



**KING FAISAL SPECIALIST HOSPITAL  
AND RESEARCH CENTER**

**DEPARTMENT OF MEDICINE**

**WOMEN'S HEALTH FELLOWSHIP PROGRAM**

2014/06/30





## GENERAL INTERNAL MEDICINE MANUAL CHECKLIST

### I. Introduction:

Women account for more than half the population and statistics show that most women's health issues are not obstetric, even among women of childbearing age. Women's Health is devoted to facilitating the preservation of women's wellness and prevention of diseases in women. It includes screening, diagnosis and management of conditions which are unique to women, are more common in women, or are more serious in women, or have manifestations, risk factors or interventions which are different in women. All women should have the opportunity to receive comprehensive care from a single source, a physician who is competent and comfortable in delivering such care.

There was a growing awareness of the complex health needs of women and the importance of training physicians in this specialized field. Many medical centers in North America have started to offer Fellowship Trainings in Women's Health. At King Faisal Specialist Hospital and Research Center

(KFSH&RC), like in many other leading centers in the world especially in west countries, the Section of

Internal Medicine has recognized this need and is taking the initiative to start a Fellowship Program in Women's Health. Although, the Women's Health Fellowship Program is administered through the Department of Medicine, several other departments participate in training.

The focus of the fellowship training experience is on the acquisition of skills and expertise in a specific area of medicine relevant to the health of women through the life course, with an emphasis on gaining a full understanding of how gender influences prevalence and incidence of the disease, and the clinical manifestations and outcomes of the disease.

The Women's Health Fellowship Program provides interdisciplinary gender-specific care for women and serve as resources for educational and research programs focused on women's health. Graduates of such fellowship program are expected to be role models in leading, developing, conducting, and evaluating innovative research, education, and clinical care in health issues pertaining to women. At the completion of their fellowship training they will become well-rounded doctors, comfortable in tackling the different medical problems by simply considering the patient as a whole and looking at the multiple aspects of disease.

We are very confident, judging by the talent available in the faculty corps and the quality of the residents who have already expressed interest in such a fellowship, that **we will succeed as pioneers of this program in the Middle East. On a national level we believe that such a fellowship will perpetuate the medical excellence of KFSH&RC and provide a number of much needed quality physicians in the community.**

### I- Prerequisites:





1. The prospective candidate must have completed formal Residency Training in Internal Medicine or Family Medicine. Board certification or board eligibility in Internal Medicine or Family Medicine.
2. The candidate must support the application with 3 letters of recommendations from physicians who have known him/her professionally and have worked with him/her.
3. The candidate must have successfully completed a personal interview.

**II- Duration of Fellowship:**

Two years.

**III- Number of Fellowship positions:**

Three fellows will be accepted each year

**IV- Qualifications of the Fellowship Program Staff:**

1. Muneerah Albugami MD, FACP

Consultant Internal Medicine and Women's Health, Department of Medicine King Faisal Specialist Hospital & Research Centre  
Please see the attached files (CV of Dr. Muneerah Albugami).

2. Mashael Al Deery, MD

Consultant Reproductive Endocrinology and Infertility  
Department of Obstetrics & Gynecology, King Faisal Specialist Hospital & Research Centre Please see the attached files (CV of Dr Mashael Al Deery)

3. Tarfah Abdullah Muammar, MD

Consultant Obstetrics & Gynecology in Family Medicine (practicing office gynecologist)  
Department of family medicine, King Faisal Specialist Hospital & Research Centre  
Please see the attached files (CV of Dr. Tarfah Abdullah Muammar)

4. Ali Al Zahrani, MD, FACE, FACP

Consultant, Endocrinology, Department of Medicine  
Scientist and Head, Molecular Endocrinology Unit  
King Faisal Specialist Hospital & Research Center-Riyadh  
Professor, Al Faisal University-Riyadh  
Deputy Executive Director, Research Centre  
King Faisal Specialist Hospital & Research Center-Jeddah  
Please see the attached files (CV of Dr. Ali Al Zahrani)

5. Abdallah Hamad AlKhenizan, MD

Chairman, Family Medicine And Polyclinics





Consultant, Department of Family Medicine And Polyclinics  
King Faisal Specialist Hospital & Research Centre  
Please see the attached files (CV of Dr. Abdallah AlKhenizan)

