal wellbeing
- Pain relief in labour

Fertility control
Good knowledge of:
- Contraception (methods, reliability, adverse reactions)
- Abortion and sterilization acts in Sweden

Some knowledge of:
- Methods for abortion and sterilization

Reproductive endocrinology
Good knowledge of:
- Effects of gonadal hormones on target organs
- Disorders of the menstrual cycle, amenorrhea, PCOS
- Menometrorrhagia
- Menopause (physiology, symptoms and hormone replacement)
- Physiology of puberty, menarche

Some knowledge of:
- Aberrations in puberty
- Premenstrual syndrome

Infertility
Good knowledge of:
- Causes of female infertility

Some knowledge of:
- Treatment of female and male infertility

Infections in gynecology
Good knowledge of:
- Sexually transmitted infections (STI)
- Lower genital tract infections
- Upper genital tract infections

Some knowledge of:
- Immunology of the vagina
Benign and malignant tumors in gynecology
Good knowledge of:
- Benign ovarian tumors
- Fibroids
- Endocervical polyps
- Symptoms of malignant disease in cervix, uterus and ovaries
- Endocervical dysplasia

Some knowledge of:
- Benign diseases of the vulva and vagina
- Treatment of pre-invasive gynecological conditions
- Treatment of malignant gynecological tumors

Urogynecology and prolapse
Good knowledge of:
- Urinary incontinence
- Urgency
- Uterovaginal prolapse

Some knowledge of:
- Anal incontinence

Sexual problems
Good knowledge of:
- Taking a sexual history

Some knowledge of:
- Physiology of sexual function
- Treatment of sexual dysfunction

Acute and chronic lower abdominal pain
Good knowledge of:
- Complications from ovarian cysts
- Ectopic pregnancy
- Miscarriage
- Endometriosis

Some knowledge of:
- Pelvic dysfunction

Sexual abuse
Good knowledge of:
- General and gynecological investigation following rape (see ALSO Forensic Medicine)
- Certificate of medical evidence (see Forensic Medicine)

Some knowledge of:
- Sexual and gynecological problems caused by sexual abuse
Specific goals: Pediatrics

Good knowledge of:
- Normal and abnormal growth and puberty
- Interpretation of the growth chart.
- The physical examination of infants, children and adolescents.
- Ethical aspects on child integrity, genetics, extremely preterm infants, severe malformations, severe chronic disease, handicap and death of a child.

Some knowledge of:
- The impact of congenital/inherited disease, severe/lethal disease and chronic disease on children and their families
- Principal differences in reference ranges for various laboratory and physiological parameters at different ages compared to adults

Neonatology

Good knowledge of:
- Care of the normal neonate
- Physiological respiratory and circulatory adaptation after birth
- Neonatal resuscitation, birth asphyxia
- Routine physical examination of the newborn and common pathological findings
- Neonatal respiratory disorders
- Neonatal jaundice / hyperbilirubinemia
- Neonatal hypoglycemia

Some knowledge of:
- Neonatal infections
- Prematurity
- Low birth weight
- Basic vital statistics

Nutrition

Good knowledge of:
- Breast feeding – physiology and clinical importance
- Principles for nutrition of the normal infant and child
- Breast milk and formulas, including Swedish cereal based formula (“välling”)
- Common feeding problems and nutritional problems
- Overweight and obesity in childhood

Some knowledge of:
- Nutrition problems in developing countries

Social pediatrics and child health care

Good knowledge of:
- Organization of pediatric health care and school health care in Sweden
- The Swedish immunization (vaccination) program
- Laws and regulations about Children’s rights
- Child abuse – physical or psychological, including neglect and sexual abuse
- Psychosocial factors and their impact on child health, growth and development

Some knowledge of:
- The situation for immigrant children, refugee children and adopted children

