

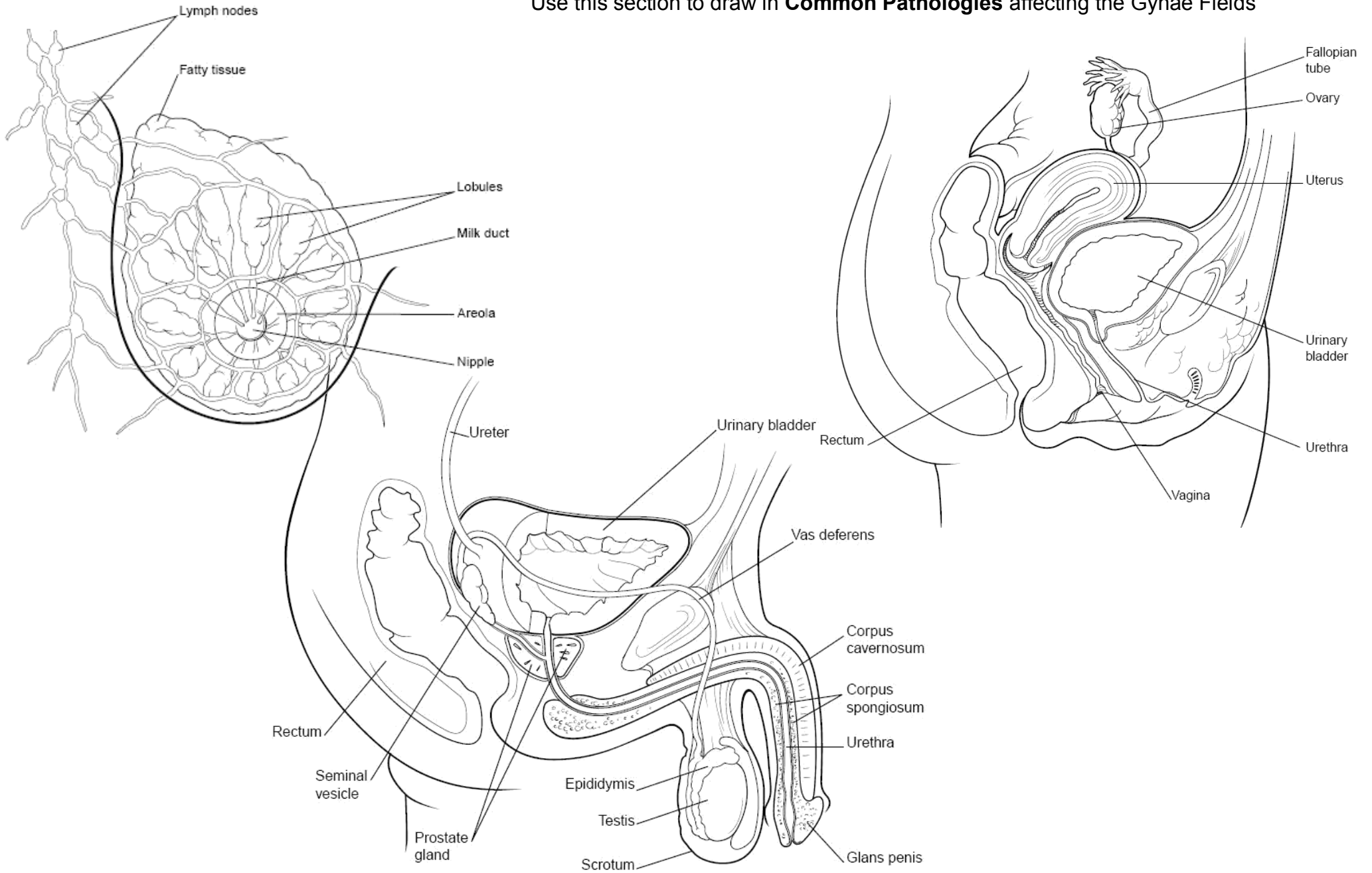
# **Gynaecological Referral Patterns**

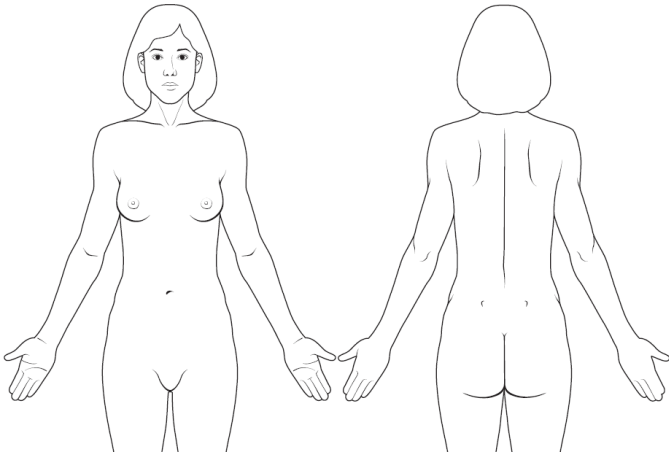
**&**

# **Follow Up Questions**

# Quick Anatomy Review

Use this section to draw in **Common Pathologies** affecting the Gynae Fields





### **Amenorrhea**

No period by 16yrs??(menarc 9-18yrs avr. 12yrs)

Pregnancy

Drastic weight loss.. (Consider Anorexia/Bulimia)

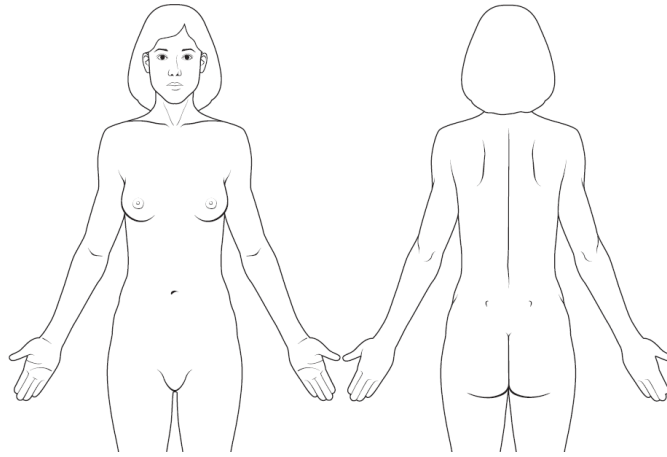
Consider endocrine disease

Pituitary tumour

