

MRCOG Part 2 Course

Your one-stop Guide to passing the Part 2 Examinations

Have you been grappling with the following?

*The scope of the examination is too wide and I don't know how and where to start
Is there someone who can narrow down and streamline for me what I need to study?*

Is there a one-stop course that will guide me through the syllabus?

Is there someone who will cover core knowledge that is required of me?

Where do I get ample practice on SBAs and EMQs for the examination?

If so, you have come to the right place



Your instructor will guide you through

Professor Kulenthran Arumugam MBBS (Spore), MRCOG (Lond), MD, PhD, Dip Epid (Lond)

His credentials:

- Obtained his MRCOG in 1982 and has been teaching Post-graduate Obstetrics and Gynaecology since 1984
- Experienced Obstetrician and Gynaecologist and has been conducting the Part 1 and Part 2 Courses since 1990
- He is very familiar with the Part 1 and Part 2 MRCOG Examinations, why?
 - involved in organizing the MRCOG Examinations since 1986 here in Malaysia
 - very familiar with the format and scope of the exams
 - have attended a number of "Train the Trainer" sessions on the exams by the RCOG

What former students have said: "Prof has the ability to make a most complicated subject so simple to understand"

COURSE CONTENT

This Intensive Course is designed to prepare the candidate who is going to sit for his Part 2 Examinations. The course will navigate through the 15 Knowledge areas required under the RCOG Syllabus 2019 covering the four domains of diagnosis, management, investigations and epidemiology.

These include the following Modules:

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| Module 1: Clinical skills, Research and Teaching | Module 2: Clinical governance |
| Module 3: Core surgical skills | Module 4: Postoperative care |
| Module 5: Antenatal care | Module 6: Maternal medicine |
| Module 7: Management of labour | Module 8: Management of delivery |
| Module 9: Postpartum problems | Module 10: Gynaecological problems |
| Module 11: Subfertility | Module 12: Sexual and Reproductive Health |
| Module 13: Early pregnancy care | Module 14: Gynaecological oncology |
| Module 15: Urogynaecology | |
| Module 16: Extended Matching Questions | |

Section 1: Clinical skills, consent, clinical governance, teaching and research

Section 2: Obstetrics

Section 3: Gynaecology

Each module will have a lecture in the form of semi-interactive lecture notes on PDF (PowerPoint). The lecture will cover the core or “must know” knowledge the candidate must have before he or she even dares to enter the Exam Hall. Emphasis will be on epidemiology, investigations and management of conditions as stipulated in the syllabus. This will be followed by a series of Single Best Answer Questions to test his or her understanding. Module 16 on the EMQs will cover a wide range of questions from Clinical Governance and Research to Obstetrics and Gynaecology.

Where necessary, references will be made to the Green-Top Guidelines by the RCOG, the NICE Guidelines, The Obstetrician and Gynaecologist and the Textbook Obstetrics and Gynaecology: An evidence based text for the MRCOG. 3rd Edition. by Luesley D.M and Kilby M.D

What is given below is a synopsis of the course content in the lectures. Each lecture will be followed by 20 to 30 SBA questions.

Module 1: Clinical skills including consent

- *The elements of a valid consent i.e. capacity, that it is "informed" and that it is given voluntarily and can be withdrawn at any time. The provisions under the Children Act 1989, Sexual Offences Act 2003 and the Mental Capacity Act 2005, and the provisions in common law e.g. Gillick competence and the Fraser ruling will be covered. In addition, the administrative officers involved where consent becomes an issue e.g. the Independent Mental Capacity Advocate (IMCA) and Office of the Public Guardian will be clarified*
- *Issues of consent in special circumstances e.g. the unconscious patient, an advanced directive (living will), when should the consent not be taken or be retaken*
- *The elements of a properly informed consent e.g. informing of material risks under the Montgomery principle and the best ways to do so e.g. in terms of 1/10 to 1/100*
- *The appropriate action to take when there is a refusal e.g. Jehovah witnesses, parental disagreement*
- *The issues of consent in situations particular to ObGyn e.g. outpatient hysteroscopy, sterilization, unexpected pathology encountered at laparotomy, consent in labour*

