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Membership of College of Physicians & Surgeons Pakistan

OBSTETRICS & GYNAECOLOGY

Prospectus



COLLEGE OF
PHYSICIANS AND
SURGEONS
PAKISTAN

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The College of Physicians and Surgeons Pakistan

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e-mail to the CPSP at:

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Published: January, 2015

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ABOUT THE COLLEGE

The College was established in 1962 through an ordinance of the Federal Government. The objectives/ functions of the College include promoting specialist practice of Medicine, Surgery, Obstetrics & Gynaecology and other specialties by securing improvement of teaching and training, arranging postgraduate medical, surgical and other specialists training, holding and conducting examinations for awarding postgraduate degrees of the College, admission to the Fellowship of the College, and to provide for research.

Since its inception, the College has taken great strides in the direction of improving postgraduate medical and dental education in Pakistan. Structured training programs along with criteria for accreditation of training institutions, and for the appointment of supervisors and examiners have been developed. The format of examinations has evolved over the years to achieve objective and reliable methods of assessment. The recognition of the standards of College qualifications nationally and internationally, has enormously increased the number of trainees, and consequently the number of training institutions and the supervisors. This increasing demand coupled with advancement in medical sciences has gradually increased the number of fellowship disciplines to seventy two and of membership to **twenty two**.

The average number of candidates taking CPSP examinations each year is to a minimum of 25,000. The College conducts examinations for FCPS I (11 groups of disciplines), IMM, FCPS II (72 disciplines), MCPS (22 disciplines), including MCPS in HPE and MCPS in HCSM. A large number of Fellows and senior medical teachers from within the country and overseas are involved at various levels of examinations of the College.

To coordinate the training and examination, and to provide assistance to the candidates stationed at places other than Karachi; College has established 14 Regional Centers Including five Provincial Headquarter Centres in the country. The five Provincial Headquarter Centers in addition to organizing the capacity building workshops/short courses also have facilities of libraries and I.T.

It is important to note that in the overall scenario of health care delivery service, out of the total functioning and registered health care specialists in the country, over 85% have been provided by the CPSP. The College strives to continue its efforts in making its courses and training programs evidence and need based so as to meet international standards as well as to cater to the specialist healthcare needs not only for this country but also for the entire region.

Prof. Zafar Ullah Chaudhry
President
College of Physicians
and Surgeons Pakistan

INTRODUCTION

The College of Physicians and Surgeons Pakistan has always designed its postgraduate training programs keeping in consideration the national and international needs. In Pakistan attempts have been made to improve the health status of the people through availability of trained personnel, adequate supply of medicines and establishment of greater number of health facilities. However, much more needs to be done in this respect.

The main health related problems facing Pakistan are preventable communicable and non-communicable diseases, severe malnutrition and high incidence of birth resulting in high infant and maternal mortality. It is evident from the dismal health related statistics that efforts should be directed at improving healthcare facilities at the primary and secondary care levels. A need was therefore felt to train a group of mid level specialists who can provide quality services at these centers. The curriculum and training for MCPS have been developed to achieve this objective.

This booklet provides information to the trainees and supervisors regarding training requirements and assessment strategy for the MCPS in **Obstetrics & Gynaecology**.

MCPS EXAMINATION

The College conducts MCPS examination in the following 22 disciplines:

- | | |
|------------------------------|--|
| 1. Anaesthesiology | 13. Oral Surgery |
| 2. Clinical Pathology | 14. Orthodontics |
| 3. Community Medicine | 15. Otorhinolaryngology |
| 4. Dermatology | 16. Paediatrics |
| 5. Diagnostic Radiology | 17. Periodontology |
| 6. Family Dentistry | 18. Prosthodontics |
| 7. Family Medicine | 19. Psychiatry |
| 8. Forensic Medicine | 20. Pulmonology |
| 9. Military Medicine | 21. Health Professions Education (HPE) |
| 10. Obstetrics & Gynaecology | 22. Health Care Systems Management (HCSM) |
| 11. Operative Dentistry | |
| 12. Ophthalmology | |

GENERAL REGULATIONS

The following regulations apply to all candidates entering for MCPS examination:

Candidate will be admitted to the examination in the name (surname and other names) as given in the MBBS degree. CPSP will not entertain any application for change of name on the basis of marriage/ divorce / deed.

REGISTRATION AND SUPERVISION

All trainings must be supervised, and trainees are required to register with the RTMC within 30 days of the start of the training for MCPS. In case of delay in registration, the start of training will be considered from the date of receipt of application by the RTMC. Registration forms are available with RTMC and at the Regional Centers. They can also be downloaded from the CPSP Website. Training is compulsorily monitored by an approved supervisor who is a CPSP fellow or a specialist with relevant postgraduate qualifications and requisite experience, registered with the RTMC.