6. Rasha Bazari, MD

Consultant, Adult Cardiology  
Heart Centre Department, King Faisal Specialist Hospital & Research Centre  
Please see the attached files (CV of Dr. Rasha Bazari )

**V- General Objectives:**

The Women's Health Fellowship Program provides training in the prevention, diagnosis and treatment of health conditions specific to women, more common or more serious in women, having distinct causes, manifestations, outcomes or treatments in women and/or having high morbidity or mortality in women. The Women's Health Fellowship Program at KFSH&RC is **two years** program designed to provide the fellow with a comprehensive in-depth training experience and skills in areas specific to women's health and gender-based medicine. The program emphasizes the importance of gender and age in health and disease. To develop leaders in women's health research, education and clinical care. The overall goals of the Women's Health Fellowship Program are:

1. To provide high-quality, gender-specific care for women .To acquire a knowledge base that will allow the fellow to address the unique needs of women with multiple medical, cognitive, psychiatric, social, and/or functional impairments. To provide patient care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health.
2. To gain expertise in many medical topics that does not fall naturally within one subspecialty. The fellow will acquire expertise in all of these topics, making him/her a valuable asset to the practicing community around him.
3. To initiate and promote preventive medicine, screening of the healthy women and health maintenance. These are complex issues requiring unique judgment and knowledge. Disease prevention and early diagnoses is a particular challenge.





4. To develop competence in gathering and analyzing information needed to practice health promotion, disease prevention, diagnosis, care and treatment of women across multiple settings of care (outpatient, inpatient).
5. To develop and expand research efforts in health outcomes research dedicated to women
  
6. To develop educational skills that will allow the fellow to teach residents and students from multiple disciplines.
  
7. To demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families/caregivers, and interdisciplinary health professionals. Fellows are expected to:
  - i. Communicate compassionately and effectively with patients, families/caregivers, and the public, as appropriate, across a broad range of socioeconomic and cultural backgrounds
  - ii. Communicate effectively (both verbally and in writing) with physicians, other interdisciplinary health professionals, and health related agencies
  - iii. Work effectively as a member or leader of an interdisciplinary health care team
  - iv. Act in a consultative role to other physicians and health professionals
  - v. Maintain comprehensive, timely, and legible medical records





8. To learn the scientific method of problem solving, evidence-based decision making, a commitment to lifelong learning, and an attitude of caring that is derived from humanistic and professional values. The fellow will be familiarized with clinical epidemiology and decisionmaking. This includes being an effective clinical information manager who can take full advantage of electronically stored data and be able to communicate using the tools of modern technology.

#### **VI- Specific Objectives:**

The Women's Health Fellowship Program is designed to provide unique opportunities for training in this specialty. The goal of the program is to train physician leaders, educators and researchers in providing excellent and comprehensive women's health care. The curriculum is designed to provide hands-on experiences in patient care, training in medical education and research. The program should be interdisciplinary in nature, crossing traditional boundaries, in order to comprehensively focus on a wide range of women's health concerns and issues, including, but not limited to, gender differences in disease presentation and treatment, mental health, aging, reproductive health and urogynecology. The Women's Health Fellowship Program includes the following:

- 1- Ambulatory and preventive care (Interdisciplinary Education)
- 2- Research
- 3- Academic Activities
- 4- Public Health education

#### **1. Ambulatory and Preventive Care (Interdisciplinary Education):**

The fellow will be required to attend outpatient clinic. He/She will attend the following outpatient clinics:

##### **1- Women's Health Clinic:** The fellow will gain new skills in:

- a. How to do comprehensive menopausal women assessment .It includes menopausal symptoms management and risk factors assessment for cardiovascular disease, osteoporosis and cancer.
- b. The diagnosis and treatments of the diseases are more prevalent among women.
- c. Diagnosis and management of the medical issues related to pregnancy.
- d. Counseling and screening women who have strong family history of breast cancer.





- e. Evidence base medicine in health maintenance of women in different age groups.