Hypoglycaemia

Malnutrition

Notes:



### **Poly Cystic Ovaries**

Irregular mense / Amenorrhea

Weight gain/obesity

Insulin resistance/diabetes

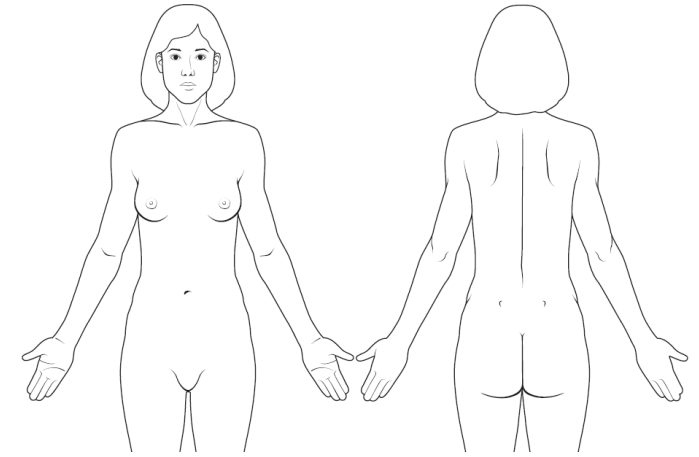
Increased hair growth

Virilisation

Decreased breast size

Spots

Notes:



### **Endometriosis**

Increasingly painful periods (or asymptomatic)

Lower abdominal pain / pelvic cramps (up to 2/52 before mense)

Lower abdominal pain during menses

Pelvic or low back (at any time during cycle)

