

# UCSF OB/GYN Medical Education

Excellent Teaching in Obstetrics, Gynecology and the Reproductive Sciences

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**OB-GYN Clerkship Newsletter**

**April 2021**

Welcome to the first edition of our new monthly clerkship newsletter. This publication will include a focus on educational pearls, a site-of-the-month recognition feature and faculty resources. Please contact me if you have any ideas or suggestions about content.

**US News and World Report Ranking.** UCSF Obstetrics and Gynecology is once again the top-ranked OB/GYN education program on US News and World Report's annual ranking of Graduate Programs. Thank you for your ongoing support in keeping up our excellent standards.

**VCP Banquet.** Large-gathering restrictions remain in place for now at UCSF. We will be notifying this year's awardees in May. We are exploring a remote CME session for the end of the summer and tentatively planning to hold this year's banquet in the fall.

## **Education Pearls: Trauma-Informed Care in the Pelvic Exam**

We include trauma-informed care in our education of students, both clinical and pre-clinical, on pelvic exams. Pre-clinical students are taught this by the Project Prepare standardized patients. Clerkship students learn this on service and as part of the Values Clarification Didactic. (Review this didactic [here](#).)

**What is trauma-informed care?** Trauma-informed care describes practices designed to increase the patients' sense of safety and trust, and to avoid re-traumatization. For patients with a history of sexual trauma, pelvic exams may trigger PTSD symptoms; more of your patients than you realize might have such a history. Recommendations for conducting the pelvic exam using the principles of trauma-informed care include:

- **Establish rapport before the exam. In some cases, this means doing the exam at a separate visit.**

- **Invite the patients to suggest measures that will make them more comfortable with the exam.**
- **Allow a support person to accompany the patients during the exam.**
- **Allow the patients to choose the gender of the examiner if preferred.**
- **Before starting, inform the patients that the exam will stop if they feel uncomfortable. Assure them that they have control over the pace.**
- **Tell the patients about each step of the exam right before it happens.**

If the patient does not want to continue the exam, the clinician should stop, inquire about the patient's needs, and proceed only when the patient is ready.

For a full list of recommendations, review the resources at the Reproductive Health Access Project:

<https://www.reproductiveaccess.org/resource/trauma-informed-pelvic-exams/>

### **Site of the month: UCSF Fresno**

The University of California, San Francisco, Fresno-Central San Joaquin Valley Medical Education Program is a clinical branch of the University of California, San Francisco School of Medicine. This site offers medical students core and elective clinical clerkships, both in traditional blocks and in a longitudinal clerkship (LIFE).

This program, based in a region that is predominantly rural and agricultural, presents opportunities for clinical experience quite different from larger, urban medical centers. Taking advantage of this unique situation, many of the patient care, teaching, and research activities of the UCSF Fresno Medical Education Program have orientation toward rural health problems and health service needs.

### **What students love about Fresno**

Diversity of patient population. Hands-on learning. Faculty teaching

**In their own words**

"Amazing didactics and the residents let me do a lot everyday and I received great feedback."

"The faculty daily lectures (Dr. Morgan's in particular) were extremely useful, relevant, and well taught, and the faculty encouraged learning and questioning. The specific rotation schedule (amazingly managed by the site coordinator) was also very cool."

"Learning in a new setting but in a UCSF affiliated setting was impactful. The patient population is different than in SF. I learned so much from the patients and their lives, I think every UCSF med student should have a rotation in Fresno."

## Faculty Resources

### [VCP Resources Website](#)

## Upcoming Events

### Grand Rounds

Tuesdays, 9am

### Women's Health Matters Webinar Series: Egg Freezing, Is it Right for Me?

April 19, noon

### Wellness Webinar on Best Food to Reduce Stress

April 22, noon

### Global Health Day: Decolonizing Global Health to Advance Health Equity

April 24

### Ob, Gyn & RS Health Equity Research Interest Group Meeting

April 27, 7-8pm

### 5th Annual UCSF Health Improvement Poster Symposium

June 9

\*\*\*Sent on behalf of the UCSF OBGYN-RS Medical Education Team\*\*\*

Jeannette Lager, MD, MPH, Medical Education Director

Naomi Stotland, MD, Medical Education Co-Director

Ida Shunk, Medical Education Program Administrator

Kristin Olson, Medical Education Program Coordinator