APPROVED TRAINING CENTRES

Training must be undertaken in units, departments and institutions approved by the College. A current list of approved institutions is available from the College and its Regional Centres as well as on the College website: www.cpsp.edu.pk

DURATION OF TRAINING

The duration of training for MCPS is two years; MCPS examination is taken on completion of the specified training and other requirements.

MANDATORY WORKSHOPS

All candidates will attend following Mandatory Workshops and present certificate of attendance before they can be allowed to take the MCPS examination:

1. Introduction to Computer and Internet
2. Primary Surgical Skills
3. Communication Skills
4. Basic Life Support (BLS)

ELIGIBILITY REQUIREMENTS FOR MCPS EXAMINATION

- MBBS or equivalent qualification registered with the PMDC.
- One year house job in an institution recognized by the CPSP.
- Registered with the Registration and Training Monitoring Cell (RTMC).
- Completed two years of post RTMC registered training under an approved supervisor in an institution recognized by the CPSP. A certificate of completion of training must be submitted, verifying that the training in the specified discipline for the required period has been undertaken.
- To have made regular entries and completed e-logbook.
- Submitted certificates of attendance of mandatory workshops.

EXAMINATION SCHEDULE

- The MCPS theory examination in **Obstetrics & Gynaecology** are held twice a year.
- Theory examinations are held in different cities of the country depending on the number of candidates at a center. Presently the centres are Abbottabad, Bahawalpur, Faisalabad, Hyderabad, Islamabad, Karachi, Lahore, Larkana, Nawabshah, Multan, **Peshawar and Quetta**. The College's decision to hold theory/clinical **examinations** depends on the number of candidates **in a city and candidates will be informed** accordingly.
- Clinical examination will held for those candidates who have qualified in theory.
- English **is** the medium of examination for the theory/practical/clinical and viva examinations.
- Any change in the centres, dates and format of the examination will be notified by the College before the examination.
- Each successful candidate in the MCPS examination shall be granted MCPS diploma after being elected by the College Council and payment of registration fee and other dues as per rules of the College.
- A competent authority appointed by the College has the power to debar any candidate from any examination if it is satisfied that such a candidate is not a fit person to take the College examination for using unfair means/misconduct or other disciplinary reasons.

EXAMINATION FEE

- Fee deposited for a particular examination shall not be carried over to the next examination in case of withdrawal/absence/exclusion.
- Application along with the prescribed examination fee and required documents should be submitted latest by the last date notified for the purpose before each examination.
- The details of examination fee and fee for change of centre, subject, etc. shall be notified before each examination.
- All fee are payable by bank draft/pay order made out to the "College of Physicians & Surgeons Pakistan". Personal cheques and postal orders are not accepted. However fee can be paid in cash at the accounts department of the CPSP at Karachi or at specified branches of UBL in most cities.

Refund of fee

- After submitting an application for examination, if a candidate decides not to appear, a written request for the same should be submitted up to the last date of the receipt of application. In such cases the refund is admissible to the extent of 75% of fee only. No request for refund will be accepted after the last date of receipt of the application.
- In case the application for examination of a candidate is rejected by the CPSP, 75% of the examination fee will be refunded, after deducting 25% as processing charges. No refund will be made, for fee paid for any other reason, e.g. late fee, change of centre/subject fee.

FORMAT OF EXAMINATION

The MCPS examination comprises of:

I. Theory:

| | | |
|----------|--|---------|
| Paper I | 10 SAQs | 3 hours |
| Paper II | 100 MCQs <i>75 Single Best MCQs and 25 EMQs</i> | 3 hours |

II. Clinical:

- 02 Long cases
One each of Obstetrics & Gynaecology
- TOACS
15 Stations 7 minutes each
09 Obstetrics
06 Gynaecology

TRAINING PROGRAMME

Objectives of the training programme

At the end of the training for MCPS in Obstetrics & Gynaecology the candidate shall be able to:

- Manage correctly pregnant women from conception to post natal period which includes:
 - Counselling individuals in the preconception period.
 - Examining the pregnant women correctly and skillfully at appropriate intervals.
 - **Counseling for breast feeding.**
 - Detecting pre-existing problems in pregnant women e.g. heart disease, diabetes etc.
 - **Detailed knowledge of health status of mothers and neonates in Pakistan.**
 - **Knowledge of Millenium Development Goals (MDGs) 4 & 5, and Pakistanis progress towards them.**
 - Detecting and treating any complications occurring during the course of pregnancy which may be hazardous to the health of the mother or child.
 - Conducting the delivery at the most appropriate time and by the most appropriate method keeping in view the best interests of both mother and child.
 - Dealing with the problems of mother and child occurring in the post natal period.
 - Advising mothers regarding child spacing and family limitation, **postpartum and post abortion family planing including PPIUCD.**
 - Understanding the issues of nutrition, adolescence child abuse and domestic violence and take appropriate actions where indicated.

