



- *Diploma in Community Gynaecology,  
Hong Kong College of Obstetricians and  
Gynaecologists*
- *DCG(HKCOG)*
- 社區婦科文憑(香港婦產科學院)

## **Aims**

- To promote the practice of community gynaecology among primary care doctors and bridge the gap between primary and secondary care
- Improve the knowledge and skills of O&G trainees in Community Gynaecology and make Community Gynaecology training part of the overall training for gynaecology specialist

# **Content of the Community Gynaecology Training**

Training and development will require the acquisition of knowledge, attitudes and clinical competencies in the following areas.

## **1. *General Gynaecology***

- understand the role of the doctor in general practice in health education and preventive measures with regard to gynaecological diseases.
- understand the importance of prevention and health maintenance in women, and to be able to organize and analyze one's practice to provide proper screening and anticipatory counseling for women of different age-groups.
- understand the importance of and to acquire good communication skills in the education and counseling of female patients (who are usually the principal carer of the health of other family members)
- be able to take a gynaecological history, carry out a full and appropriate gynaecological examination and conduct relevant investigations on patients.
- understand the physical disorders due to congenital abnormalities of the female genital tract.
- be able to advise, investigate and manage patients complaining of infertility in the general practice setting.
- be able to manage common types of abortions in general practice including diagnosis, emergency treatment and after-care.
- understand the management of common menstrual disorders and the steps required to diagnose benign lesions of the genital tract and the principles regarding their management.
- know the steps required for the detection of pre-malignant lesion of the cervix, the diagnosis of invasive neoplasia of the genital tract, and the general practitioner's role in the management of terminal cancer.
- understand the physiology and management of the menopause.
- understand the diagnosis and management of urinary tract disorders and of genital prolapse.
- understand the diagnosis and management of patients suffering from vaginal discharges, infections of the genital tract and common vulval lesions.
- understand sexually transmitted diseases and their treatment and control.

## **2. *Sexual and Reproductive Health including family planning***

- acceptability of contraception.
- choice of method and discussion of risks and benefits.
- all available contraceptive methods; necessary technical skills and management of associated complications including resuscitation.
- male and female sterilization,
- abortion; counseling, legal aspects, techniques.
- sexually transmitted diseases.
- family planning services; organization and administration (community, general practice, domiciliary and hospital).
- well-woman care.
- understand common breast problem and be able to refer appropriately to specialists.
- understand the principles involved in counseling patients with psycho-sexual problems.
- be able to give sexual and reproductive health education for non-medical agencies (e.g. sex and relationship education for school and youth groups)

## **3. *Family Health***

- understand the importance of holistic, bio-psycho-social and family-oriented approach in Women's Health.
- understand the marital and family counseling as well as family therapy
- understand the provision and organization of services for community gynaecology (e.g. Maternal and Child Health service, Family planning services, abortion services, screening services, well woman services, other related professional and voluntary agencies services.) and be able to refer appropriately to specialists and utilize available community resources for the care of women patients and their family

## **4. *Life Style related and others***

- understand and able to assess the risk factors, unhealthy lifestyles and practices, over and underweight and concerns about Women's Health.
- understand the multidisciplinary approach in Women's Health

## Community Gynaecology Programme

A minimum of twelve month attachment to a recognized MRCOG/MHKCOG training unit. All recognized MRCOG/MHKCOG training units are training centres for Community Gynaecology.

The training programme consists of three parts:

1. Out-reached Community based attachment programme
2. Clinical Teaching
3. Seminars / Lectures/ Education / Tutorial

### 1. *Out-reached Community based attachment programme*

Aim: to understand the practice of the gynaecology related service in the community.

#### Visits to centres that provide services related to Community Gynaecology:

These visits would be organized by the DCG Sub-committee of the College.

### 2. *Clinical Teaching with Log book*

**Each trainee will be attached to one of the training unit and clinical teaching will be conducted under supervision by recognized supervisors**

#### a) **Gynaecology clinic: under supervision by recognized supervisors**

**Recommended Number of cases / sessions : 660 cases or roughly 83 sessions**

Topics	Cases	Places
Vaginal discharge	80	HA
Menstrual disorder cases (amenorrhoea, oligomenorrhoea, irregular menstruation, postmenopausal bleeding)	160	HA
Pain management (dysmenorrhoea / chronic pelvic pain)	80	HA
Gynaecology Endocrine cases (hyperprolactinemia, PCOS)	40	HA
Pelvic mass (fibroid / ovarian cyst)	80	HA
Infertility (include Primary and secondary management)	40	HA/FPA
First trimester pregnancy complications including at least 5 cases of termination of pregnancy counseling and 5 cases of missed abortion	40	HA / FPA
Urinary incontinence	40	HA
Adolescent gynaecology	20	HA
Breast feeding advice	80	HA / CNS/DH
Total	660	

**b) Sexual and Reproductive Health including family planning : fulfill the number of cases or sessions (about 23 sessions )**

Topics	Cases	Session	Places
Family Planning (request for contraception and sterilization)		8	FPA / MCH
Breast clinic	50	6	HA surgical clinic / FPA
Peri menopausal symptoms management	40	5	HA/Well Women clinic/FPA
Sexually transmitted disease	8	2	HA/Dept. of Health
Well Women clinic		2	Well women clinic/FPA
Total		23	

**c) Family Health: a minimum of 3 area with 6 sessions**

**Suggested topic and place for attachment**

Topics	Place
Post-partum depression	HA psychiatric clinic
Domestic violence, Family relationship (marital, in-laws), Social welfare support for vulnerable families	e.g. 香港明愛家庭服務
Pre-marital / pre-pregnancy counseling clinic including postnatal clinic	FPA / HA
Sex therapy	Caritas / FPA

Others : the candidate can propose their own topics which will be assessed by the DCG Sub-committee for approval.

**d) Life-style related and others : a minimum of 3 area with 6 sessions**

**Suggested topic and place for attachment**

Topic	Place
Weight ,management, Healthy diet	HA dietitian clinic / CUHK Nutrition & Healthy living clinic/ FPA dietetic service / DH
Smoking cessation (HA clinic)	Smoking cessation programme in HA
Gambling cessation	e.g. Caritas
Osteoporosis (CU / HA )	HA orthopedic clinic / Medical clinic FPA osteoporosis centre
Pain clinic (HA)	Anesthetist clinic
Sexuality talk Basic session : equivalent 1 session of sexuality Intimacy session : equivalent 1 session of sexuality	FPA

Others: the candidate can propose their own topics which will be assessed by the DCG Sub-committee for approval.

**HA: Hospital Authority Training Unit**

**DH: Department of Health Family Service Centre**

**CNS: Community Nurse Service**

**FPA: Family Planning Service**

**CU: The Chinese University of Hong Kong**

**MCH: Maternal and Child Health Centre**

**TOTAL : ABOUT 118 SESSIONS**

### ***3. Seminars / Lectures / Education / Tutorial***

**Compulsory lectures (co-ordinated by DCG Sub-committee)**

**Weekly Education activities (Community Gynaecology related)**

Post-graduate education / Tutorial/ Audit and Quality Assessment / Research

1 session / week

## **Registration with the College**

Trainees in Community Gynaecology should register with the College within one month of starting training, e.g., if a trainee starts training on July 1, he/she should register with the College before July 31. The registration fee will be decided by the Council of the College upon the recommendation of the DCG Subcommittee / Education Committee.

## **Diploma Examination**

The College awards a Diploma to fully registered medical practitioners who have had appropriate postgraduate training and who satisfy its examiners. The Diploma is intended to recognize a physician's interest in community gynaecology and is not a specialist qualification.