Module 2: Clinical governance including risk management, audit, medico-legal issues, research and adult education

- *A working knowledge of the principles of risk management and their relationship to clinical governance, patient safety, serious incidents requiring investigation (SIRI) and complaints procedures including doing a root cause analysis*
- *Understanding audit and how to conduct one*
- *The production and application of clinical standards, guidelines and care pathways and protocols. The legal and ethical issues involved in clinical practice including provisions for ensuring patient confidentiality in clinical practice and research including the Caldicot principles*
- *The skills needed to critically appraise scientific literature including clinical trials and observational studies e.g. power of study, number needed to treat. Assessing the validity of a diagnostic test e.g. sensitivity, positive predictive value and the ROC curve*
- *The principles of adult learning including types of assessments, process used for Annual review of Competence Progression (ARCP) and the Professional bodies involved in education and training*

Modules 3 and 4: Core surgical skills and postoperative care

- *Preoperative care in special circumstances e.g. the obese patient, smoking, myocardial infarction, antibiotic prophylaxis*
- *Perioperative care e.g. choice of skin preparation, abdominal closure, the technique and the appropriate sutures*
- *Postoperative care e.g. use of the Modified early warning systems (MEWS) system, regimes for fluid replacement*
- *Dealing with sepsis and the use of the Sepsis 6 Bundle or criteria*
- *Nosocomial infections: the types, the organisms involved, their sources and the role of antibiotics*
- *Types of incisions: transverse, longitudinal, their advantages and disadvantages*
- *Closure techniques including choice of sutures and techniques*
- *Safety issues in laparoscopy and their prevention e.g. entry, bowel burns, urinary tract injuries*
- *Safety issues in hysteroscopy e.g. perforation, fluid overload*
- *The appropriate use and complications of diathermy. The types of lasers used and their differences CO₂, argon, or YAG*

Module 5: Antenatal care

- **Antenatal care in the three trimesters:** *the investigations, their timing, maternal screening and dealing with common maternal concerns e.g. vomiting, smoking, alcohol and travel*
- **Prenatal diagnosis and molecular genetics:** *Screening for abnormalities by gestational period e.g. triple and quadruple tests and their pick-up rates, nuchal translucency, chorion villous sampling, amniocentesis and the common analytical methods e.g. PCR FISH, karyotyping, microarray techniques*
- **Antenatal diagnosis** *of chromosomal defects, inborn errors of metabolism and neural tube defects*

- **The ultrasound findings** of specific abnormalities e.g. anencephaly, microcephaly, encephalocele, hydrocephalus, spina bifida, major heart defects
- The **indications and methods** for termination of pregnancy and selective fetocide
- **Multiple pregnancy:** determining zygosity, its complications e.g. twin-twin transfusion, death of co-twin, the timing and mode of delivery. Management in labour
- **Hypertension in pregnancy:** screening, prophylaxis against pre-eclampsia, surveillance of multi-organ involvement, choice of antihypertensive agents, anticonvulsant therapy and eclampsia, the timing and mode of delivery and management during labour
- **Antepartum haemorrhage:** the incidence, diagnosis, definitions, antenatal care, timing, mode of delivery and management of labour for **placenta praevia, placental abruption** and **unexplained APH** including vasa praevia and local causes
- **Preterm labour and preterm premature rupture of membranes:** identifying the mother at risk; preventing preterm labour, management of the patient with intact membranes including use of steroids and magnesium sulphate and cervical cerclage. **PPROM:** making a diagnosis and management. Management of the mother in established preterm labour and mode of delivery
- **Rhesus isoimmunisation:** its causes, diagnosis including quantifying the amount of feto-maternal hemorrhage, the dose of Anti D for prophylaxis and management of a patient with alloimmunization with D antigen
- **Malpresentations:** Breech, face, brow, shoulder presentations and unstable lie: their management and mode of delivery
- **Small for gestational age and fetal growth restriction:** its diagnosis, the risk factors, its surveillance and its timing and mode of delivery
- **Prolonged pregnancy:** diagnosis, complications and timing and mode of delivery

