

Women's Health Enrichment Elective-ENRH 135

Course Description:

A comprehensive introduction to Women's Health, with an emphasis on topics that are not covered in preclinical curriculum. This course is an enriching supplement to medical school education. It will empower future doctors in any specialty to consider female patients in the context of their unique body processes, and potentially catch symptoms of various health problems early. Weekly lectures will be given over a period of 14 weeks. Several discussions and external opportunities will be offered to enhance understanding and allow for more intimate discussions among the elective students. Experts in the fields under discussion will be our guest lecturers.

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Faculty Sponsor: Dr. Stephanie Byerly

Department: Anesthesiology and Pain Management

Rationale

Women face a unique set of health challenges in today's society. As medical students, we will all treat female patients at different stages of their lives. Therefore, it is imperative to have strong medical knowledge in the health issues that are unique to women. The traditional arc of medicine has generally minimized women's health issues and unique body processes. This class is intended to help counter that trend, and reinforce and improve pre-clinical students' knowledge of women's health concerns.

The political climate in Texas is changing with regards to women's healthcare and healthcare support. Physicians need to be informed about the medical aspects of women's health in order to speak intelligently about today's issues if and when they are called upon to do so by patients, colleagues, and even the media. As evidenced in Texas Medical Association's (TMA) "Texas Medicine" magazine, which in November 2013 featured an article on Protecting Women's Health that was spotlighted on the cover, the safety net for women's health that was built over 40 years has been dismantled in just the past two years. This puts an additional burden on physicians to pick up the slack by focusing on these areas of medicine in their own practices.

Objectives

The primary objective of this course is to prepare physicians-in-training to make informed decisions regarding patients that experience health issues linked to any women's health-related topics. This goal means we will fill in any gaps we can find in the established curriculum concerning women's health that are not discussed in detail. The objectives of each lecture are listed below.

Requirements:

Minimum participants for course to be conducted: 12

Maximum participants: 50

Format

- Student Evaluation
 - Grades will be pass / fail.
 - Attendance to 10/14 lectures is required to receive credit for the course.
- Course Evaluation
 - There will be an online course evaluation form for students to complete.

Lecture Schedule

- Lecture Times: Tuesdays from 12:00 PM to 1:00 PM
 - Start Date: August 28, 2018 End Date: December 4, 2018
 - Lecture Days:
 - August: 28
 - September: 4, 11, 18, 25
 - October: 2, 9, 16, 23, 30
 - November: 6, 13, 27
 - December: 4

Fall 2018 Lecture Topics

Female Physicians Panel

- Hear from female faculty about the challenges of balancing home and work life.
- Discuss stereotypes and sexism in the workplace.
- Discuss specific considerations taken into account when choosing a specialty and residency.
- Understand the concept of physician burnout, and what can be done to prevent it.

Contraception

- Develop an understanding of the general principles of hormonal contraception including emergency contraception.
- Understand the advantages and disadvantages of non-hormonal contraception including intrauterine contraception.
- Understand the medical and social issues that may influence the best choice of contraceptive for an individual woman
- Discuss issues surrounded access to contraception, especially for adolescents

Pregnancy

- Learn about specific aspects of prenatal care and the impact it has on fetal development
- Discuss miscarriage management methods
- Develop an understanding of sociology of pregnancy, including at-risk populations, insurance (WIC), and life changes.
- Discuss the societal issues regarding screening for various genetic diseases, such as Down Syndrome
- Understand some of the common myths surrounded pregnancy and newborn care

Infertility

- Discuss how infertility is diagnosed and the reasons a women be experiencing infertility problems
- Discuss the options available for couples who experience infertility
- Understand how increasing age plays a role in a woman's ability to conceive
- Learn how to counsel couples who have infertility problems

Abortion

- Learn about laws concerning abortion on a federal, state, and local level.
- Understand the procedures used to terminate a pregnancy.
- Develop an understanding of the epidemiology of pregnancy termination
- Discuss and develop methods of talking to or counseling patients about abortion using politically neutral and sensitive language.

Female Adolescent Health

- Identify the social and psychological changes that occur with female puberty
- Describe access issues for adolescents interested in using hormonal contraception.
- Discuss the hormonal contraceptive options available to adolescents.
- Discuss how to deal with parents while treating adolescent patients

Women's Mental Health

- Difference between male and female psychiatric illnesses
- Discuss post-partum depression and learn how to sensitively discuss risks with new mothers
- Develop an understanding of pregnancy with regards to mental health

Eating disorders/Body Image

- Identify and discuss how eating disorders affect one's mental and physical well-being
- Develop an understanding of how eating disorders and/or negative body image affect men and women differently in our society
- Discuss the importance of a positive body image
- Discuss the role of a doctor in reinforcing the idea of maintaining a healthy body and a healthy mind

Domestic/Sexual Violence

- Identify warning signs of suspected domestic or sexual violence
- Discuss ways to address concerns and counsel potential and confirmed victims
- Learn what resources are available locally and nationally
- Recognize long term impacts of abuse and discuss methods of managing said impacts
- Develop tools to empower future patients

Plastic Surgery

- Identify the main plastic surgery procedures that women elect to do
- Identify how societal norms/preferences affect these procedures
- Identify some of the reasons women get elective plastic surgeries, and what are some of the physical/psychological consequences

Transgender Health

- Develop a professional and appropriate vocabulary to be utilized when addressing patients of transgender experience.
- Develop a sense of cultural competency regarding the transgender community
- Understand the diversity of transitioning procedures, choices, and methods.
- Hear the story of a transgender doctor and what it means to be transgender working in medicine

Sexually Transmitted Diseases and Sexual Health

- Discuss common sexually transmitted infections and treatments
- Identify signs of sexual disorders common in women, such as dyspareunia, vaginismus and anorgasmia
- Understand factors that can lead to dysfunctions of female libido and discuss therapies to help resolve issues
- Discuss unique lesbian sexual health issues

Homeless Health for Women

- Understand the laws, magnitude, and customs surrounding charity care and emergency care in Dallas hospitals
- Understand how national healthcare policies impact access to healthcare, particularly for underserved women
- Understand the benefits and disadvantages of these policies
- Understand how these policies affect healthcare professionals
- Understand how the Affordable Care Act affects underserved women

Female Physician Wellness

- Understand how female physician wellness differs from male physician wellness
- Discuss current research around this topic
- Discuss challenges that female physicians face in the work environment