



COLLEGE OF MEDICINE & DENTISTRY AT THE HILLS
ABBOTTABAD
Department of Gynaecology & Obstetrics

LOG BOOK

Gynae & Obstetrics

MBBS
Session 2025-26

NAME	
FATHER NAME	
ROLL NUMBER	
BATCH	
DATES OF ROTATION	

Prepared By
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With Help of DME

INTRODUCTION

As part of structured learning program, this log book will identify the objectives for each period / rotation of learning. The main purpose of the log book is to help you monitor your own competence, to recognize gaps and address them. Its second purpose is to describe the minimum competence level expected of you at the end of every rotation.

STRUCTURE

The skills to be achieved are laid out in 2 sections. The first section relates to history taking, examination and presentation of a case. Every organ system has representation in this section as mentioned in the top row of each table. The second section includes procedural skills. Competencies in procedural skills from all organ systems are presented together. Untitled, additional tables for both sections are included in the end in case some competencies have to be reassessed / repeated.

LEVEL OF COMPETENCE

Each competency has an expected level of competence to be achieved. The level of competence ranges from observation (1) to independent practice (5). The following list specifies what is meant by each level.

Level 1	Observes	Observes the clinical activity performed by a colleague / senior
Level 2	Assists	Assists a colleague / senior perform the clinical activity
Level 3	Direct supervision	Performs the entire activity under direct supervision of a senior
Level 4	Indirect supervision	Performs the entire activity within direct supervision of a senior colleague
Level 5	independent	Performs the entire activity without need for supervision

USING THE LOGBOOK

Each organ system commences on a new page. The pages contain numbered competencies. Many of the competencies do not require an assessment of every competence level and these are indicated by shaded boxes. Certain competencies e.g. procedures do not require the student to be level 5 (independent) by the end of the learning period. These are identified by black boxes.

Teacher / trainer will tick off competence levels as you achieve them and sign them with date.

SECTION 1: HISTORY TAKING, EXAMINATION AND PRESENTATION OF A CASE

Obstetrics Mini-Cex 1						
Patient Name:		Diagnosis:			Date:	
COMPETENCIES		EXPECTED LEVEL OF COMPETENCE			Teacher to sign & date	
HISTORY / EXAM / MANAGEMENT PLAN		Below Expectation	Adequate	Excellent	Sign	Date
1	Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
2	Perform complete GPE with Systemic & Abdominal examination (Leopold maneuvers). Perform Pelvic exam.					
3	Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reach a logical conclusion					
4	Arrange a focused list of differential diagnosis					
5	Prepare a diagnostic plan, selecting investigations appropriate for the patient					
6	Design a treatment plan taking into consideration the risk vs benefit of treatment options and the resources available					
7	Effectively communicate with the patient / family regarding the differential diagnosis, intended investigations & treatment options, and prognosis					
8	Respect the cultural and ethnic diversity of their patient's beliefs					
9	Display honesty, integrity, respect, and compassion for patient & family					

Good points	
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SECTION 1: HISTORY TAKING, EXAMINATION AND PRESENTATION OF A CASE

Obstetrics Mini-Cex 2						
Patient Name:		Diagnosis:			Date:	
COMPETENCIES		EXPECTED LEVEL OF COMPETENCE			Teacher to sign & date	
HISTORY / EXAM / MANAGEMENT PLAN		Below Expectation	Adequate	Excellent	Sign	Date
1	Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
2	Perform complete GPE with Systemic & Abdominal examination (Leopold maneuvers). Perform Pelvic exam.					
3	Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reach a logical conclusion					
4	Arrange a focused list of differential diagnosis					
5	Prepare a diagnostic plan, selecting investigations appropriate for the patient					
6	Design a treatment plan taking into consideration the risk vs benefit of treatment options and the resources available					
7	Effectively communicate with the patient / family regarding the differential diagnosis, intended investigations & treatment options, and prognosis					
8	Respect the cultural and ethnic diversity of their patient's beliefs					
9	Display honesty, integrity, respect, and compassion for patient & family					