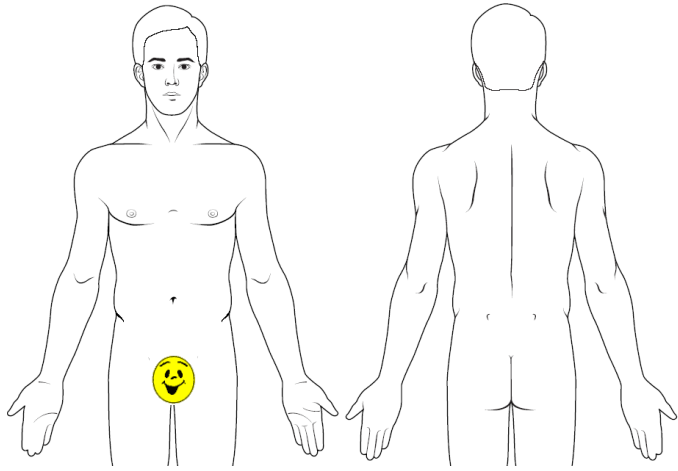
dysparania

Pain on defecating

Spotting

Infertility

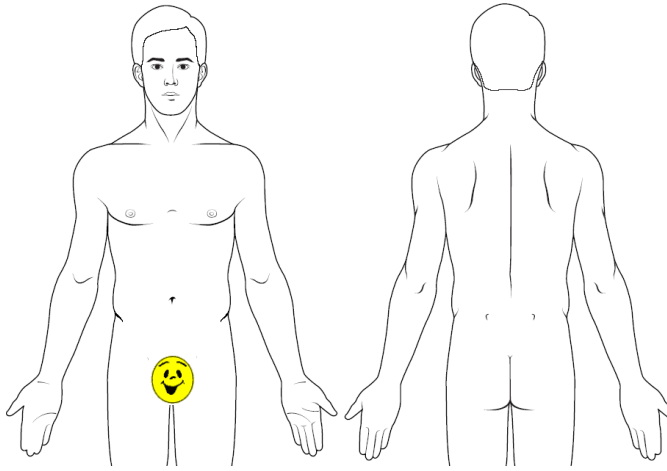
Notes:



### **Prostatitis**

Myalgia  
Arthralgia  
Sudden high fever & Chills  
Dysuria  
Nocturia  
Low back pain & perineal pain

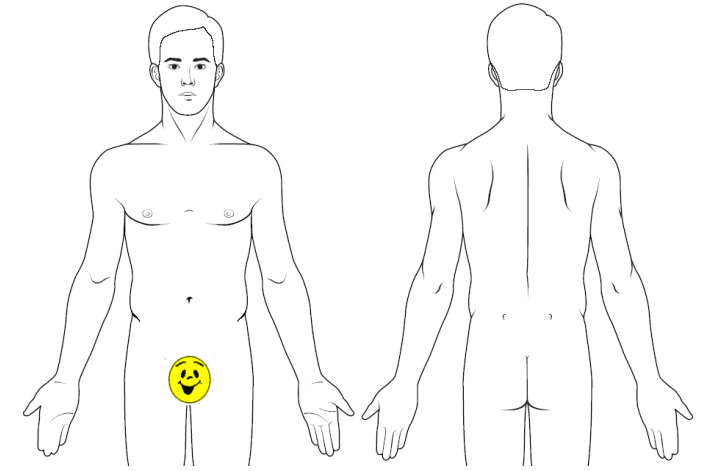
Notes:



### **Benign Prostatic Hypertrophy**

Slow start or delayed start to flow  
Weak stream  
Dribbling  
Urgency  
Nocturia  
Urinary retention  
Incontinence  
Dysuria  
Haematuria

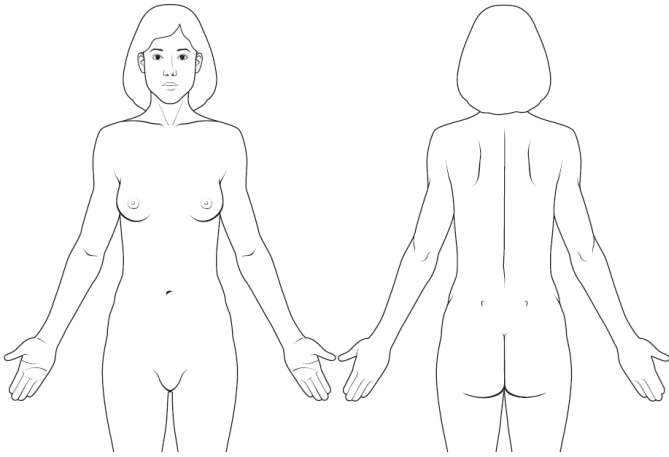
Notes:



### **Prostatic Cancer**

Hesitancy  
Dribbling  
Retention  
Dysuria  
Pain on ejaculating  
Low back pain  
Pain on defecation  
Nocturia/ incontinence  
Haematuria