Fluid and electrolyte balance

Good knowledge of:
- Determination of hydration status
- Principles for rehydration
- Acid/base or electrolyte imbalances
**Infections, fever, respiratory disorders:**
Good knowledge of:
- Investigation and treatment of fever
- Febrile convulsions
- Common viral infections
- Clinical evaluation of respiratory disorders
- Upper respiratory tract infections including otitis
- Pneumonia, obstructive bronchitis, bronchiolitis
- Asthma
- Sepsis and meningitis

Some knowledge of:
- Osteomyelitis and septic arthritis
- Common infectious diseases in developing countries

**Allergy and immunology**
Good knowledge of:
- Common allergies at different ages
- Acute allergic reaction – treatment
- Rhinoconjunctivitis
- Normal and increased susceptibility to infections

Some knowledge of:
- Immunodeficiencies and HIV

**Gastroenterology**
Good knowledge of:
- Gastroenteritis
- Failure to thrive
- Food allergy / intolerance, especially cow’s milk
- Celiac disease
- Acute abdominal pain: Differential diagnosis at different ages
- Recurring abdominal pain, including infantile colic
- Constipation, diarrhea, blood in stools

Some knowledge of:
- Cholestatic jaundice, hepatitis
- Cystic fibrosis
- Inflammatory bowel disease – diagnosis

**Endocrinology**
Good knowledge of:
- Abnormal growth
- Thyroid and adrenocortical dysfunction
- Diabetes mellitus

Some knowledge of:
- Pubertal disorders
- Pituitary/Hypothalamic insufficiency including Diabetes insipidus
- Sex differentiation

**Hematology / oncology**
Good knowledge of:
- Common causes of anemia
- Thrombocytopenia
- Presenting symptoms of tumor cerebri and leukemia

Some knowledge of:
- The most common coagulation disorders
- Leukemia
Common childhood tumors: CNS tumors, lymphoma, neuroblastoma, renal tumors, retinoblastoma

**Nephrology / urogenital disorders**

Good knowledge of:
- Urinary tract infections
- Enuresis, incontinence
- Retentio testis, balanitis, phimosis, hypospadia
- "Acute scrotum", hydrocele testis, inguinal hernia

Some knowledge of:
- Vesico-uretheral reflux, urethral valvula
- Hematuria, proteinuria
- Post streptococcal nephritis, IgA nephritis
- Idiopathic nephrosis
- Vaginal discharge
- Ambiguous genitalia

**Metabolic disorders**

Good knowledge of:
- The Swedish neonatal screening program ("PKU-test")
- Postneonatal hypoglycemia, ketoacidosis

Some knowledge of:
- When to suspect a metabolic disorder

**Cardiology**

Good knowledge of:
- Physiologic murmurs
- Cyanosis
- Cardiac failure – symptoms at different ages

Some knowledge of:
- The most common congenital heart defects
- The most common arrhythmias
- Hypertension

**Neurology and habilitation**

Good knowledge of:
- Normal psychomotor development
- Headache, migraine
- Differential diagnoses of seizures, including breath holding spells and vasovagal syncope ("affektkramper").
- Acute treatment of seizures
- Mental retardation – common causes
- Down’s syndrome

Some knowledge of:
- Microcephaly, hydrocephalus, cranial synostosis
- Epilepsy at different ages
- Cerebral palsy
- Myelomeningocele
- Common causes of impaired vision or hearing
- Duchenne’s muscle dystrophy
- Swedish health services supporting children with mental/motor disabilities
**Rheumatology / orthopedics**

Good knowledge of:
- Postinfectious arthritis
- Limping at different ages
- Developmental Dysplasia of the Hip (congenital hip dislocation)

Some knowledge of:
- Juvenile rheumatoid arthritis
- Kawasaki’s disease
- Henoch-Schönlein’s purpura
- Scoliosis

**Dermatology**

Good knowledge of:
- Common eczemas
- Diaper rash
- Warts, molluscum contagiosum, hemangiomas, impetigo

**Emergencies**

Good knowledge of:
- Acute diagnostic procedures and treatment of seizures, episodes of unconsciousness and episodes of apnea at different ages.
- Inhalation of foreign body
- Common intoxications
- Sudden infant death syndrome

