

# Family Medicine Clerkship

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# Menstrual Disorders

## OVERVIEW

Common disorders of menstruation seen by family physicians include dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding. Painful menses is a common complaint that must be critically evaluated by the family physician to rule out serious pathology and provide relief to patients. Premenstrual syndrome occurs in 10-15% of menstruating women in the United States. Abnormal uterine bleeding is also a common complaint in family practice. At the completion of a clinical rotation in family medicine, students should be able to recognize and treat these common disorders.

## TOPIC LEARNING GOALS AND OBJECTIVES (Organized by ACGME Competencies)

### Patient Care

GOAL: Students will accurately assess signs and symptoms of dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.

OBJECTIVES: Students will be able to:

- Complete an appropriate abdominal and pelvic examination and Pap smear.
- Interpret Pap smear results.

GOAL: Students will appropriately discuss dysmenorrhea, premenstrual syndrome, and/or abnormal uterine bleeding with patients.

OBJECTIVES: Students will be able to:

- Explain indicators of control and complications of dysmenorrhea, premenstrual syndrome, and/or abnormal uterine bleeding to patients.
- Describe to patients the risks of dysmenorrhea, premenstrual syndrome, or abnormal uterine bleeding and goals of management.

GOAL: Students will be sensitive to individual and cultural differences in their development of treatment plans.

OBJECTIVES: Students will be able to:

- Develop treatment plans in the context of each patient's life and environment.

### Medical Knowledge

**GOAL:** Students will understand the significance of dysmenorrhea, premenstrual syndrome, or abnormal uterine bleeding in health promotion and disease prevention.

**OBJECTIVES:** Students will be able to:

- Discuss the epidemiology of cervical, uterine, and ovarian cancer, including racial, ethnic, and socioeconomic differences.
- Describe the USPSTF recommendations for screening for cervical, uterine, and ovarian cancer.

**GOAL:** Students will understand the pathophysiology of endometriosis, cervical, uterine, and ovarian cancer, ectopic pregnancy, pelvic inflammatory disease, and threatened or missed abortion.

**OBJECTIVES:** Students will be able to:

- Describe the differential diagnosis of abnormal uterine bleeding and/or pelvic pain.

**GOAL:** Students will understand the rationale for treatment plans for dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.

**OBJECTIVES:** Students will be able to:

- Describe the appropriate therapy for dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.
- Discuss the evidence for the role of lifestyle changes.
- Discuss the side effects and costs of commonly used medications.

## **Practice-Based Learning and Improvement**

**GOAL:** Students will understand the role of screening for cervical/uterine cancer in practice and community settings.

**OBJECTIVES:** Students will be able to:

- Describe how Pap smears are monitored in the assigned clerkship site.
- Describe and contrast the impact of environment and neighborhood on availability of screening and treatment for cervical/uterine cancer.

**GOAL:** Students will understand the role of practice-based improvement.

**OBJECTIVES:** Students will be able to:

- Analyze their clerkship practice regarding vulnerable populations for cervical or uterine cancer.

**GOAL:** Students will bring up-to-date evidence to the point of clinical care.

**OBJECTIVES:** Students will be able to:

- Identify gaps in their own knowledge and frame appropriate clinical questions in regard to dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding
- Utilize best evidence to answer clinical questions about dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.

## **Interpersonal and Communication Skills**

**GOAL:** Students will understand the importance of effective communication with patients and families in the management of dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.

**OBJECTIVES:** Students will be able to:

- Describe the long-term treatment plans for premenstrual syndrome and dysmenorrhea.
- Include patients and families in the development of treatment plans.
- Demonstrate effective listening skills and empathy to improve patient adherence to lifestyle modifications, such as diet, exercise, and medications.

## **Professionalism**

**GOAL:** Students will demonstrate the ability to care for patients with dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding from diverse patient backgrounds and at different points in their illness.

**OBJECTIVES:** Students will be able to:

- Demonstrate sensitivity and responsiveness with patients who are not adhering to treatment plans.
- Reflect on personal frustrations and transform this response into a deeper understanding when patients are not adherent to plans.
- Demonstrate understanding of the relationship of dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding to culture, age, and disabilities.

## **Systems-Based Practice**

**GOAL:** Students will understand the impact of health care systems and environment on the management of dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.

**OBJECTIVES:** Students will be able to:

- Describe cost-effective strategies for treatment of dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding using different formularies.
- Analyze barriers to effective integrated treatment of dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.
- Consider the role of other disciplines (e.g., pharmacy, nursing, social work, and allied health) in the treatment of dysmenorrhea, premenstrual syndrome, and abnormal uterine bleeding.

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Family Medicine Curriculum Resource (FMCR) Project HRSA Contract 240-00-0107.

Revised November 23, 2003

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This page last updated October 21, 2004