**2- Family medicine and gynecology clinic:** The fellow will gain new skills in:

- a. How to do comprehensive menopausal women assessment .It includes menopausal symptoms management and risk factors assessment for cardiovascular disease, osteoporosis and cancer.
- b. Preconception counseling for the control of medical problems prior to pregnancy with life style changes and medications that are safe on the growing fetus
- c. Counseling and screening women who have strong family history of breast cancer.
- d. Evidence base medicine in health maintenance of women in different age groups.
- f. Office-based assessment and treatments of female sexual disorders: since sexual problems are common in women. These problems may be distressing and may significantly impact a woman's well-being and relationships.
- g. Various kinds of family planning options and proper choice, in a shareddecision-making in contraception. Strategize safe and effective contraceptive choices for women with chronic medical conditions
- h. clinical management of a variety of complex conditions in women'shealth including abnormal bleeding, genital herpes, recurrent vaginitis, PCOS, vulvar disease, GYN pain syndromes and others.
- i. Select patients for optimum use of the HPV, influenza, and other recommended vaccines

**3- Internal Medicine and Geriatrics Clinic:** The fellow will have the opportunity to:

- a- Treat patients with multiple medical problems and will gain expertise in the evaluation and management of complex medical patients.
- b- Gain new skills in how to do a comprehensive geriatric assessment. c- Become familiar in the diagnosis and treatment of the main geriatric syndromes, and in the multidisciplinary approach to elderly women.

**4- High Risk Pregnancy Clinic:** The fellow will have experience in :

- a- Managing medical problems in pregnancy like pre-eclampsia, eclampsia, gestational diabetes or having a chronic medical condition during





pregnancy such as diabetes or hypertension or chronic renal or liver disease or HIV or anemia.

- b- Managing medical problems prior to pregnancy and during the postpartum period.

**5- Cardiology Clinic:** Cardiovascular disease is the number one killer of women and it is different for women than for men. The fellow will have experience in diagnosis and management of coronary artery disease, arrhythmias and heart failure.

**6- Reproductive Endocrine and Adolescent Care Clinic:** The fellow will become familiar with :

- a- The current recommendations for contraceptive management
- b- Issues related to menses and human sexuality. Menstrual disorders and its management in various ages
- c- Gynecology and reproductive problems, causes, complications and management.

**7- Psychiatry Clinic:** Fellow will acquire knowledge and skills in:

- a- Diagnose and management of mental health conditions common to women such as depression, anxiety disorders, substance abuse, eating disorder, domestic violence, and postpartum depression.
- b- Options of treatment are available and common side effect.

**8- Cognitive Clinic:** The fellow will have experience in clinical assessment and management of cognitive impairment and dementia.

**9- Rheumatology Clinic:** It offers expertise in the diagnosis and management of arthritis and connective tissue diseases which are more common in women.

**10- HIV Clinic:** The fellow will have experience to provide comprehensive care to women with HIV/AIDS regarding:

- a. Menopause management
- b. Chronic medical conditions management e.g. diabetes, hypertension, dyslipidemia and osteoporosis.
- c. Screening for malignancy in HIV infected women.

**11- Anticoagulation Clinic:** The fellow will become familiar with :

- a. The different methods of diagnosis of Deep Venous Thrombosis and Pulmonary Embolism.







- b. The indication of anticoagulation treatment and its benefits v/s risks.
- c. How to manage patients on long-term coagulation and how to deal with the potential complications and challenges of anticoagulation management

**12- Oncology – Breast Clinic:** Breast cancer is the most frequently diagnosed cancer in women. The fellow will have the opportunity to be involved in:

- a. The initial assessment of new diagnosis cases of breast cancer
- b. Counseling patients regarding the options of treatment are available.
- c. Follow up women in maintenance therapy to be familiar with type of medications and common side effect.
- d. Fellow will have **no involvement in chemotherapy, surgery or radiotherapy**.

**13- Pain Clinic:** The fellows have developed expertise on the diagnosis and management of chronic pain which is common in women. The fellow will become familiar with options of medications that are available and their common side effects.

**14- Urogynecology Clinic:** Statistics show that the majority of urinary incontinence cases occur in women. The fellow will become familiar with types of urinary incontinence and also assessment, diagnosis & management of urinary incontinence.

