

Exam Resources – Women’s health & Sexual health

Murtagh

Don’t forget to read all the chapters relating to Women’s health & Sexual health. This is always the first place to start when studying each system for the exam. Ideal for the approach to the case and diagnostic options, look elsewhere for up to date management guidelines.

NPS Medicinewise News/ NPS News

These are probably the best summaries on this website

<http://www.nps.org.au/publications/health-professional/medicinewise-news>

Managing urinary incontinence -

http://www.nps.org.au/_data/assets/pdf_file/0018/81117/News66_incontinence_1209.pdf

Therapeutic choice for menopausal symptoms -

http://www.nps.org.au/_data/assets/pdf_file/0004/74596/News64_menopause_0809.pdf

Hormonal contraceptives -

http://www.nps.org.au/_data/assets/pdf_file/0005/23864/news54_contraceptive_hormones_1007.pdf

Antibiotic choice for UTI’s -

http://www.nps.org.au/_data/assets/pdf_file/0003/15834/news40_antibiotics_RTIs_0605.pdf

How to treat – Australian Doctor

The weekly Australian Doctor magazines inside section “How To Treat” have great summaries. Not all the articles are online, some are available through their iphone/ipad app or in their annual yearbooks available to purchase

<http://www.australiandoctor.com.au/education/how-to-treat>

You must be logged on and registered to be able to access the articles. It is free to register online with Australian doctor. There are lots of articles, but the main ones to focus are on some of the common or important conditions

Gynaecology –

Pelvic organ prolapse <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=50afc61e-759d-4870-acee-5679454368a3> ;

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=871af13f-abd1-4d5c-94b3-720a4e6d27e2>

Endometriosis <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=57679340-dd7f-402e-a5dc-c1c3b0708ed4>

Endometrial cancer <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=470c737d-df1a-4d29-9150-ca584c2c3820>

Vulvar disease <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=c9da7920-c136-4476-b57c-0c00fdeb3db2> ;

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=fc2c32ad-05f7-4c56-bf4d-ff6ae3ac6a3a>

Ovarian cancer <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=6e055bf8-93da-400b-9e07-eac99c88ac6d>

Cervical cancer <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=061c6d01-0358-4da6-a746-abef907b9ddb> ;

<http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=e3f07a21-8067-4489-beaf-2d79cd01b595>

PCOS <http://www.australiandoctor.com.au/cmspages/getfile.aspx?guid=4aadfb9b-0ab7-446d-8e89-3542e63d2869>

Recent developments in contraception

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=ec547475-25ae-41c9-b0dc-82ad9ec1074e>

Chronic pelvic pain in women

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=1034b886-b9b6-458f-9177-fa27bed05972>

Menorrhagia <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=591d3bc7-5bd3-482f-a0af-0131a2f957c1>

Adolescent gynaecology

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=09510ff4-b668-4106-a79c-0939479851c3>

Irregular PV bleeding <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=10ea63cd-00c9-4769-990c-3ec9f849794f>

Sex hormones in menopause

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=51e1a032-3374-4b8e-9ce2-771c4a0463ec>

Amenorrhoea <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=8a509883-e328-4a93-9384-10cd2067195b>

Premature menopause

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=26743d68-28f1-4f35-b616-5b9147e2ddc7>

Obstetrics -

Fertility in the over 35's

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=1b46849d-5f62-40f3-84e7-bccba6122f7c>

Medications in pregnancy & lactation

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=02fbda06-f211-49d5-bf08-6da549849cbb>

Common conditions in pregnancy

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=31d9db9f-49ca-4657-ad37-a34c3a4a454d>

Miscarriage <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=3b79f6a9-00e3-466a-9130-6a8068947c2e>

Thyroid disorders in pregnancy

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=9060f438-dacc-4ac5-a2a5-4baa2ffc31fd>

Pre-eclampsia & hypertension in pregnancy

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=9dfd16d4-12dc-47a5-97f7-b3631ea96945>

Infertility <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=0fd498f2-572c-4484-ac6f-16da37f733a9>

Early pregnancy bleeding

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=70ab9f45-4689-4b1d-ae86-a5ade0484b7a>

Breastfeeding problems

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=01998682-9b01-4c8d-bf08-a03bc465f39a>

Shared antenatal care <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=6cdfaf3b9-1a84-415b-bef1-1460686320f0>

Pre pregnancy genetic screening

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=2ec9080e-95f7-4ecb-9bc4-2f8bc9bb8371>

Gestational diabetes <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=ad5f45f7-1276-45f8-bd26-a2f066f19c63>

Sexual health -

Female sexual dysfunction

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=59fa4f0d-ab13-4fa6-9d44-f65e13b4976d>

PID <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=33d8da2a-7761-4247-b264-880d623ba980>

Managing female sexual dysfunction

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=59fa4f0d-ab13-4fa6-9d44-f65e13b4976d>

Managing STI's <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=752d7803-5b53-4e05-b24a-2d0db8da1a72>

Screening for STI's <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=6629a6c4-0020-4751-977c-02bb9f827544>

From the front page

Cancer screening and tumour markers

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=63e2e84a-00c2-4711-9188-e86de8197e31>

Domestic violence <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=f2b2b263-6af6-4c8b-af08-eb1165194022>

Breast cancer <http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=f6806731-3841-447f-adf2-96c4fd92ee15> ;