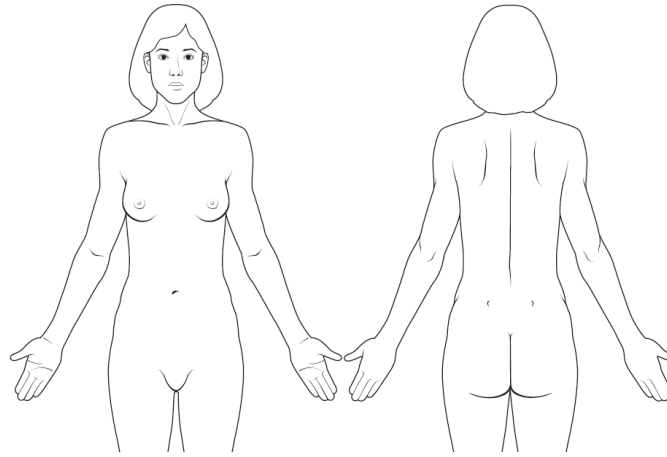
Notes:



### **Pelvic Inflammatory Disease (PID)**

- Vaginal discharge
- Abdominal pain / menstrual cramps
- Fever / Chills
- Spotting
- amenorrhea
- Ovulation pain (day 11-14)
- Dysparania
- Dysuria / Oligouria
- Low back pain

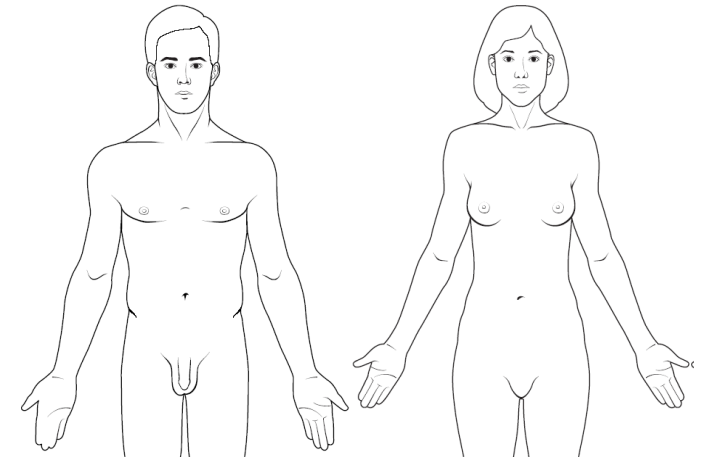
Notes:



### **Vaginal Candidiasis**

- Vaginal discharge
- Vaginal and labial itching
- Dysparania
- Dysuria
- Inflammation of the vulva

Notes:



### **Chlamydia**

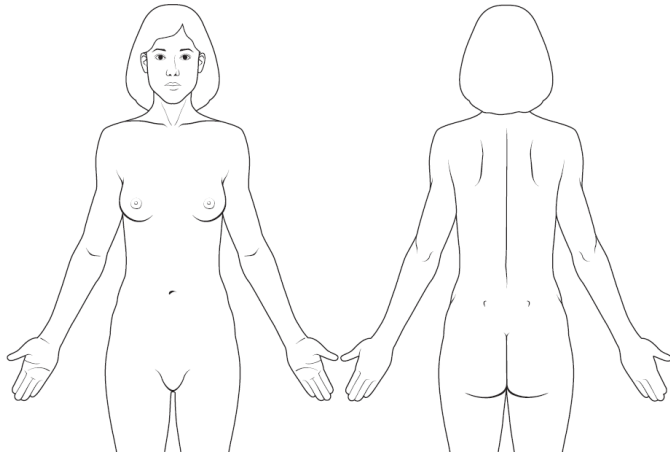
#### **Male**

- dysuria
- Discharge from penis
- Testalgia
- Rectal discharge

#### **Female**

- Vaginal discharge
- Dysparania
- Dysuria
- Symptoms of PID

Notes:



### **Uterine Cancer (Endometrial)**

Abnormal uterine bleeding

Abnormal menses

Spotting

Spotting after menopause

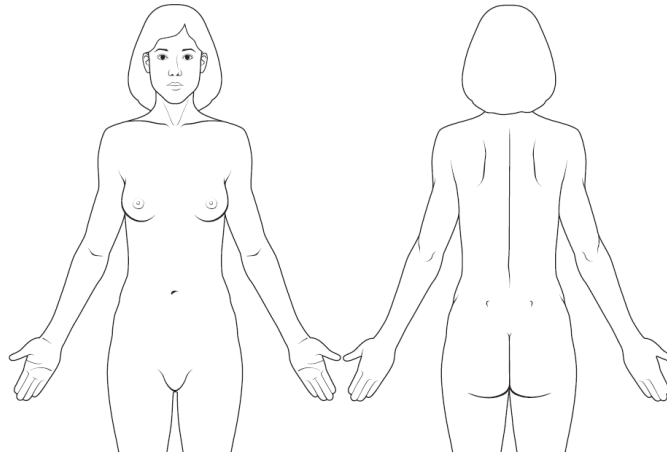
Frequent, heavy episodes of vaginal bleeding (40+yrs)