**15- Endocrine Clinic:** The fellows have developed expertise on the diagnosis and management of common endocrine diseases like diabetes, thyroid disease and adrenal dysfunction.

**16- GyneOncology Clinic:** The fellows will become familiar with initial assessment of new cancer cases and counseling patients regarding the options of treatments are available. The fellows will have no involvement in chemotherapy, radiotherapy or surgery.

## **2- Research:**

The purpose of the fellowship is to promote research in areas specific to women's health. The aim is to give the fellow the practical experience of asking pertinent questions and devising appropriate methods to try and answer them. The fellow will identify a topic of research and will be required to develop a research proposal



and follow-it through. Each fellow will be required to have published his/her research upon graduation. Fellows in the program are mentored in scholarly research, and they are encouraged to present their results at national meetings and to publish in scholarly journals.

- The Fellow is expected to develop skills in clinical research including participation in study design, development of research protocols, and preferably conducting and scripting a study fit for publication in a peer reviewed journal.
- Fellows will be encouraged to attend and present papers in local seminars and international gatherings. It is anticipated that a portion of his/her time will be spent using clinical epidemiology resources of the KFSH Research Centre.
- A subject for investigation will be identified within the first four weeks of the fellowship. The research supervisor will review and document goals and results in a research log book.
- Protected time for research: 4 weeks during the fellowship program
- Encourage to attend Epidemiology Course
- Encourage to attend Evidence Base Medicine Workshop
- Encourage to attend the world congress on menopause symposium.
- Encourage to be member in the International Menopause Society .

### **3- Academic Activities**

There will be a scientific program throughout the fellowship program. The fellow will be required to participate in all academic activities of the Section of Internal Medicine, Family Medicine and the academic activities of each rotation during the fellowship program. He /She will play an active role in residents and students teaching.

#### Scientific program throughout the fellowship program

- I. This activity will run throughout the year independently of what rotation the fellow is doing.
- II. Time : Monday from 1:00-2:00 pm
- III. During the fellowship there will be particular emphasis and teaching in the following topics:



- Menopause Management
- Cardiovascular Diseases in Women
  - IHD
  - Heart failure in women
- Osteoporosis
- Cancer Screening–Evidence Base
- Geriatric Medicine
- Medical Diseases during Pregnancy
- Thromboembolism and Anticoagulation
- HIV
- Rheumatology
- Psychiatric
- Urogynecology
- Pain
- Endocrine □ Epidemiology

#### **4- Public education**

The fellow will be a member in the Women’s Health Awareness Day Committee. This event is organized annually for women education in the community. The fellow will be speaker in the event.

### **VII- Structure or Outline of The Training Program**

#### **Program Content**

The one -year curriculum promotes a comprehensive definition of Women’s Health that is interdisciplinary in its nature. By definition, women’s health cuts across multiple specialty areas. The Women’s Health Fellowship Program targets key areas for deeper knowledge into disease states as they affect women throughout the female life cycle.

- 1- Rotation in outpatient clinics (Interdisciplinary Education)
- 2- Inpatient ward rotation (Clinical Exposure)
- 3- Research
- 4- Academic Activity
- 5- Public health education

#### **Details of Program Content**

##### **1-Rotation in Outpatient Clinics (Interdisciplinary Education)**





- Continuity of care is the backbone of any program and a valuable learning experience where a fellow follows his/her patient for the entire duration his/her training in the Women's Health Clinic, Reproductive Endocrine and Adolescent Care Clinic, Internal Medicine, Geriatrics Clinic and Family medicine . The fellow will take care of the patients and appreciate the impact of medical interventions in the outpatient settings. In addition, this will give him/her the opportunity to develop a healthy physician-patient relationship with its medical and humane dimensions. Preventive medicine and advanced directives can also be better tackled with a prolonged patient physician relationship. This will give the fellow a “real-life” environment similar to the one where she/he will practice later.
- The fellow will have rotation in Cardiology Clinic, High Risk Pregnancy Clinic Cognitive Clinic, Endocrine clinic, Psychiatric Clinic, Rheumatology Clinic, Anticoagulation Clinic, Oncology–Breast Clinic and Pain Clinic and Urogynecology Clinic.