Module 6. Maternal medicine

- **Diabetes in pregnancy:** risk factors for gestational diabetes. The oral GTT: its interpretation, indications and timing. The stepwise approach to pharmaco-treatment of gestational diabetes (NICE 2015), glucose monitoring including the role of HbA_{1c}, timing and mode of delivery, management in labour and postpartum care
- **Cardiac disease in pregnancy:** Assessment of functional status, dealing with its complications in pregnancy e.g. pulmonary hypertension, mitral stenosis, mechanical heart valves, hypertrophic cardiomyopathy and peripartum cardiomyopathy, arrhythmias and role of endocarditis prophylaxis
- **Thyrotoxicosis:** interpreting thyroid function test, diagnosis and management of hyper and hypothyroidism in pregnancy
- **Autoimmune disorders in pregnancy:** Systemic lupus erythematosus: its complications in pregnancy. The anti-phospholipid (anticardiolipin or lupus anticoagulant) syndrome: its diagnosis, surveillance and management. Drugs used in treating autoimmune disease in pregnancy and its safety issues
- **Thromboembolic diseases in pregnancy:** making a diagnosis, the relevant investigations and its management. Pulmonary embolism: its diagnosis the relevant investigations and its management
- **Infections in pregnancy:** the organisms involved, their effect on the fetus and their management e.g. Rubella, Cytomegalovirus, Parvovirus B₁₉, Varicella, Listeria, Toxoplasma, Genital herpes, Syphilis, and HIV in pregnancy, ZIKA virus and Group B strep infection
- **Liver disorders in pregnancy:** Hepatitis B: the various antigens and antibodies present, its effect in pregnancy and management including immunization. Hepatitis C in pregnancy. Cholestasis in pregnancy: its diagnosis, complications and management
- **Haemaglobinopathies:** sickle cell disease and thalassemia: their diagnosis, complications in pregnancy and management
- **Neurological disorders:** Epilepsy: its complications in pregnancy, issues of pharmacotherapy and their effects on the fetus. Multiple sclerosis; its prognosis, and management in pregnancy including pharmacotherapy
- **Mood disorders in pregnancy: Psychiatric disorders** in mothers entering pregnancy or who are already pregnant e.g. bipolar disorders, depression: their antenatal care, the psychiatric drugs used and their effects on the mother and fetus.
- **Post partum related mood disorders:** Post partum blues or "baby blues, puerperal psychosis and postnatal depression: their distinguishing features and management

Module 7: Management of labour

- **Induction of labour:** the counselling points with the mother e.g. success rates, complications. Induction of labour in special circumstances e.g. previous LSCS, IUGR, breech presentation, prelabour rupture of membranes at term; methods of induction e.g. prostaglandins and syntocinon
- **First stage of labour:** Its duration and management, interpreting the partogram. Fetal monitoring including the role of CTG, its interpretation and the place of fetal blood sampling and fetal ECG
- **Poor progress of labour:** criteria for poor progress, role of amniotomy and oxytocics and indications for Caesarean section
- **Birth asphyxia and intrauterine fetal death:** definitions, their causes, communications skills with parents and the legal implications e.g. criteria for linking brain injury to intrapartum hypoxia. Investigating the cause of intrauterine death
- **Vaginal delivery after Caesarean section:** its place, the contraindications, the success rates, the counselling points and intrapartum management
- **Pain relief in labour:** the methods, indications, contraindications and complications of entenox, pethidine, spinal and epidural anaesthesia