Lower abdominal pain / pelvic cramps

Discharge after menopause

Peaks between 60-70 yrs / Occasional before 40

Notes:



### **Ovarian Cancer**

Vaginal bleeding

Lower abdominal discomfort / pelvic heaviness

Abnormal menstrual cycle

Unexplained back pain that worsens over time

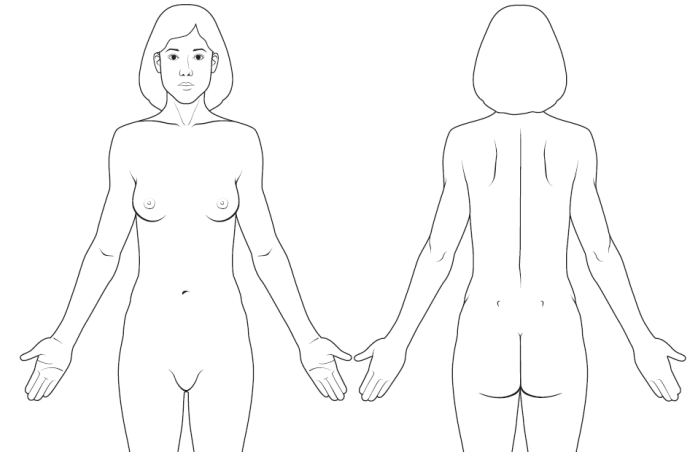
Anorexia

Increased abdominal girth (space occupying tumour)

Nausea & vomiting

Oligouria

Notes:



### **Cervical Dysplasia (pre cancerous)**

**BEWARE USUALLY ASYMPTOMATIC**

Risk Factors:

Multiple sexual partners

Early sexual activity

Early childbirth

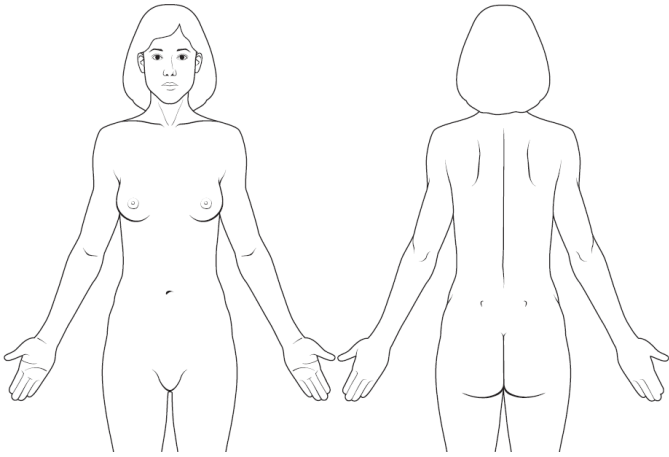
**DES exposure (Diethylstilbestrol - synthetic oestrogen prescribed in 50-70's)**

Genital warts / HIV infection

Make sure you check that patients are having regular smears

Notes:

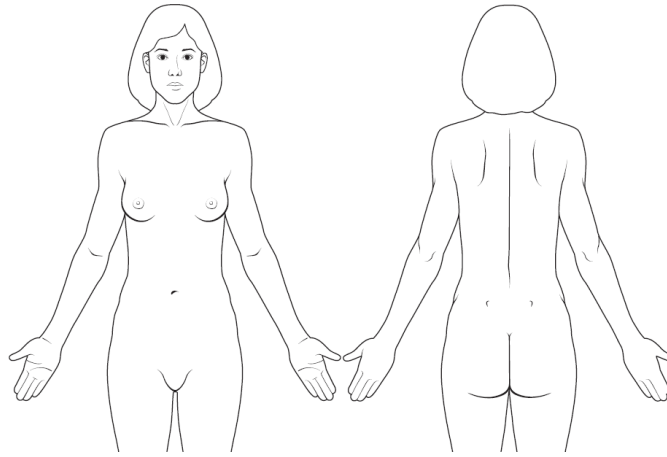
[www.womenshealthlondon.org.uk/leaflets/des/des.html](http://www.womenshealthlondon.org.uk/leaflets/des/des.html)