We have assigned clinics for the fellow under supervision during the entire duration of the fellowship.

### Table 1: Details of Outpatient Clinics Rotation

#### 1. Women's Health Clinic once weekly

- Every Monday (8:30 am – 12:00 pm) during the whole year of fellowship program
- under supervision Dr Muneerah Albugami
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will follow these patients for the duration of his/her fellowship.
- The fellow will develop an understanding of the medical issues related to pregnancy and postmenopausal women.
- The utility of disease prevention strategies and the value of screening. Particular emphasis will be placed on preventive strategies to avoid osteoporosis, the longterm complications of diabetes mellitus, hypertension, dyslipidemia and cancer screening. The necessity to use a systematic approach to preventative health care will be stressed in the outpatient setting
- Evaluation every 4 weeks

#### 2. Internal Medicine and Geriatrics Clinic once weekly

- Every Wednesday (1:00 pm to 5:00pm) during the whole year of fellowship program
- under supervision Dr Muneerah Albugami
- The fellow will be in charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.





- The fellow will follow these patients for the duration of his/her fellowship.
- The fellow will gain expertise in the evaluation and management of complex medical patients.
- The fellow will gain new skills in how to do a comprehensive geriatric assessment and become familiar in the diagnosis and treatment of the main geriatric syndromes.
- **Note: Fellow will attend also Internal Medicine and Geriatrics Clinics during inpatients Internal Medicine/Geriatric Rotation.**
- Evaluation every 4 weeks

### 3.Reproductive endocrine and Adolescent Care clinic and gynecology clinic once weekly

- Alternative Every Sunday (1:00 pm to 5:00pm) and Every Wednesday ( 8:30 am – 12:00 pm)
- Every Wednesday ( 8:30 am – 12:00 pm) during the whole year of fellowship program, under supervision Dr. Tarfah Abdullah Muammar
- Every Sunday (1:00 pm to 5:00 pm) during the whole year of fellowship program , under supervision Dr Mashaal Al Deery
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will follow these patients for the duration of his/her fellowship.
- The fellow will gain expertise in the current recommendations for contraceptive management and issues related to menses and sexual dysfunction
- Evaluation every 4 weeks

### 4.High Risk Pregnancy Clinic rotation 8 weeks

- The fellow will be in charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will have experience in managing medical problems in pregnancy like preeclampsia, eclampsia, gestational diabetes or having a chronic medical condition such as diabetes or hypertension or chronic renal or liver disease or HIV or anemia.
- The fellow will have experience in managing medical problems prior to pregnancy and during the postpartum period
- **No involvement in labor room or on call or surgical operations.**
- Evaluation every 4 weeks by the program director of fellowship program of Obstetrics and gynecology.

### 5.HIV Clinic rotation 8 weeks.



- Every Thursday (8:30 am–12:00 pm)
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will have experience to provide comprehensive care to women with HIV/AIDS regarding:
  - Menopause management
  - Chronic medical conditions management e.g. diabetes, hypertension, dyslipidemia and osteoporosis.
  - Screening for malignancy in HIV infected women.

## 6. Cardiology Clinic

- Duration 12 weeks
- During cardiology inpatient rotation the fellow will attend cardiology outpatient clinics according to the Cardiology Fellowship schedule.
- Fellow will **continue to attend** Women's Health Clinic, Reproductive Endocrine and Adolescent Care Clinic, Internal Medicine , Geriatrics Clinic during Cardiology rotation.
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will have experience in diagnosis and management of coronary artery disease, arrhythmias and heart failure.
- Evaluation at the end of the rotation by the Director of the Cardiology Fellowship Program.

## 7.Rheumatology Clinic

- Duration 8 weeks
- During Rheumatology inpatient rotation the fellow will attend Rheumatology Outpatient Clinics according to the Rheumatology Fellowship schedule.
- Fellow will **continue to attend** Women's Health Clinic, Reproductive Endocrine and Adolescent Care Clinic, Internal Medicine , Geriatrics Clinic during Rheumatology rotation.
- The fellow will be in charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will have experience in clinical assessment and management arthritis and connective tissue diseases which are more common in women.
- Evaluation at the end of the rotation through the director of the Rheumatology Fellowship Program.