- Manage cases with symptoms relating to the female genital tract by:
 - Obtaining pertinent history.
 - Performing physical examination correctly and skillfully.
 - Requesting appropriate investigations.
 - Interpreting the results of investigations correctly.
 - Distinguishing those that require medical treatment from those requiring surgical treatment.
 - Performing those surgical procedures competently which an MCPS in Obstetrics & Gynaecology is expected to perform. (see overleaf).
 - Dealing with complications that may arise during or following treatment and especially acute obstetrical emergencies.
 - Asking for the advice of other specialists whenever necessary.
 - Advising patients post treatment.
- Distinguish between those patients that can be managed personally from those requiring referral.
- Refer patients who need services of other health professionals.
- Collaborate with other health care workers as a member of the team and when required act as a capable leader of a health care team.
- Maintain up to date records of all patients.

Procedures

An MCPS in Obstetrics & Gynaecology is expected to be competent to perform the following procedures independently.

Gynaecological

Evacuation of the products of conception.
Suction evacuation of uterus - **manual & electronic**
Dilatation and curettage (diagnostic).
Cauterization.
Polypectomy and cervical biopsy.
Marsupialization of Bartholin's cyst.
Mini laparotomy (tubal ligation).
Hysterosalpingography.
Take smears for cytology.
Insert ring pessaries.
Insert intra uterine contraceptive devices/**implants**.
Laparotomy for ectopic pregnancies & ovarian tumors
Abdominal hysterectomy for benign condition

Obstetrical

Medical induction of labour
Artificial rupture of membranes
Pudendal block
Normal delivery
Outlet forceps delivery
Vacuum extraction
Management of shoulder dystocia
Assisted breech delivery
Twin delivery
Repair of perineal tears / episiotomy

Lower segment caesarean section
Repair of ruptured uterus
Application of B-Lynch suture
Obstetric hysterectomy
Manual removal of placenta.
Resuscitation of the new born.
Post partum tubal ligation.

SYLLABUS

The outline of various topics given in this syllabus is a guide to what at the moment are considered to be important topics which the candidate is expected to know. This is to help both the candidate and the examiner in defining the minimum boundaries of MCPS examination.

Anatomy

Female genital tract: vulva, vagina, uterus, fallopian tubes, ovaries, broad ligament, pelvic cellular tissues, pelvic musculature, pelvic blood vessels, lymphatic system, nerve supply.

Bony pelvis: normal and abnormal.

Foetal skull.

Breast.

Physiology

The student should have general knowledge of applied Physiology with particular emphasis on physiology of menstruation, conception, pregnancy, lactation, endocrinology and Cardiovascular system.

General Pathology

Basic principles of inflammation, coagulation, thrombosis and embolism, derangements of body fluids, neoplasia, deficiency diseases, anaemia, haemorrhage, shock, bacterial, fungal and viral diseases.

Pharmacology

Knowledge of medicines used in conditions relating to Obstetrics & Gynaecology.

Knowledge of special considerations about use of drugs in:
- Pregnant women

- Mothers of breast-fed babies

Gynaecology

Normal anatomy of the female genital tract and congenital malformations. Diseases of vulva, vagina, cervix, body of the uterus, fallopian tubes and ovaries, both benign and malignant. Displacements of the uterus and uterovaginal prolapse. Infections and injuries of the female genital tract.

Complications of early pregnancy e.g. abortions, ectopic pregnancy and trophoblastic disease. Endometriosis and adenomyosis. Gynaecological endocrinology. Adolescent gynaecology. Infertility and contraception. Disorders of menstruation. Urinary Problems.

Gynaecological operations and principles of endoscopies and cytopathology, principles of chemotherapy and radiotherapy in Gynaecological cancers. Diagnosis of Gynaecological cancer.