### Salpingitis

See PID

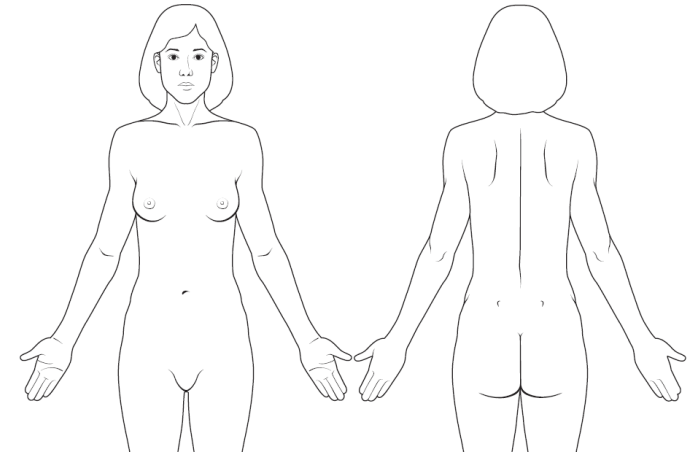
Notes:



### Fibroids

Vaginal  
Lower abdominal / Pelvic heaviness  
Abdominal mass supra pubic  
dysparania

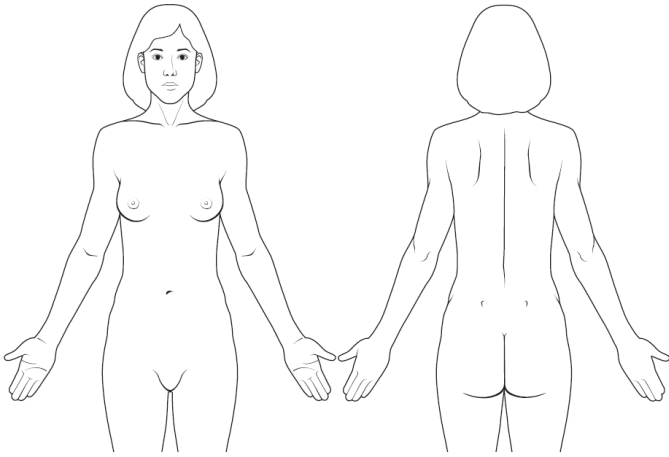
Notes:



### Fibrocystic breast disease

Dense, irregular and bumpy breast tissue  
Usually more marked in the auxiliary quadrant  
Dull pain and breasts feel full  
Premenstrual pain and swelling  
Better after period  
Itchy nipples

Notes:



