



Family Medicine with a deeper role in Women's Health

Extra-curricular Training

2026

Family Medicine - deeper role in Women's Health

1. Program Purpose

The Women's Health Deeper Role Program is an advanced training pathway within Family Medicine designed to enhance physicians' competencies in delivering comprehensive, evidence-based, and patient-centered care for women across all life stages.

The program aims to bridge the gap between primary care and specialized women's health services, ensuring high-quality care within the community setting.

Upon successful completion of the Deeper Role in Women's Health Program, candidates are expected to be capable of independently running women's health clinics in addition, candidates are expected to continue practicing comprehensive Family Medicine role

2. Intended Learning Outcomes

By the end of the program, the candidate will be able to:

- Provide comprehensive, evidence-based women's health care across the life course
- Assess, diagnose, and manage common gynecological and reproductive conditions
- Deliver preventive care and screening, including cervical and breast health
- Provide effective contraceptive counseling and initiate appropriate methods
- Deliver preconception, antenatal, and postnatal care within primary care scope
- Communicate effectively using a patient-centered, culturally sensitive approach
- Recognize red flags and refer appropriately to secondary care
- Demonstrate professionalism, ethical practice, and reflective learning
- Participate in quality improvement and contribute to service development

3. Program Structure

A. Theoretical Component:

The theoretical component of the Women's Health Deeper Role Program provides a focused, evidence-based foundation to enhance family physicians' knowledge in women's and maternity health within primary care. Through structured lectures, case-based discussions, and interactive sessions, candidates develop the ability to recognize, assess, and initiate management of common conditions while applying current clinical guidelines. This

component emphasizes preventive care, early detection, and appropriate referral, preparing candidates to deliver safe, patient-centered care and to transition effectively into the clinical training phase.

Lists of topics that are covered as part of the training in women health deeper role program:

- 1- Menstrual irregularities
- 2- Menopause
- 3- Amenorrhea
- 4- Preconception counselling
- 5- Birth spacing
- 6- Antenatal care
- 7- Ultrasound in obstetrics
- 8- Common Obstetric conditions
- 9- Postpartum care
- 10- Breastfeeding
- 11- Obstetric Medicine related problems
- 12- Labour and Delivery
- 13- Overview of Obstetric emergencies
- 14- Infertility

The theoretical component of the program is delivered by Obstetrics and Gynecology specialists, with a strong emphasis on the role of Family Medicine in the assessment, initial management, and follow-up of each condition. Teaching is focused on bridging specialist knowledge with practical application in the primary care setting.

Assessment Strategy:

During the theoretical phase is designed to reinforce learning and ensure the application of knowledge in clinical practice. Following each teaching session, candidates participate in structured case-based discussions that promote clinical reasoning, decision-making, and integration of evidence-based practice.

Virtual meeting:

A virtual meeting is conducted mid of the rotation attachment to discuss the competencies that has been achieved throughout the rotation, to provide structured feedback based on performance and reviewing cases and DOPs done so far.

B. Clinical attachment:

Clinical attachment takes place in the obs/gyne department in Alfarwaniya hospital over 6 months, and it's done in two phases:

Phase 1:

Two continuous months of clinical attachment

Phase 2:

One day of clinical attachment per week over 4 months.

Each candidate will be assigned to a variety of clinics to ensure adequate exposure to a broad range of obstetric and gynaecological cases

During clinical attachment, candidates are expected to be exposed to and participate in the following cases and DOPS:

Clinical cases / counselling:

- Gynaecological cases:
- Menstrual & bleeding issues including menopause
- Sexually transmitted infections (STIs) assessment
- Cervical cancer screening / assessment
- Family planning: preconception and contraception counselling
- Antenatal & postpartum care including breastfeeding counselling
- Emergency cases

Examinations & procedures (DOPS)

- Per vaginal examination / bimanual pelvic examination
- Speculum examination
- Vaginal swabs / high vaginal swab
- Pap smear
- Breast examination
- Insertion / removal of IUD / IUS / implant
- Abdominal ultrasound
- Examination of pregnant abdomen
- Interpretation of CTG
- Conduct of labor / delivery
- Episiotomy
- C-section assistance
- Observed colposcopy

Each month, candidates are expected to prepare at least 2 cases and 4 DOPS from the list mentioned above during their hospital rotation.

All cases and DOPS must be formally observed, documented, graded, and signed by a qualified doctor, and recorded in the affiliated forms. These will be requested for submission later for evaluation.

Leave and Attendance Policy (Clinical Attachment):

Candidates are required to maintain a minimum attendance rate of **75%** throughout the program. This requirement is implemented to ensure that candidates achieve adequate clinical exposure and gain a substantial breadth of experience, with minimal interruptions to their training.

Repeated or significant non-compliance may impact the candidate's successful completion of the program.

Professionalism and Conduct:

Candidates are expected to demonstrate a high standard of professionalism, ethical practice, and respectful behaviour throughout the program. This includes maintaining appropriate communication with patients, colleagues, and supervisors, as well adhering to institutional policies and professional standards at all times.

Any instances of misconduct, unprofessional behaviour, or breach of expected standards will be formally addressed. Such incidents will be documented, and appropriate actions will be taken, which may include feedback, counselling, and structured remediation plans depending on the severity and frequency of the issue.

Eligibility:

- Candidates must be at the level of R4, R5, or Senior Registrar at the time of application.
- Applicants should demonstrate a strong performance record during residency
- Consistent evidence of professionalism and good clinical conduct
- Candidates must show clear enthusiasm, motivation, and commitment toward the chosen deeper role, particularly in advancing their knowledge and skills within the field.

Application and Announcement:

- An official announcement will be circulated, typically in November, including a registration link for interested candidates.
- The program offers limited vacancies, typically accommodating 7–10 candidates per cycle.
- Following submission, applicants will undergo a structured interview conducted by the Deeper Role Committee, consisting of:
 - Head of the Women’s Health Committee
 - Member of the Women’s Health Committee
 - Head of WPBA Committee
- After the interviews, each applicant’s profile and performance will be thoroughly reviewed and discussed by the committee.
- Final decisions will be made collectively, and successful candidates will be officially announced thereafter.

Certification

- Upon successful completion of the program and fulfillment of all required components of the rotation, candidates will be awarded an official certification recognizing completion of the Deeper Role Program.

Conclusion

The Women’s Health Deeper Role Program is designed to enhance, **not replace**, the fundamental role of the Family Physician. This program represents a vital step toward strengthening the role of Family Medicine physicians in delivering comprehensive, continuous, and patient-centered care for women. By integrating structured theoretical learning with hands-on clinical exposure, the program equips physicians with the necessary knowledge, skills, and professional attitudes to manage a wide spectrum of women’s health conditions across all life stages.