

OB/GYN REMOTE LEARNING PLAN

Course Director: Amy Bryant: amy_bryant@med.unc.edu

Dear Students,

We are certainly living in an unprecedented moment. It is hard to imagine that you have been pulled from your clinical duties due to a global pandemic! But despite the chaos and confinement you are in the midst of, I hope that you will enjoy learning as much as possible about Ob/Gyn over the next 10 days or so.

Attached are **8 modules**, some longer than others. I believe it will take a fair amount of time to get through each module. The idea is to do at least one a day, though I encourage you to pace yourself and to use the resources that best speak to your learning style.

We will send out worksheets that correspond to a topic or two each day to help with your learning.

You will also be required to complete ALL of the uWise modules (instead of just 20). You will have up until the time of the exam to complete those.

The Learning Modules below can be completed as follows:

	Thurs 3/19	Fri 3/20	Mon 3/23	Tues 3/24	Wed 3/25	Thurs 3/26	Fri 3/27
AM	Module 1	Module 3	Module 4	Module 5	Module 6	Module 7	Module 8
PM	Module 2				Chair's Rounds Ob Rounds Course Director Rounds		

You are welcome to spread these out further over the next 10 days, *but you are required to participate in the Wed afternoon Rounds, and attendance will be taken.* Please also be sure to review the cases for those rounds (keeping up with the modules, you should be fine).

Please note that Charlotte and Wake students will also participate in Wednesday afternoon rounds. Phong will send out WebEx links for each of the 3 meetings, and they will be posted in Sakai. *Charlotte students, you will also receive additional information from Dr. Teming.*

I hope that most of this is straightforward and you will be able to get through this material. It will put you in great shape for your NBME exam!

Please contact me via email amy_bryant@med.unc.edu or text or call at 410-258-9675.

Or Lorene.temming@atriumhealth.org or text or call 919-619-1195

Best of luck to you all at this highly unusual time. We will keep you up to date as new information arises.

Amy Bryant Lorene Temming

Resources for these Learning Modules:

- Beckmann and Ling *Obstetrics and Gynecology, 6th Edition* (on Sakai as a PDF)
- Case Files (CF). Can be accessed through the [Health Sciences Library](#). You must create a free profile and use the UNC institutional access
- APGO topic videos. Available on Youtube
(https://www.youtube.com/playlist?list=PLY35JKgvOASnHHXni4mjXX9kwVA_YMDpq)
- Apgo basic science videos . Available on Youtube
(https://www.youtube.com/playlist?list=PLY35JKgvOASI_S17QZjQZhRHlwPRq9Xqg)
- Flame powerpoints (<https://www.flame.rocks/obgyn-lecs.html>)
- CREOGs over coffee. You must create a free [PodBean Account](#) (<https://creogsovercoffee.com/>)
- Innovating-Education in Reproductive Health website <https://www.innovating-education.org/>
- UWISE topic questions for each subject area
- SurgeryU
 - In order to obtain free access(for all trainees including medical students and faculty) please just click this link and complete your profile: <https://aagl.org/resident>
 - Once you have access to SurgeryU, please watch this 15 minute tutorial to familiarize yourself with the site and all of its functionalities (i.e. creating and sharing playlists, etc.).
 - Link: <https://surgeryu.com/detail/4809>

Additionally, IF you have not seen a hysterectomy, please watch “Total Laparoscopic hysterectomy for the large fibroid uterus” and “ Total vaginal hysterectomy with morcellation: On Surgery U (see above)

IF you have not done Ob or seen a vaginal delivery, please watch a recently created sim video on vaginal delivery, presented at APGO/CREOG this year from our resident/generalist and starring some students:
<https://www.youtube.com/watch?v=RmIX09iccUA>

For preparation to be in the OR, please watch (and enjoy seeing perhaps some familiar faces!):
<https://www.youtube.com/watch?v=cbv-hFh6CsA&t=>

To keep up to date on issues with Ob/Gyn and Covid-19, please read this ACOG Practice Advisory:

<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2020/03/novel-coronavirus-2019>

And here is a **resource for oral presentations**: <https://www.studentdoctor.net/2018/06/28/oral-case-presentation/>