Good points	
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SECTION 1: HISTORY TAKING, EXAMINATION AND PRESENTATION OF A CASE

Obstetrics Mini-Cex 3						
Patient Name:		Diagnosis:			Date:	
COMPETENCIES		EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
HISTORY / EXAM / MANAGEMENT PLAN		Below Expectation	Adequate	Excellent	Sign	Date
1	Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
2	Perform complete GPE with Systemic & Abdominal examination (Leopold maneuvers). Perform Pelvic exam.					
3	Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reach a logical conclusion					
4	Arrange a focused list of differential diagnosis					
5	Prepare a diagnostic plan, selecting investigations appropriate for the patient					
6	Design a treatment plan taking into consideration the risk vs benefit of treatment options and the resources available					
7	Effectively communicate with the patient / family regarding the differential diagnosis, intended investigations & treatment options, and prognosis					
8	Respect the cultural and ethnic diversity of their patient's beliefs					
9	Display honesty, integrity, respect, and compassion for patient & family					

Good points	
Suggestions for improvement	

SECTION 2: PMC Designated Competencies for Obstetrics

Competencies		Expected level of competencies				Certification Teacher to sign		
		1	2	3	4	5	Sign	Date
1	PATIENT ASSESSMENT							
	Measure BP and pulse							
	Measure temperature							
	Measure respiratory rate							
	Measure Urine output							
	Measure O2 saturation							
	Leopold manure							
	FHS monitoring							
	Bishop score							
	Partogram							
	Neonatal assessment							
2	PROCEDURAL SKILLS							
	Venipuncture							
	ECG							
	Take wound swab							
	Capillary blood glucose							
	Urine dipstick test for sugar/ protien							
	Perform CTG							
	Normal Vaginal Delivery							
	Neonatal Resuscitation							
	Maternal Resuscitation							
	Pass Airway							
3	PATIENT CARE							
	Surgical scrubbing / hand washing							
	Gloving and gowning							
	Pre Op care							
	Post OP care							
	Cord care							
	Using correct technique for moving and handling including patients who are frail/unconscious/ eclamptic							
	Breast feeding							
4	PRESCRIBING							
	Instruction to patient							

Prepare and administer inject able (I/M, I/V, S/C)							
Prescribing drugs for induction of labour							
Prepare & adminster Hydralazine infusion							
Prepare & adminsterLabetalol infusion							
Prepare & adminsterOxytocin infusion							
Prepare & adminsterMgSO4							
5	THERAPEUTIC PROCEDURES						
I/V cannula							
Blood transfusion							
Catheterization							
Instrumental vaginal delivery							
Cesearean section							
management of PPH							
Wound care/ dressing							
NG tube							
Give local anesthetic for episiotomy							

SECTION 3: Gynecology Mini-Cex 1

Patient Name:

Diagnosis:

Date:

COMPETENCIES		EXPECTED LEVEL OF COMPETENCE			Teacher to sign & date	
HISTORY / EXAM MANAGEMENT PLAN		Below Expectation	Adequate	Excellent	Sign	Date
1	Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
2	Perform complete GPE with Systemic & Abdominal examination (Leopold maneuvers). Perform Pelvic exam.					
3	Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reach a logical conclusion					
4	Arrange a focused list of differential diagnosis					
5	Prepare a diagnostic plan, selecting investigations appropriate for the patient					
6	Design a treatment plan taking into consideration the risk vs benefit of treatment options and the resources available					
7	Effectively communicate with the patient / family regarding the differential diagnosis, intended investigations & treatment options, and prognosis					
8	Respect the cultural and ethnic diversity of their patient's beliefs					
9	Display honesty, integrity, respect, and compassion for patient & family					

Good points	
Suggestions for improvement	

Gynecology Mini-Cex 2

Patient Name:

Diagnosis:

Date:

COMPETENCIES		EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
HISTORY / EXAM / MANAGEMENT PLAN		Below Expectation	Adequate	Excellent	Sign	Date
1	Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
2	Perform complete GPE with Systemic & Abdominal examination (Leopold maneuvers). Perform Pelvic exam.					
3	Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reach a logical conclusion					
4	Arrange a focused list of differential diagnosis					
5	Prepare a diagnostic plan, selecting investigations appropriate for the patient					
6	Design a treatment plan taking into consideration the risk vs benefit of treatment options and the resources available					
7	Effectively communicate with the patient / family regarding the differential diagnosis, intended investigations & treatment options, and prognosis					
8	Respect the cultural and ethnic diversity of their patient's beliefs					
9	Display honesty, integrity, respect, and compassion for patient & family					

Good points	
Suggestions for improvement	

Gynecology Mini-Cex 3

Patient Name:

Diagnosis:

Date:

COMPETENCIES		EXPECTED LEVEL OF COMPETENCE 1. Below Expectation 2. Adequate 3. Excellent			Teacher to sign & date	
HISTORY / EXAM / MANAGEMENT PLAN		Below Expectation	Adequate	Excellent	Sign	Date
1	Obtain comprehensive history after introduction and informed consent, asking relevant questions in order to reach a history based differential diagnosis.					
2	Perform complete GPE with Systemic & Abdominal examination (Leopold maneuvers). Perform Pelvic exam.					
3	Skillfully present patient history, physical examination findings in a systematic, coherent and concise manner, which addresses the chief complaint/problem, identifies pertinent positive and negative findings and reach a logical conclusion					
4	Arrange a focused list of differential diagnosis					
5	Prepare a diagnostic plan, selecting investigations appropriate for the patient					
6	Design a treatment plan taking into consideration the risk vs benefit of treatment options and the resources available					
7	Effectively communicate with the patient / family regarding the differential diagnosis, intended investigations & treatment options, and prognosis					
8	Respect the cultural and ethnic diversity of their patient's beliefs					
9	Display honesty, integrity, respect, and compassion for patient & family					

Good points	
Suggestions for improvement	

SECTION 4: PMC Designated Competencies for Gynecology								
Competencies			Expected level of competencies				Teacher to sign	
			1	2	3	4	5	Date
	Gynecology							
1	PATIENT ASSESSMENT							
	Measure BP							
	Measure temperature							
	Measure respiratory rate							
	Measure O2 saturation							
	Measure Output							
	Speculum examination							
	Bimanual examination							
	Semen Analysis							
	Hormonal profile							
	Breast examination							
2	PROCEDURAL SKILLS							
	Venipuncture							
	ECG							
	Take wound swab							
	Take HVS							
	Capillary blood glucose							
	Urine dipstick for sugar / protien							
	Pap smear							
	Insert Vaginal pessary							
	IUCD Insertion							
	IUCD removal							
	Insert Jadelle							
	Implanon insertion							
	Mirena insertion							
3	PATIENT CARE							
	Surgical scrubbing / hand washing							
	Gloving and gowning							
	Pre Op care							
	Post OP care							
	Using correct technique for moving and handling including patients who are frail/unconscious/eclamptic							

4	PRESCRIBING							
	Instruction to patient on inhaled medicine							
	Prescribing and administering O2							
	Prepare and administer injectable (I/M, I/V, S/C)							
	Prescribing Contraceptive Pills							
	Prescribing injectable contraceptives							
	Advising barrier methods for contraception							
5	THERAPEUTIC PROCEDURES							
	I/V cannula							
	Blood transfusion							
	Catheterization							
	Repair Of 3rd & 4th degree Tears							
	Wound care/ dressing							
	NG tube							
	Hystrosalping ography							
	Incision & Drainage							
	EnC/ DnC							
	Diagnostic laproscopy							
	Hysteroscopy							
	suction & Evacuation							
	Total Abdominal hysterectomy							
	AP Repair							
	vaginal hystrectomy							
	Myomectomy							
	Pass Flatus tube							