## 8.Anticoagulation Clinic

- During inpatient Internal Medicine and Geriatrics rotation the fellow will attend Anticoagulation Clinic.





- The fellow will become familiar with the different methods of diagnosis of Deep Venous Thrombosis and Pulmonary embolism.
- The fellow will become familiar with the indication of anticoagulation treatment and its benefits v/s risks.
- The fellow will become familiar on how to manage patients on long-term coagulation and how to deal with the potential complications and challenges of anticoagulation management
- Evaluation at the end of the rotation (4 weeks) through the Section Head of Internal Medicine.

#### 9. Cognitive Clinic

- Duration 8 weeks
- The fellow will attend cognitive clinic according to the clinic schedule which is usually once weekly.
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will have experience in clinical assessment and management cognitive impairment and dementia.
- Evaluation at the end of the rotation by Dr Najeeb Qadi.

#### 10. Psychiatric Clinic

- Duration 8 weeks
- The fellow will attend Psychiatric clinic according to the clinic schedule from Psychiatric Department.
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- Fellow will acquire knowledge and skills in :
  - Diagnose and management of mental health conditions common to women such as depression, anxiety disorders, substance abuse, eating disorder, domestic violence, and postpartum depression.
  - Options of treatment are available and common side effect.
- Evaluation at the end of the rotation by the Director of the Psychiatric Fellowship Program.

#### 11. Oncology – Breast Clinic

- Duration 8 weeks
- The fellow will attend Breast Clinic according to the clinic schedule from Oncology Department.
- The fellow will have the opportunity to be involved in:
  - The initial assessment of new diagnosis cases of breast cancer
  - Counseling patients regarding the options of treatment are available.





- Follow up women in maintenance therapy to be familiar with type of medications and common side effect.
- Evaluation at the end of the rotation by the director of the Oncology Fellowship Program

#### 12. Pain Clinic

- Duration 8 weeks
- The fellow will attend Pain Clinic according to the clinic schedule from pain service.
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellows have developed expertise on the diagnosis and management of chronic pain which is common in women. The fellow will become familiar with options of medications are available and their common side effects.
- Evaluation at the end of the rotation by the director of Pain Clinic.

#### 13. Urogynecology Clinic

- Duration 8 weeks
- The fellow will attend Urogynecology Clinic according to the clinic schedule from Urology Department.
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellow will become familiar with types of urinary incontinence and also assessment, diagnosis & management of urinary incontinence.
- Evaluation at the end of the rotation by the Director of the Urology Fellowship Program.

#### 14. General Endocrinology Clinic

- Duration 12 weeks
- During endocrinology inpatient rotation the fellow will attend endocrinology outpatient clinics according to the Endocrinology Fellowship schedule.
- Fellow will **continue to attend** Women's Health Clinic, Reproductive Endocrine and Adolescent Care Clinic, Internal Medicine and Geriatrics Clinic during endocrinology rotation.
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- The fellows have developed expertise on the diagnosis and management of common endocrine diseases like diabetes, thyroid disease and adrenal dysfunction.
- **No involvement in thyroid cancer clinic**
- Evaluation at the end of the rotation by the Director of the endocrinology Fellowship Program.





### 15. GyneOncology Clinic

- Duration 4 weeks
- The fellow will attend Gyneoncology Clinic according to the clinic schedule from Gyneoncology section.
- The fellow will have the opportunity to be involved in:
  - A. The initial assessment of new diagnosis cases of cancer
  - B. Counseling patients regarding the options of treatment are available.
  - C. Follow up women in maintenance therapy to be familiar with type of medications and common side effect.
- Evaluation at the end of the rotation by the director of the Gyneoncology Fellowship Program

### 16. Family Medicine Clinic

- Duration 8 weeks
- The fellow will attend Family Medicine Clinic according to the clinic schedule from Family Medicine Department.
- The fellow will be in-charge of the initial assessment of the patient as well as the development of the plan of care with the help of the supervising consultant.
- Evaluation at the end of the rotation by the supervising consultant.