Obstetrics

Antenatal care

Risk Scoring

- Obstetrical complications of pregnancy e.g. multiple pregnancy, hydramnios, PET, eclampsia, IUD, malpresentation, prematurity, postmaturity, obstetrical haemorrhage.
- Basic obstetric ultrasound scanning.
- Non obstetrical complications of pregnancy e.g. Rh incompatibility, cardiac disease, diabetes mellitus, anaemia, jaundice, other medical and surgical diseases, including **dengue fever**.
- Normal labour, preterm labour, intrapartum monitoring, induction of labour, complications including malpresentations, prolonged labour and disproportion.
- Postpartum haemorrhage and other third stage

complications.

- Use of misoprostol for prevention of PPH, dosage according to FIGO recommendation.
- Normal and abnormal puerperium, obstetric procedures, breast disorders (inverted and cracked nipples, breast engorgement, breast abscess) resuscitation of the newborn, neonatal jaundice, Respiratory Distress Syndrome (RDS), care of low birth weight neonate.

Emergency Obstetric Care (EMOC), both basic and comprehensive. National(Pak) indicators for maternal and child health.

Women's rights to reproductive & sexual Health (WRRSH), Ethics, medicolegal issues.

Clinical skills

The clinical skills which a specialist must have are varied and complex. Complete list will be very long and is not considered necessary for organizing a training programme. Some examples which are a sub-sample of the whole, follow. These are to be taken as guidelines rather than definitive requirements.

Key to competency levels in clinical skills:

1. Observer status
2. Assistant status
3. Performed under direct supervision
4. Performed independently

A candidate is expected to attain the given level of competence by the end of each year as follows:

OBSTETRICS

A. Antenatal (OPD and ward)

| | Level of competence | | | |
|---|---------------------|-----------|-----------|-------------------|
| | 6 mth | 12 mth | 24 mth | minimum number |
| Eliciting pertinent history | 4 | 4 | 4 | 200 |
| Performing physical examination | 3 | 4 | 4 | 200 |
| Requesting appropriate investigations | 3 | 3 | 4 | 200 |
| Interpreting the results of investigations | 3 | 3 | 4 | 100 |
| Deciding and implementing appropriate treatment | 2 | 3 | 4 | 100 |
| Managing immediate complications | 2 | 3 | 4 | 50 |
| Maintaining follow up | 3 | 4 | 4 | 100 |
| Using ultrasound (basic) | 1 | 2 | 3 | 50 |
| Foetal monitoring (including 25 CTG) | 3 | 3 | 4 | 100 |

B. Intrapartum (labour room)

| | Level of competence | | | |
|--|---------------------|-----------|-----------|-------------------|
| | 6 mth | 12 mth | 24 mth | minimum number |
| Assessment on admission | 2 | 3 | 4 | 200 |
| Induction of labour | 2 | 3 | 4 | 30 |
| Management of normal labour | 3 | 4 | 4 | 100 |
| Performing and repairing episiotomy | 3 | 4 | 4 | 30 |
| Repair of vaginal and perineal tears (including 3rd degree tears) | 2 | 3 | 4 | 10 |
| Repair of cervical tears | 1 | 2 | 3 | - |
| Immediate management of post partum haemorrhage | 2 | 3 | 4 | 10 |
| Outlet forceps delivery | 2 | 3 | 4 | 5 |
| Vacuum extraction | 2 | 3 | 4 | 5 |
| Caesarian section | 2 | 3 | 4 | 20 |
| Repair of ruptured uterus* | 1 | 1 | 2 | - |
| Obstetric hysterectomy* | 1 | 1 | 2 | - |
| Correction of inverted uterus (acute)* | 1 | 1 | 2 | - |

* The candidates should be rotated through other institutions if required

C. Postnatal

| | Level of competence | | | |
|-----------------------------|---------------------|-----------|-----------|-------------------|
| | 6 mth | 12 mth | 24 mth | minimum number |
| Resuscitation of neonate | 3 | 4 | 4 | 50 |
| Examination of neonate | 3 | 4 | 4 | 50 |
| Contraception advice | 3 | 4 | 4 | 50 |
| Insertion of IUCD PPIUCD | 2 | 4 | 4 | 10 |

Counseling for breast feeding

GYNAECOLOGY

A. Gynaecology (OPD and ward)

| | Level of competence | | | |
|--|---------------------|-----------|-----------|-------------------|
| | 6 mth | 12 mth | 24 mth | minimum number |
| Eliciting pertinent history | 3 | 4 | 4 | 50 |
| Performing physical examination | 3 | 4 | 4 | 50 |
| Requesting appropriate investigations | 3 | 4 | 4 | 50 |
| Interpreting the results of investigations | 2 | 4 | 4 | 30 |
| Deciding and implementing appropriate treatment | 2 | 4 | 4 | 20 |
| Managing immediate complications | 2 | 4 | 4 | 30 |
| Maintaining follow up | 3 | 4 | 4 | 50 |
| Taking Pap smear | 3 | 4 | 4 | 20 |
| Arranging assessment by an anaesthetist | 3 | 4 | 4 | 30 |
| Preoperative preparation of patients | 3 | 4 | 4 | 30 |
| Inserting ring pessaries | 2 | 4 | 4 | 02 |
| Hysterosalpingography (injection of dye) | 2 | 4 | 4 | 02 |
| Cauterization of cervix/cryosurgery | 2 | 4 | 4 | 02 |