Module 8: Management of delivery

- **The second stage of labour:** its duration and the place for intervention e.g. prolonged second stage. The role of episiotomy and prevention of perineal tears
- **Operative vaginal delivery:** the use and complications of forceps, ventouse and manual rotation: medico legal issues that may arise e.g. birth trauma
- **Forceps deliveries:** classification and the practical points in its use
- **Ventouse deliveries:** ensuring its safe use and comparison to the forceps
- **Third and fourth-degree perineal tears:** their prevention and appropriate method of repair
- **Breech delivery and Twin delivery** (covered in Module 5)
- **Shoulder dystocia:** Incidence, the associated morbidities, its management and legal issues that may arise
- **Female genital mutilation:** its incidence, legal implications, their classification and management both antenatally or in labour
- **Caesarean section:** its indication, techniques, classification (4 categories) and Caesarean section on maternal request

Module 9: Postpartum problems

- **The third stage of labour:** its duration, its active management and management of retained placenta
- **Postpartum haemorrhage:** its definition, grading, causes and management including the use of drugs, mechanical devices and the surgical options
- **Postpartum collapse:** the causes, recognition and their management e.g. acute inversion, amniotic fluid embolism, cardio-vascular accidents
- **Postpartum mood disorders:** distinguishing between postpartum blues, puerperal psychosis and postnatal depression. Their management and use of drugs available e.g. tricyclic antidepressants, SSRIs
- **Postpartum contraception:** special issues for the postpartum woman e.g. breast feeding. The UK Medical Eligibility Criteria for Contraceptive Use (UKMEC) for the postpartum woman and the methods available e.g. lactational amenorrhea method, IUD and when to insert, progestogen only pill and COC. Emergency contraception in the postpartum mother and methods of sterilization
- **Resuscitation of newborn:** its algorithm in terms of steps to do and in special situation e.g. the extreme premature baby, TOF, congenital diaphragmatic hernia
- **Common problems of the neonate:** their diagnosis, complications and immediate management e.g. hypothermia, injuries
- **Perinatal and maternal mortality:** their definition, their causes, incidence and the key lessons learnt from the Confidential enquiries

Module 10: Gynaecological problems

- **Paediatric and Adolescent Gynaecology:** the child with ambiguous genitalia, diagnosis and management of primary amenorrhoea e.g. haematocolpus, Rokitansky syndrome, ovarian dysgenesis. Diagnosis and management of precocious puberty e.g. McCune Albright syndrome, cerebral tumours. The causes of delayed puberty e.g. constitutional delay, hypothalamic hypopituitarism. Menorrhagia and dysmenorrhoea in young girls
- **Secondary amenorrhoea:** its definition, its causes e.g. weight related hypothalamic dysfunction, Sheehan's syndrome, premature ovarian failure. hyper-prolactinemia, Ashermann's syndrome. Polycystic ovarian syndrome: its diagnosis, metabolic sequelae, and management including infertility.
- **Heavy menstrual bleeding:** coming to a diagnosis and the relevant investigations to do so e.g. the role of hysteroscopy and endometrial sampling. Their management e.g. women with no identifiable pathology or with fibroids less than 3 cm in diameter e.g. LNG-IUD
- **Conditions causing heavy menstrual bleeding, dysmenorrhoea and pelvic pain:** their causes and management e.g. primary dysmenorrhoea, uterine fibroids, adenomyosis, endometriosis and pelvic inflammatory disease including the drugs available and surgical options
- **Premenstrual syndrome:** its diagnosis and management
- **Benign diseases of the vulva:** Lichen sclerosis, lichen planus, lichen simplex, Paget's disease, vulval candidiasis, herpes, pemphigoid and pemphigus, Bechet's disease, vulval Crohn's disease: their diagnosis and management. Vulvodynia: its diagnosis and its management
- **The menopause:** treatment options (HRT, clonidine) according to its symptoms e.g. hot flushes, urogenital atrophy. Weighing the risks and benefits of HRT, managing osteoporosis and managing the postmenopausal patient with breast cancer
- **Benign ovarian neoplasms and functional ovarian cysts:** the algorithm in coming to a diagnosis and in its management e.g. tumour markers, ultrasound and computing risk of malignancy index

