

Clinical Cases
in Obstetrics,
Gynaecology
and Women's
Health

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CLINICAL CASES SERIES

Clinical Cases in Obstetrics, Gynaecology and Women's Health

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Introduction

This book is addressed to the medical student following the core curriculum in Australia and New Zealand, the junior doctor at resident or house officer level, and the doctor caring for women in general practice, family planning practice or in a women's health clinic.

Although the book broadly covers the whole syllabus for the medical student, and the whole range of obstetric and gynaecological problems likely to come into the path of the busy junior hospital doctor or general practitioner, it is not a textbook providing simply a list of differential diagnoses and treatments. Our approach has developed from our experience teaching problem-based learning scenarios (PBLs) to clinical students from James Cook University School of Medicine. PBLs introduce students to typical clinical situations and then encourage those students to think about how they would take appropriate histories, examine, investigate and finally treat their patients. In this book, by using case histories that are more developed and complex than most of our PBLs, we aim to show readers in greater detail how women may present with particular conditions, and demonstrate what should take place in the way of consultation, investigations and treatment. However, by questioning our readers as we go along we also hope to encourage them to think about why they would choose a certain clinical course of action and to base their decisions firmly on current scientific evidence. In addition to the purely clinical aspects of the cases, emotional, social and psychological aspects of the care of each woman is described. We expect that the book will be used in conjunction with existing standard texts.

Each of the 41 case histories commences with a straightforward description following a woman through the clinical presentation of a particular condition. Along the way, important points in clinical examination and diagnosis, complications, investigations and management are incorporated into the text as a conversation with the reader, and essential points are highlighted in boxes. Finally, one or more 'clinical pearls' are appended—we hope that these gems will lodge permanently in the brain of the reader as they are facts that should never be forgotten when dealing with the particular

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condition. References for the information provided can be found at the end of each case history together with suggestions for further reading.

At the end of the book are 30 multiple choice questions for self-testing.

In the chapters dealing with obstetrics and gynaecology we address the reader as a house officer or resident charged with the daily (and nightly) care of patients in a busy urban hospital setting. Being ourselves practitioners in a rural area, we have at times included tips for those junior doctors faced with obstetric or gynaecological problems in a smaller metropolitan or rural setting—facilities for care and the advice of senior practitioners may be more limited in such surroundings and different care paths may be more appropriate.

In the section dealing with women's health, we address the reader as a general practitioner in an urban or rural setting, in a women's health clinic or in a family planning clinic. We hope the transfer from one clinical situation to another will prove understandable to the general reader. We have found this method of direct conversation, about situations they will shortly face as junior doctors, very acceptable to the medical students of JCU School of Medicine whom we teach daily at the campus in Cairns.



Common abbreviations

ACE	angiotensin-converting enzyme
AFI	amniotic fluid index
ARM	artificial rupture of the membranes
BMI	body mass index
BP	blood pressure
BPD	biparietal diameter
BSL	blood sugar level
BSO	bilateral salpingo-oophorectomy
CA-125	cancer antigen 125
CASA	cancer-associated serum antigen
CIN	cervical intraepithelial neoplasia
COCP	combined oral contraceptive pill
CRL	crown-rump length
CT	computed tomography
CTG	cardiotocography
CVP	central venous pressure
CVS	chorionic villus sampling
D&C	dilatation and curettage
DHEAS	dehydroepiandrosterone sulfate
DMPA	depot medroxyprogesterone acetate
DVT	deep venous thrombosis
ECV	external cephalic version
EDC	expected date of confinement
EDD	expected date of delivery
EFW	estimated fetal weight
ESR	erythrocyte sedimentation rate
EUA	examination under anaesthesia
FBC	full blood count
fFn	fetal fibronectin
FL	femur length
FNT	fetal nuchal translucency

COMMON ABBREVIATIONS

FSH	follicle stimulating hormone
FTA-Abs	fluorescent treponemal antibodies
GBS	group B <i>Streptococcus</i>
GDM	gestational diabetes mellitus
GTT	glucose tolerance test
Hb	haemoglobin
HbA _{1c}	glycosylated haemoglobin
HCV	hepatitis C virus
HIV	human immunodeficiency virus
HPV	human papillomavirus
HSG	hysterosalpingogram
HSIL	high-grade squamous intraepithelial lesion
HSV	herpes simplex virus
IM	intramuscular
IUCD	intrauterine contraceptive device
IUGR	intrauterine growth restriction
IV	intravenous
IVF	in-vitro fertilisation
LBC	liquid-based cytology
LDH	lactate dehydrogenase
LFT	liver function test
LH	luteinising hormone
LLETZ	large loop excision of the transformation zone
LMP	last menstrual period
LMWH	low-molecular-weight heparin
LSIL	low-grade squamous intraepithelial lesion
MRI	magnetic resonance imaging
MSU	midstream urine
NHMRC	National Health and Medical Research Council
NSAIDs	non-steroidal anti-inflammatory drugs
PAPP-A	pregnancy-associated plasma protein
PCOS	polycystic ovarian syndrome
PGF _{2a}	prostaglandin F _{2a}
PID	pelvic inflammatory disease
RPR	rapid plasma reagin
SSRI	selective serotonin reuptake inhibitor
STI	sexually transmitted infection
TAH	total abdominal hysterectomy
TFT	thyroid function test
TPHA	<i>Treponema pallidum</i> haemagglutination antibody
TPL	'threatened' preterm labour

COMMON ABBREVIATIONS

TVUSS	transvaginal ultrasound scans
UFH	unfractionated heparin
USS	ultrasound scan
UTI	urinary tract infection
VBAC	vaginal birth after caesarean section
VDRL	Venereal Disease Research Laboratories
VIN	vulval intraepithelial neoplasia
VTE	venous thromboembolism
β-HCG	beta-human chorionic gonadotrophin