### Breast Cancer

Breast lump / mass

Firm / hard with irregular borders

Auxiliary quadrant

Nipple discharge / retraction / areola puckered

Change in / breast shape / skin / colour /

Venous engorgement around breast

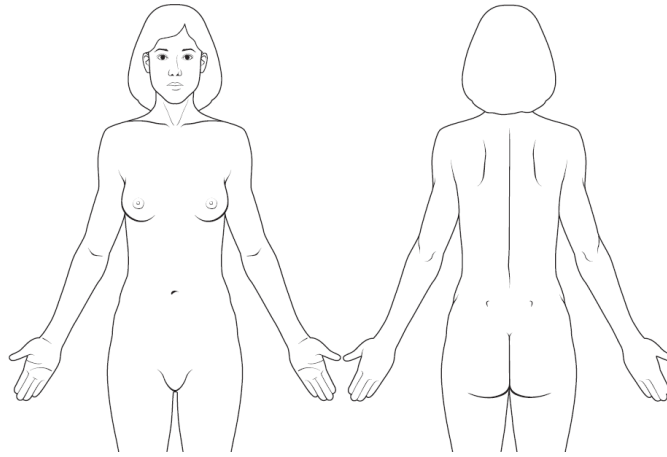
Breast pain

Auxiliary lymphadenopathy, arm swelling

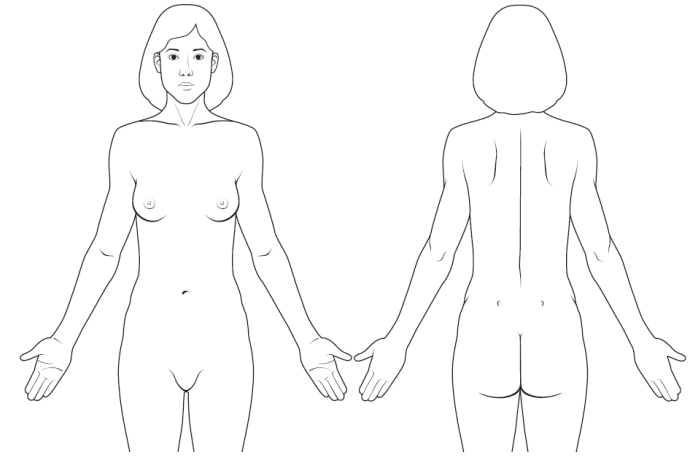
Red flags

Notes:

NB: Men get breast cancer too!!!!



Notes:



Notes:

### **Follow up questions within the Gynaecological Field:**

Get you patient to describe their menstrual cycle and any changes to it...establish what's normal first before changes in pattern..

We're not in the business of diagnosing the offending pathology, although a good guess might help!! Refer as you patients need will be best served by a specialist, however they will appreciate a brief factual letter form you....

Are your periods regular? Yes .. 28 days?  
How long do they last?

#### **Describe your period in terms of....**

What's your normal daily flow (First couple of days heavy / light?? Middle?? End)

How many tampons do you use during per day,

How often do you need to change them

What level of absorbency do you need (again depending on flow!!)

#### **What recent changes in pattern have you noticed? (Follow the systematic line of enquiry above..)**

How many days between menses?

Any spotting in-between?

How many towels / tampons are you using now. (gives you an indication of degree of blood loss)

Do you notice any vaginal discharge? (STD / Infection)

Yes.... What colour is it? (Clear (normal) cloudy, whitish, yellow... infection) Blood streaked (trauma, infection)

Do you have vaginal dryness? (Post menopause)

Is sex painful for you? (polyps, cervical erosion, infection.. (herpes, warts, yeast infections, gonorrhoea, syphilis)

What form of contraception do you use?

Coils are a common cause of infection

Condoms protect against infection

Pill needs to be considered as a DVT risk factor

Do You examine your breasts on a regular basis?

**If a patient reports a breast lump to you follow up to get more information to support a referral**

Change in breast shape, nipple shape (inversion, discharge)

Lumps, auxiliary lymphadenopathy

Any Changes in your urination habit?

Yes.. Increased/decreased frequency? Over what time frame...(recent suggests infection)

Do you have a sense of urgency?

Do you have difficulty starting to pee? (**obstruction**)

Do you have difficulty stopping a flow? (**obstruction**)

Do you get up per night to pee? How many times? (Prostate)

Do you notice that you dribble during peeing, or leak or have trouble holding onto your urine? (**urinary incontinence, obstruction**)

Have you noticed any change in colour?

Yes.. Red, dark brown, blood?

Do you have any pain as you pee? (**infection**)

Do you have any pain as you ejaculate?

Any pain or discomfort in you groin, genital area or lower abdomen?

Yes.. What relieves? What aggravates?

Any pain in your flank or just above your pubic bone?

Yes.. Is this pain relieved by movement / changing position? (**Renal colic not relieved by mvt**)

Yes.. What relieves? What aggravates?

Have you had any discharge (penis / vaginal) with this pain?

Ever had any problems with your uterus / ovaries / cervix / fallopian tubes

Yes.. **What, When, Who, Why, How & Treatment offered, resolved/Managed?**

Have you had any vaginal / bladder infections?

Yes.. How was it treated?

Was it related to any other specific circumstance? Eg unprotected sex, pregnancy, STD..

Have you had any discharge (penis / vaginal) with this infection

What surgery (if any) have you had on your uterus / ovaries / cervix / fallopian tubes?

Have you ever had problems with your prostate?

Follow up with you urgency / hesitancy, Nocturia, Haematuria etc....

Have you had any inguinal hernias? (DD source of groin pain... also check for hydrocele)

How much do you drink daily? (**Excluding alcohol**) (looking for signs of dehydration / urine concentration)

Has your flow changed in size and pressure? (**obstruction/ prostate**)

Do you feel like your completely empty when you finishing peeing? (**enlarged bladder secondary to prostate enlargement / obstruction**)

Do you accidentally leak when you laugh, bear down or cough? (**stress incontinence**)

**NOTES:**