Module 1: Obstetrics – Prenatal Care Basics

Beckman Chapters: 5, 6, 7, 13, 23, 36

CF 28: Prenatal care

- Apgo topic videos: [8](#), [9](#), [10](#)
- Apgo basic science videos [10](#), [16](#)
- Flame: [The ObGyn History](#), [Immunizations](#), [Anatomy and Physiology of Pregnancy](#), [Respiratory Physiology](#), [Dating a Pregnancy](#)
- CREOGS Over Coffee: [Physiology 1](#), [Physiology 2](#)

CF 7: Serum screening

- Apgo basic science videos: [5](#)
- Practice Bulletin: [Screening for Fetal Aneuploidy](#)
- CREOGs Over Coffee: [Genetic Testing and Screening](#)

CF 2: Anemia

- Practice Bulletin: [Anemia in Pregnancy](#)

CF 4: Twins

- Apgo topic videos [20](#)
- Apgo basic science videos [21](#)
- Flame: [Diagnosing Multiples](#), [Management of Multiples](#)

Module 2: Benign GYN

Beckman Chapters: 19, 26, 27, 37, 43

CF 44: Contraception

- Apgo topic videos [33](#)
- Apgo basic science videos [6](#), [18](#), [23](#)
- Flame: [The Normal Menstrual Cycle](#), [Ovulation](#), [OCPs](#), [Nuvaring](#), [The Patch](#), [Depo](#), [Nexplanon](#), [Hormonal IUD](#), [Copper IUD](#), [Barrier Methods](#), [Emergency Contraception](#), [Vasectomy](#), [Surgical Abortion](#)
- Innovating-education videos [Contraception 101](#), [Case video](#), [LARC](#), [LARC Insertion and Removal Series](#)
- CREOGs Over Coffee: [The Menstrual Cycle](#), [Emergency Contraception](#), [LARCs](#)

CF 42: Missed abortion

- Apgo topic videos [16](#)
- Flame: [Causes of Spontaneous Abortion](#), [Management of Spontaneous Abortion](#)
- Innovating-education videos [Early Pregnancy Loss \(uterine evacuation, medical and expectant management videos\)](#)

CF 45: Septic abortion

- Apgo topic videos [34](#)
- Innovating-education videos [Early Pregnancy Loss \(uterine evacuation, medical and expectant management videos\)](#)

CF 43 Ectopic pregnancy

- Apgo topic videos [15](#)
- Apgo basic science videos [9](#), [4](#)
- Flame: [1st Trimester Bleeding](#), [Diagnosis](#), [Med Management](#), [Surgical Management](#)
- CREOGs Over Coffee: [Early Pregnancy of Unknown Location](#)

CF 41: Fibroids

- Apgo topic videos [45](#), [46](#), [53](#)
- Apgo basic science videos [8](#)
- Flame: [Uterine Fibroids](#), [Primary Dysmenorrhea](#)

CF 31: Sexual assault

- Flame: [Domestic Violence](#)
- CREOGs Over Coffee: [IPV and Gun Violence](#)

CF 37: Chronic pelvic pain

- Apgo topic videos [39](#)
- CREOGs Over Coffee: [Chronic Pelvic Pain](#)

Module 3: Pregnancy complications

Beckman Chapters: 14, 15, 16, 17, 18, 20, 21, 22, 25

CF 27: Diabetes

- Apgo basic science videos [11](#)
- Flame: [GDM Epidemiology/Screening](#), [Antepartum Management](#), [Intra/Postpartum Management](#), [Complications](#)
- CREOGs Over Coffee: [GDM1](#), [GDM2](#), [GDM3](#)

CF 21: Thyroid disease

- Flame: [Thyroid Physiology](#), [Hyperthyroidism](#), [Hypothyroidism](#)

CF 16: Preeclampsia

- Apgo topic videos [18](#)
- Apgo basic science videos [14](#)
- Flame: [Chronic HTN](#), [Diagnosis of Pre-E](#), [Management of Pre-E](#), [Eclampsia](#)

CF 15: PE in pregnancy

- Practice Bulletin: [Thromboembolism in Pregnancy](#)

CF 14: Cholestasis

CF 13: Abdominal pain in pregnancy

CF 23: Pyelonephritis

- Flame: [UTI/Pyelo in Pregnancy](#)

CF 17: Preterm labor

- Apgo topic videos [24](#)
- Flame: [Outpatient Antenatal Testing](#), [Ruling Out Preterm Labor](#)
- CREOGs Over Coffee: [Preterm Labor and PPROM](#), [Preventing Preterm Birth](#)