B. Operative skills

B1 - General skills

| | Level of competence | | | |
|--------------------------------------|---------------------|-----------|-----------|-------------------|
| | 6 mth | 12 mth | 24 mth | minimum number |
| Scrubbing | 4 | 4 | 4 | 30 |
| Preoperative preparation of patients | 4 | 4 | 4 | 30 |
| Opening and closing abdomen | 2 | 4 | 4 | 15 |

B2 - Operations

| | Level of competence | | | |
|---|---------------------|-----------|-----------|-------------------|
| | 6 mth | 12 mth | 24 mth | minimum number |
| Evacuation of retained products of conception | 3 | 4 | 4 | 05 |
| Dilatation and curettage | 3 | 4 | 4 | 05 |
| Cervical biopsy | 2 | 4 | 4 | 02 |
| Polypectomy | 2 | 4 | 4 | 02 |
| Marsupialization / drainage of Bartholin's cyst | 1 | 2 | 4 | 01 |
| Mini laparotomy (for tubal ligation) | 2 | 3 | 4 | 01 |
| Post partum tubal ligation at C-section | 2 | 4 | 4 | 03 |
| Laparotomy for ectopic pregnancy | 2 | 3 | 4 | 02 |

E-LOGBOOK

The CPSP council has made e-logbook mandatory for all residency program trainees, including membership, inducted from July 2011 onwards. Upon registration with RTMC each trainee is allotted a registration number and a password to log on to the e-logbook on the CPSP website. The trainee is required to enter all work performed and the academic activities undertaken in the e-logbook on daily basis. The concerned supervisor is required to verify the entries made by the trainee. This system ensures timely entries by the trainee and prompt verification by the supervisor. It also helps in monitoring the progress of trainees and vigilance of supervisors.

The College reserves the right to alter/amend any rules / regulations. Any decision taken by the College on the interpretation of these regulations will be binding

USEFUL ADDRESSES AND TELEPHONE NUMBERS

on the applicant.

1. Regional Offices of the CPSP

MUZAFFARABAD

CMH Muzaffarabad
Azad Kashmir
TEL: 05822-920998
Email: rc_muzaffarabad@csp.edu.pk

ABBOTTABAD

Ayub Hospital Complex
Abbottabad
TEL: 0992-383330
Email: rc_abbottabad@csp.edu.pk

PESHAWAR

Hayatabad Medical Complex
Phase IV, Hayatabad,
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UAN: 091-111-666-666
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Email: rc_peshawar@csp.edu.pk

ISLAMABAD

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Faisalabad
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Email: rc_faisalabad@csp.edu.pk

LAHORE

Next to INMOL, Hospital
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Lahore.
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Email: rc_lahore@csp.edu.pk

MULTAN

Nishtar Medical College,
Distt. Jail Road, Opp Circuit House,
Multan.
UAN: 061-111-666-666
TEL: 061-9200946, 9200952
Email: rc_multan@csp.edu.pk

BAHAWALPUR

Quaid-e-Azam Medical College
Bahawalpur
TEL: 062-9250461
Email: rc_bahawalpur@csp.edu.pk

NAWABSHAH

Peoples Medical College for Girls
Nawabshah
TEL: 0244-9370271, 9370479
FAX: 0244-9370471
Email: rc_nawabshah@csp.edu.pk

LARKANA

Chandka Medical College
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HYDERABAD

Adjacent to Sir Cowasji Jehangir
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TEL: 022-2114556
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QUETTA

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KARACHI**2. Departments of CPSP Karachi**

UAN – 021-111-606-606

- **Department of Medical Education**
99207100 -10 Ext: 235/240
- **Examination (FCPS Part I)**
99207100 -10 Ext: 311
- **Examination (FCPS Part II)**
99207100 -10 Ext: 215
- **Registration, Training & Monitoring Cell**
99207100 -10 Ext: 345 & 324

For further Information:
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OVERSEAS CPSP CENTRES**3. Saudi Arabia****RIYADH**

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4. Nepal**KATHMANDU**

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