Module 11: Subfertility

- **Investigating the subfertile couple:** tests for ovarian reserve and function and its response to ovulation induction agents. Interpreting semen analysis
- **Tubal factors:** the place of hysterosalpingography, hysteroscopy and laparoscopy
- **Male factor:** management of oligospermia, obstructive and non-obstructive azoospermia and the place of ICSI
- **Ovulatory disorders:** management of hypothalamic pituitary failure, polycystic ovarian syndrome and premature ovarian failure
- **Tubal and uterine disorders:** role of tubal surgery, IVF and hysteroscopic resections
- **Endometriosis:** the role of expectant management, surgery and IVF
- **Treatment of unexplained infertility and mild endometriosis**
- **Intrauterine insemination, IVF including ICSI:** their indications, protocols, complications (OHSS) and its management and factors affecting success. Their long-term safety
- **The place for donor insemination and oocyte donation**
- **Surrogacy:** its place and the legal and ethical issues

Module 12: Sexual and Reproductive Health

- **Fertility control methods** e.g. COCs, barrier methods, the IUDs, long acting reversible contraception (LARC) e.g. injectables and IUDs: their advantages, disadvantages and success rates
- **Post coital contraception**
- **Sterilization:** its methods and counselling issues
- **The UK Medical Eligibility Criteria (UMEC) for prescribing:** the 4 categories in terms of the patient eligibility
- **Termination of pregnancy:** its methods, complications and legal issues on consent
- **Sexually Transmitted Infections including HIV/AIDS:** its transmission, diagnosis, clinical features, management and prevention

- **The human sexual response:** the physiology and the diagnosis and management of common sexual problems e.g. vaginismus, dyspareunia

Module 13: Early pregnancy care

- **Early pregnancy complications:** their management including miscarriages and "pregnancy of unknown location"
- **Hyperemesis gravidarum:** classifying and management of a patient with either nausea and vomiting in pregnancy or hyperemesis gravidarum including the pharmacotherapy
- **Ectopic pregnancy:** its epidemiology, diagnosis and management including its conservative management and surgical options
- **Recurrent miscarriage:** the causes, the appropriate investigations and management of a patient with recurrent miscarriage both, in the first and second trimesters
- **Gestational trophoblastic disease:** its epidemiology, etiology, diagnosis, classification and management including its surgical options and pharmacotherapy

Module 14: Gynaecological oncology

- **Vulval cancers:** how to screen for, diagnose, stage and manage including surgery, radiotherapy and chemotherapy
- **Vaginal cancers:** the epidemiology, staging and treatment
- **Cervical intraepithelial neoplasia (CIN):** its epidemiology, screening for, confirming and managing
- **Cervical cancer:** its epidemiology, staging and management
- **Endometrial hyperplasia:** the risk factors, pathology, classification and management
- **Endometrial carcinoma:** its epidemiology, staging and management
- **Patient with an adnexal mass:** coming to a diagnosis, assessment of risk of malignancy (RMI) and triaging the management
- **Ovarian cancers:** its classification, pathology, staging and management including the place for chemotherapy