CF 18: Preterm premature rupture of membranes

- Apgo topic videos [25](#)
- Flame: [Management of PPROM](#)

CF 10: Placenta previa

- Apgo topic videos [23](#)
- Apgo basic science videos [2](#)

CF 8: Vasa previa

- Apgo topic videos [23](#)

CF 11: Placental abruption

- Apgo topic videos [23](#)

CF 22: Intrauterine growth restriction

- Apgo topic videos [31](#)
- CREOGs Over Coffee: [Fetal Growth Restriction](#)

Module 4: Gyn specialties Part 1 (Onc and Urogyn)

Beckman Chapters: 30, 34, 39, 44, 45, 46, 47, 48, 49, 50

CF 59: Ovarian cancer

- Apgo topic videos [55](#)
- Apgo basic science videos [22](#)
- Flame: [Postmenopausal Adnexal Mass, Ovarian Cancer](#)
- CREOGs Over Coffee: [Adnexal Masses 1](#), [Adnexal Masses 2](#), [Adnexal Masses 3](#), [Adnexal Masses 4](#)

CF 58: Cervical cancer

- Apgo topic videos [52](#)
- Apgo basic science videos [1](#)
- CREOGs Over Coffee: [Abnormal Pap Smear, Cervical Cancer Screening/Prevention](#)

CF 57: Post-menopausal bleeding

- Apgo topic videos [54](#)
- Apgo basic science videos [3](#)
- Flame: [Endometrial Cancer](#)
- CREOGs Over Coffee: [Abnormal Uterine Bleeding, Endometrial Cancer](#)

CF 60: Vulvar disease

- Apgo topic videos [51](#)
- CREOGs Over Coffee: [Vulvovaginal Itching](#)

CF 53: Hirsutism

- Apgo topic videos [44](#)
- Apgo basic science videos [13](#)
- Flame: [Premenopausal Adnexal Mass](#)

CF 40: UTI

- Apgo topic videos [36](#)
- Flame: [UTI/Pyelo in Non-Pregnant Women](#)
- CREOGs Over Coffee: [Asymptomatic Bacteriuria, UTI, and Pyelo](#)

CF 35: Stress urinary incontinence

- Apgo basic science videos [29](#)
- Flame: [Stress Urinary Incontinence, Urgency Incontinence](#)
- CREOGs Over Coffee: [Urinary Incontinence](#)

CF 33: Pelvic organ prolapse

- Apgo topic videos [37](#)
- Apgo basic science videos [24](#)
- CREOGs Over Coffee: [Prolapse](#)

Gestational trophoblastic disease

- Apgo topic videos [50](#)
- Apgo basic science videos [19](#)
- CREOGs Over Coffee: [Gestational Trophoblastic Disease](#)

Module 5: Gyn specialties Part 2 (Menopause and REI)

Beckman Chapters: 31, 32, 35, 38, 40, 41, 42

CF 30: Menopause

- Apgo topic videos [47](#)
- Apgo basic science videos [17](#)
- CREOGs Over Coffee: [Vasomotor Symptoms 1](#), [Vasomotor Symptoms 2](#), [Diagnosis and Non-Hormonal Therapy](#), [Hormone-Replacement Therapy](#)

CF 29: Postmenopausal health maintenance

- Apgo topic videos [1](#), [7](#)

CF 52: PCOS

- Apgo topic videos [44](#)
- Apgo basic science videos [13](#)
- Flame: [Diagnosis of PCOS](#), [Treatment of PCOS](#)
- CREOGs Over Coffee: [PCOS](#)

CF 56: Infertility

- Apgo topic videos [38](#), [48](#)
- Flame: [Endometriosis](#), [Male Infertility](#), [Female Infertility](#)
- CREOGs Over Coffee: [The Initial Infertility Work Up](#), [Infertility Treatment](#)

CF 55: Primary amenorrhea

- Apgo topic videos [43](#)
- CREOGs Over Coffee: [Primary Amenorrhea](#)

CF 49: Secondary amenorrhea

- Apgo topic videos [43](#)
- CREOGs Over Coffee: [Secondary Amenorrhea](#)

CF 51: Postpartum amenorrhea

CF 59: Gonadal dysgenesis

- Apgo topic videos [42](#)
- Apgo basic science videos [20](#)
- Flame: [Precocious Puberty](#)

