

WOMEN'S HEALTH

<b>Course Title</b>	<b>Women's Health</b>
<b>Course Code</b>	PT802
<b>Course Credit</b>	Lecture: 3
	Practical/ Clinical Training: 2
	Total: 5

**Course Objective**

1. To understand clinical aspects of diseases and disorders of gynecological and obstetric conditions
2. To integrate clinical knowledge into designing assessment and treatment in various gynecological and obstetric conditions.
3. To apply the physiotherapy intervention in area of women's health.

**Detailed Syllabus**

Sr. No.	Name of chapter & details	Hours Allotted
<b>SECTION – I</b>		
<b>1</b>	<b>Introduction about Women's Health</b>	
	Introduction to Women's Health	2
	Health education and health promotion: The Physiotherapist's role in women's health	2
<b>2</b>	<b>Basic Review Of Anatomy &amp; Physiology Of female body</b>	
	Anatomy of pelvic floor muscles and the Reproductive organs of the body.	2
	Physiology of menstrual cycle – ovulation cycle, uterine cycle, duration.	2
	Hormonal regulation of menstruation and menstrual disorders, Premenstrual disorder and Post-menopausal disorder.	5
	Definition, Classification, Etiology, Pathogenesis, Clinical Features, Clinical Investigation and Complications of the following conditions. Medical, Surgical And Physiotherapy Management (Assessment And Treatment) including Rehabilitation of :	

<b>3</b>	<b>Adolescence age of female</b>	
	• Significant changes during Adolescence in female body	2
	• Anthropometric measurements	1
	• Obesity	2
	• Polycystic ovary syndrome.	1
	Athletes Triad	4
<b>4</b>	<b>Antenatal And Postnatal</b>	
	• Diagnosis of Pregnancy,	1
	• Physiological changes during Pregnancy	4
	• Complications during Pregnancy.	4
	• Gestational diabetes	1
	• Antenatal assessment,	2
	• Antenatal exercises, Aerobic Exercise during pregnancy	5
	• Normal labor, Physiotherapy during labor	2
	• Normal Puerperium.	1
	• Prenatal training	1
	• Post natal assessment	2
	• Postnatal complications	3
	• Postnatal Exercise	2
	• Multiple child birth and Maternal and child care.	2
• Early pediatric problems.	2	
• Medical termination of pregnancy and its complications.	1	
<b>SECTION II</b>		
<b>5</b>	<b>Urogenital Dysfunctions</b>	
	• Prolapse of uterus and vagina.	3
	• Incontinence	8
	• Infection of female genital tract including sexually transmitted diseases like AIDS, Gonorrhoea, Syphilis, low backache.	2
<b>6</b>	<b>Common Gynecological Surgeries</b>	
	• Hysterectomy	5
	• Ectopic pregnancy	2
	• Pelvic repair	1
	• Caesarean delivery	5

	<ul style="list-style-type: none"> <li>Manchester repair</li> </ul>	1
	<ul style="list-style-type: none"> <li>Ovarian Cystectomy, Myomectomy and laparoscopic surgeries.</li> </ul>	2
	<ul style="list-style-type: none"> <li>Cancers commonly affecting women.</li> </ul>	3
	<ul style="list-style-type: none"> <li>Mastectomy</li> </ul>	6
	<ul style="list-style-type: none"> <li>Operative procedures for the lower urinary tract disorders.</li> </ul>	4
<b>7</b>	<b>Conditions in older women</b>	
	<ul style="list-style-type: none"> <li>Significant changes during older age in female body</li> </ul>	3
	<ul style="list-style-type: none"> <li>Anthropometric measurements</li> </ul>	2
	<ul style="list-style-type: none"> <li>Obesity during old age</li> </ul>	2
	<ul style="list-style-type: none"> <li>Complications of Ageing</li> </ul>	2
	<ul style="list-style-type: none"> <li>Menopause and the Climacteric</li> </ul>	3
	<ul style="list-style-type: none"> <li>Osteopenia and Osteoporosis</li> </ul>	2

**Instructional Method:**

- Teaching and training sessions will be carried out through active learning. Active participation and contribution in group discussion and seminars are mandatory for students
- Lectures to be conducted with the help of black board and/or audio-visual aids that includes multi-media projector, OHP, etc.
- Problem based and/or case based assignments based on course content will be given to the students at the end of each unit/topic and will be evaluated at regular interval.
- The course includes a laboratory where the students have an opportunity to build and appreciation for the concepts being taught in lectures.
- Instruction method will be integrated with clinical training, bedside / class room teaching and tutorials as necessary.

**Text book:**

- Physiotherapy in Obstetrics and Gynaecology. 1<sup>st</sup> edition. Mantle J, Polden M. Butterworth-Heinemann publications
- Tidy physiotherapy. 15<sup>th</sup> edition. Porter S. Elsevier's Publications.
- Tidy physiotherapy 12<sup>th</sup> edition. Thompson A; Skinner A. Butterworth-Heinemann publications.

**Reference Books :**

1. Textbook of Physiotherapy for gynecology and obstetrics conditions. 1<sup>st</sup> edition. Madhuri JB. Jaypee Publications
2. Women's Health: A Textbook for Physiotherapists. 1<sup>st</sup> edition. Sapsford R, Markwell S; Bullock–Saxton J. WB Saunders Company Ltd.
3. Evidence–Based Physical Therapy for the Pelvic Floor: Bridging Science and Clinical Practice. 2<sup>nd</sup> edition. Bo, K., Berghmans B, L.C.M., Van Kampen, M., Morkved, S. Churchill Livingstone.
4. R.Baranitharan, may2010- Physiocare for women's health
5. US. Department of Health and Human Services' Office on Women's Health; November 2008- The Healthy Woman: A Complete Guide for All Ages. URL: <http://www.womenshealth.gov/>