Module 15: Urogynaecology and pelvic floor

- **Women presenting with lower urinary tract problems:** the place of the relevant investigations e.g. IVU, cystoscopy, three swab test, and the grounds of referral to a local or regional multidisciplinary team
- **Multichannel cystometry:** the indications for and interpreting of its findings
- **The types of urinary incontinence:** their symptoms and differences e.g. stress or urge incontinence and urinary fistulas
- **Stress incontinence:** the pathophysiology and management including the surgical options e.g. colposuspension, mid-urethral sling operations, etc
- **Urge incontinence (detrusor hyperactivity):** the diagnosis, pathophysiology and management including the conservative measures, pharmacotherapy and invasive procedures like botulinum injections or neuromodulation
- **Urogenital prolapse:** its pathophysiology, classification and management in terms of surgical options
- **Vaginal vault prolapse:** its management including the surgical options
- **Urethral diverticular and urethral caruncle:** their diagnosis and management
- **Lower urinary tract injuries and fistulas:** the causes, prevention, investigations and treatment options

Module 16: Extended matching questions

Section 1: Clinical skills, consent, clinical governance, teaching and research

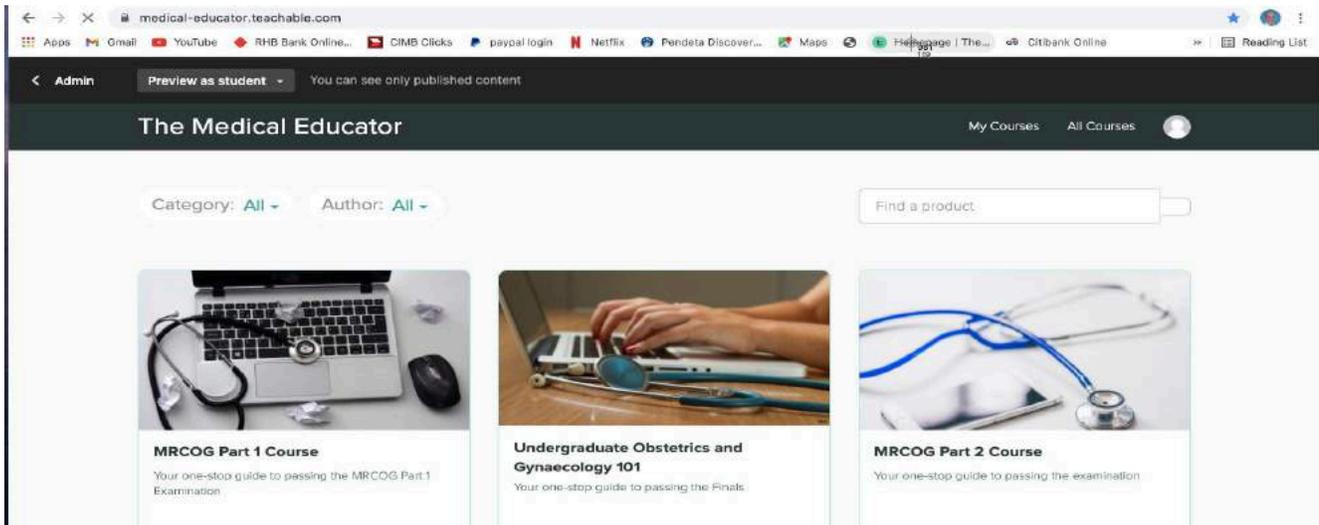
Section 2: Obstetrics

Section 3: Gynaecology

How to register

Cost: US 80.00

- Go to the URL: medical-educator.teachable.com
- You will find three courses. If not click on see all courses. Click on MRCOG Part 2, the rest is simple



FREQUENTLY ASKED QUESTIONS (FAQ)

How long do I have access to the course?

The course starts now and never ends. But it will be updated and modified yearly.

Can I download the course?

Yes, you can. But you cannot copy or distribute it because it is covered by copyright and anyway, it would be unethical for you to do so. Besides, like you I too need to make a living.

Can I pay by installments?

*Unfortunately – No. It is a one-off payment of **USD 80.00***

What if I am unhappy with the course?

I would never want you to be unhappy with the course. But because it is a one-off payment and that you will be able to download, a refund is not possible. Be sure before you sign up. Study the scope of the course and preview some of the modules uploaded for you before you sign up (click on the PDF icon)