Some knowledge of:
- Resuscitation after the neonatal period
- Snake bite (adder = vipera berus = "huggorm")
- Burns
- Preventing accidents involving children

**Specific goals: Forensic medicine**

**Certificates of medical evidence**

Good knowledge of:
- Evaluation and dating of injuries, and of their causes
- Content and wording of the certificate of medical evidence
- Specific aspects in cases of child abuse, domestic violence, sex crimes
- Definition and application of the legal term "life threatening injury/condition"

Some knowledge of:
- Organisation of forensic medicine in Sweden
- Role as an expert witness on behalf of prosecutor/defendant/court of law

**Management of deaths**

Good knowledge of:
- Examination of a dead body, including evaluation and dating of injuries
- How to differentiate natural vs unnatural deaths
- When to report a death to the law enforcement – and when not to
- Certification of death, including principles for assigning underlying, terminal and contributing cause of death

Some knowledge of:
- Investigation of scenes of crime
- Identification of deceased persons
Specific goals: Child and adolescent psychiatry (CAP)

Developmental- and family psychology
Good knowledge of:
“Normal psychological and developmental problems” in children and adolescents.

Some knowledge of:
General aspects of modern developmental theories, impact of family relations and network theories.

Epidemiological aspects of CAP disorders
Good knowledge of:
Risk and protective factors in mental health problems in children and adolescents.
Age and gender differences.

Some knowledge of:
The overall rates of clinically significant psychiatric disorders in children and adolescents.
Life span aspects of mental health problems

Assessments and diagnosis
Good knowledge of:
Principles of diagnostic routines for CAP disorders according to the DSM IV and/or ICD 10 system.
When developmental tests (e.g. WISC) can be useful and what information can be provided by that test.

Some knowledge of:
Different self report scales to measure competencies and problems

Developmental disorders
Good knowledge of:
Symptoms that are typical for Infantile Autism and Asperger syndrome in preschool and school children.

Some knowledge of:
Treatment methods for Infantile Autism and Asperger syndrome

Conduct and behavioural disorders
Good knowledge of:
Differential diagnostic aspects when children have out acting/externalised symptoms.
The characteristic symptoms and problems in ADHD/DAMP.
Oppositional defiant disorder and Conduct disorder.

Some knowledge of:
Treatment and preventive programs in conduct and behavioural disorders.

Affective, anxiety and posttraumatic stress disorders (PTSD)
Good knowledge of:
Symptoms of Mood disorders
Separation anxiety
Phobias and panic disorders and Post traumatic stress disorder
Psycho-biological theories in stress related mental health problems e.g. PTSD.

Some knowledge of:
Treatment models in Affective, anxiety and posttraumatic stress disorders (PTSD).
Psychotic disorders (Schizophrenic disorders, Manic/bipolar disorders)
Good knowledge of:
   Differences and similarities between psychotic disorders in young people and adults.
Some knowledge of:
   Treatment models in youth onset psychotic disorders.

Eating disorders
Good knowledge of:
   The typical symptoms and methods of early detection of Anorexia nervosa, Bulimia nervosa and Eating disorder NOS.
Some knowledge of:
   Treatment and preventive models in eating disorders

Child neglect and abuse
Good knowledge of:
   Mental health problems in children and adolescents who are victims of sexual and physical abuse, acts of war and/or general maltreatment.
   The legal aspects of child neglect and abuse.
   Some knowledge of Treatment and preventive programs in child neglect and abuse

Treatment methods in CAP
Good knowledge of:
   Psychopharmacological treatment in children and adolescents.
Some knowledge of:
   Family therapy, individual psychotherapy, network therapy and parental training programs.

Legal aspects of CAP
Good knowledge of:
   When the use of compulsory in-patient CAP care (LPT) is appropriate.
   How to apply for LPT.
   Differences between LPT and compulsory social care (LVU).
   Social laws that protect children’s rights.
   Laws concerning children with special needs.

Other areas
Good knowledge of:
   When and how to refer patients to CAP.