## 2. Inpatient Ward Rotation: Clinical Exposure

**Table 1: Details of Inpatient Rotation**

- i. Internal Medicine and Geriatric
  - Duration: (12 weeks with on call)
  - The fellow will function as under the supervision and mentoring of the consultant covering these services.
  - During inpatient rotations the fellow will briefly review, and present the plan of care for the patients hospitalized under the Section of Internal Medicine.
  - He/She will be expected to justify medical decisions made and to show leadership, knowledge and responsibility in the management of inpatients.
  - The fellow will get introduced to the issues related to end of life care in the elderly as well as to the medico-legal aspects of advanced directives and do not resuscitate orders.
  - **On call duties** include: ER consultations, ER admissions, inpatients consultations, and weekend rounds during Internal Medicine rotation.



ii. Cardiology Inpatients Rotation ○

Duration: (12 weeks with on call)

- The fellow will function as under the supervision and mentoring of the consultant covering these services.
- During inpatient rotations the fellow will briefly review, and present the plan of care for the patients hospitalized under the Cardiology Department. ○ The fellow will have experience in diagnosis and management of coronary artery disease, arrhythmias and heart failure.
- **On call duties** include: ER consultations, ER admissions, inpatients consultations, and weekend rounds during Cardiology rotation.

iii. Rheumatology Inpatients

Rotation ○ Duration: (8 weeks with on call)

- The fellow will function as under the supervision and mentoring of the consultant covering these services.
- During inpatient rotations the fellow will briefly review, and present the plan of care for the patients hospitalized under the Rheumatology Section
- The fellow will have experience in clinical assessment and management arthritis and connective tissue diseases which are more common in women.
- **On call duties** include: ER consultations, ER admissions, inpatients consultations, and weekend rounds during Rheumatology rotation.

iv. GyneOncology Inpatients Rotation ○

Duration: (4weeks)

- The fellow will function as under the supervision and mentoring of the consultant covering these services.
- During inpatient rotations the fellow will briefly review, and present the plan of care for the patients hospitalized under the Gyneoncology .
- The fellow will attend Breast Clinic according to the clinic schedule from Oncology Department.
- The fellow will have the opportunity to be involved in:
  - The initial assessment of new diagnosis cases of cancer ○ Counseling patients regarding the options of treatment are available.
  - Follow up women in maintenance therapy to be familiar with type of medications and common side effect.





- Evaluation at the end of the rotation (4 weeks) through the director of the Oncology Fellowship Program ○ **No involvement in on call or surgical operations.**

v. Endocrinology Inpatients Rotation

- Duration: (12 weeks)
- The fellow will function as under the supervision and mentoring of the consultant covering these services.
- During inpatient rotations the fellow will briefly review, and present the plan of care for the patients hospitalized under the Endocrinology.
- The fellows have developed expertise on the diagnosis and management of common endocrine diseases like diabetes, thyroid disease and adrenal dysfunction.
- **On call duties** include: ER consultations, ER admissions, inpatients consultations, and weekend rounds during Endocrinology rotation.

**VIII- Facilities**

The hospital has outstanding Laboratory and Radiology Departments. The fellow will gain practical experience in interpreting laboratory data, including histological slides, and radiological studies. The hospital also has a superb library and subscribes to hundreds of journals. It has a massive audiovisual teaching material and has access to literature through a computer system.

**IX- Leaves:**

1. Annual leave 4 weeks /year
2. Eid leave in Ramadan (7 days)
3. Hajj Leave (10 days)

**X- Evaluation and Promotion:**

Methods of Assessment

Hospital by-laws for house staff physicians and Academic Affairs relating to performance, responsibility and conduct will be applied to the Fellow in Women's Health.

Fellows will be assessed at three-monthly intervals.





Fellows will discuss this assessment with the Fellowship Program Director.

Fellowship Committee will assist regarding specific problems.

The Fellow will have a formal assessment (in addition to the ongoing day-to-day assessment) at three, six months 12 months, and 18 months. His/ Her research will be discussed and assessed on a monthly basis.

#### **XI- Completion of the Fellowship**

A certificate of Fellowship Training at KFSH&RC will be awarded upon satisfactory completion of the requirements of the program.

#### **Future plan**

This training Program will be a national fellowship program under the umbrella of the Saudi Commission.

2014/06/30