CF 54: Delayed puberty

- Apgo topic videos [42](#)

Module 6: Labor, delivery and postpartum

Beckman Chapters: 8, 9, 10, 11, 12

CF 1: Labor

- Apgo topic videos [11](#)
- Apgo basic science videos [25](#)
- Flame: [1st and 2nd Stages of Labor](#), [TOLAC](#)
- CREOGs Over Coffee: [GBS](#), [The Evidence Based C-Section](#)

CF 5: Fetal bradycardia

- Apgo topic videos [26](#)
- Flame: [FHR Tracings](#), [NST and CST](#), [Inpatient FHR Monitoring](#)
- CREOGs Over Coffee: [EFM 1](#), [EFM 2](#)

CF 4: Shoulder dystocia

- Apgo topic videos [22](#)
- Flame: [3rd and 4th Stages of Labor](#)

CF 3: Uterine inversion

- Flame: [3rd and 4th Stages of Labor](#)

CF 6: PPH

- Apgo topic videos [27](#)
- Apgo basic science videos [12](#), [30](#)
- Flame: [Evaluation of PPH](#), [Management of PPH](#)
- CREOGs Over Coffee: [Postpartum Hemorrhage](#)

CF 12: Abnormal placentation

- Apgo basic science videos [2](#)

CF 26: Mastitis

- Apgo topic videos [13](#), [14](#)
- Apgo basic science videos [15](#)
- Flame: [Evaluation of Nipple Discharge](#)
- CREOGs Over Coffee: [Breastfeeding 1](#), [Breastfeeding 2](#)

#Postpartum depression

- Apgo topic videos [29](#)
- Apgo basic science videos [26](#)
- Flame: [Depression](#), [Anxiety](#), [Postpartum Depression](#)

#Postterm pregnancy

- Apgo topic videos [30](#)

Module 7: Breast disease and post-op complications

Beckman Chapters: 33, 34

CF 48: Abnormal mammogram

- Apgo topic videos [40](#)
- Apgo basic science videos [7](#)
- Flame: [Breast Cancer](#)

CF 47: Breast mass

- Apgo topic videos [40](#)
- Apgo basic science videos [7](#)
- Flame: [Breast Exam](#), [Evaluation of Breast Masses](#)
- CREOGs over Coffee: [Breast Cancer](#)

CF 46: Breast fibroadenoma

- Apgo basic science videos [7](#)
- CREOGs Over Coffee: [Benign Breast Disease](#)

CF 50: Galactorrhea

- Flame: [Hyperprolactinemia](#)

CF 32: Ureteral injury

- CREOGs Over Coffee: [Perioperative Care](#), [Antibiotics in Gyn Surgery](#)

CF 34: Fascial dehiscence

CF 24: Necrotizing fasciitis

- Apgo topic videos [28](#)

CF 25: Postpartum endometritis

- CREOGs Over Coffee: [Chorioamnionitis and Endometritis](#)

Module 8: ID and More on Ob/gyn

Beckman Chapters: 24, 28, 29

CF 9: HSV

- Flame: [Genital Warts](#)
- CREOGs Over Coffee: [Genital Herpes](#)

CF 19: Parvovirus

- Flame: [Parvovirus Infection](#)

CF 20: Chlamydia and HIV

- Apgo topic videos [3](#), [36](#)
- Apgo basic science videos [27](#)
- Flame: [STI Screening/Prevention](#)
- CREOGs Over Coffee: [Gonorrhea/Chlamydia](#), [HIV \(Pregnancy\)](#), [HIV \(Non-Pregnant\)](#)
- Innovating-Education: [Counseling for HIV and Delivering Positive Results](#)

CF 36: PID

- Apgo basic science videos [27](#)
- Flame: [Pelvic Inflammatory Disease](#)
- CREOGs Over Coffee: [Pelvic Inflammatory Disease](#)

CF 38: Bacterial vaginosis

- Apgo topic videos [35](#)
- Apgo basic science videos [27](#)
- Flame: [Evaluation of Vaginal Discharge](#)

CF 39: Syphilis

- Apgo basic science videos [27](#)
- Flame: [Syphilis](#)
- CREOGs Over Coffee: [Syphilis](#)

#Sepsis:

- CREOGs Over Coffee: [Sepsis in the Ob/Gyn Patient](#)

#LGBTQ Essentials

- Innovating-Education [LGBTQ Essentials](#)