<http://www.australiandoctor.com.au/cmsspages/getfile.aspx?guid=27919542-1acc-46f2-903b-97b97fd3040d>

Australian Family Physician

Hopefully you are already receiving this. The GP specific medical journal, they have great quizzes linked to them as well including check

<http://www.racgp.org.au/afp>

Cervical screening - <http://www.racgp.org.au/afp/2014/may/national-cervical-screening-program/>

Perinatal mental health - <http://www.racgp.org.au/afp/2014/april/perinatal-mental-health/>

Epilepsy in pregnancy - <http://www.racgp.org.au/afp/2014/march/epilepsy-in-pregnancy/>

Antenatal care in ATSI - <http://www.racgp.org.au/afp/2014/januaryfebruary/antenatal-care/>

Smoking in pregnant women - <http://www.racgp.org.au/afp/2014/januaryfebruary/smoking-in-pregnant-women/>

Family history of breast cancer - <http://www.racgp.org.au/afp/2014/januaryfebruary/family-history-of-breast-cancer/>

HPV vaccine catch-up - <http://www.racgp.org.au/afp/2013/december/hpv-vaccine/>

Breast cancer related lymphoedema - <http://www.racgp.org.au/afp/2013/december/breast-cancer-related-lymphoedema/>

Opioid dependency in pregnancy - <http://www.racgp.org.au/afp/2013/october/opioid-dependence-in-pregnancy/>

Gestational diabetes - <http://www.racgp.org.au/afp/2013/august/gestational-diabetes-mellitus/>

Breast cancer - <http://www.racgp.org.au/afp/2012/november/newly-diagnosed-early-breast-cancer/>

Whole issue on reproductive health - <https://www.racgp.org.au/afp/2012/october/>

Chlamydia - <http://www.racgp.org.au/afp/2012/july/genital-chlamydia-trachomatis-infection/>

Sexual trauma - <http://www.racgp.org.au/afp/2012/july/sexual-trauma-in-women/>

Iliac fossa pain in pregnancy - <http://www.racgp.org.au/afp/2012/june/iliac-fossa-pain-in-pregnancy/>

Chlamydia testing - <http://www.racgp.org.au/afp/2012/june/chlamydia-testing-observation-study/>

Fertility – <http://www.racgp.org.au/afp/2012/may/making-decisions-about-fertility/>

Contact tracing and STI - <http://www.racgp.org.au/afp/2012/march/contact-tracing-for-stis/>

Lactational mastitis and breast abscess -
<http://www.racgp.org.au/download/documents/AFP/2011/December/201112cusack.pdf>

Asking the important questions about violence -
<http://www.racgp.org.au/download/documents/AFP/2011/November/201111lee.pdf>

Unintended pregnancies -
<http://www.racgp.org.au/download/documents/AFP/2011/November/201111lucke.pdf>

The pre pubertal hymen -
<http://www.racgp.org.au/download/documents/AFP/2011/November/201111asmith.pdf>

Antenatal screening -
<http://www.racgp.org.au/download/documents/AFP/2011/October/201110bonacquisto.pdf>

Etonogestral implants -
<http://www.racgp.org.au/download/documents/AFP/2011/October/201110gillies.pdf>

Breastfeeding and medicines -
<http://www.racgp.org.au/download/documents/AFP/2011/September/201109amir.pdf>

Odorous vaginal discharge -
<http://www.racgp.org.au/download/documents/AFP/2011/August/201108cernat.pdf>

Common vulval dermatoses -
<http://www.racgp.org.au/download/documents/AFP/2011/July/201107drummond.pdf>

Folic acid in pregnancy -
<http://www.racgp.org.au/download/documents/AFP/2011/June/201106sharland.pdf>

Whole issue on menopause - <http://www.racgp.org.au/afp/2011/may/>

Women with intellectual disability -
<http://www.racgp.org.au/download/documents/AFP/2011/April/201104eastgate2.pdf>

Recurrent vulvovaginal candidiasis - <http://www.racgp.org.au/afp/2011/march/recurrent-vulvovaginal-candidiasis/>

Pregnancy - <http://www.racgp.org.au/afp/201011/201011rio.pdf>

Breast feeding - <http://www.racgp.org.au/afp/201010/201010smithers.pdf>

Pap tests - <http://www.racgp.org.au/afp/201010/201010stewart.pdf>

Bacterial cystitis in women - <http://www.racgp.org.au/afp/201005/201005chung.pdf>

Motherhood and mental illness - <http://www.racgp.org.au/afp/200908/200908frayne.pdf> ;
<http://www.racgp.org.au/afp/200909/200909frayne.pdf>

An entire issue on sexual health - <http://www.racgp.org.au/afp/200906>

Breast cancer and screening - <http://www.racgp.org.au/afp/200904/200904bird.pdf>

HPV vaccination and chlamydia screen - <http://www.racgp.org.au/afp/200807/200807grotowski.pdf>

STI's and mental illness - <http://www.racgp.org.au/afp/200807/200807brown.pdf>

Sexual health care for sex workers - <http://www.racgp.org.au/afp/200807/200807esler.pdf>

Pelvic examination as a screening tool - <http://www.racgp.org.au/afp/200806/200806stewart.pdf>

Breast examination as a screening tool -
<http://www.racgp.org.au/afp/200805/200805thistlethwaite.pdf>

An entire issue on urinary incontinence - <http://www.racgp.org.au/afp/200803>

Psychosocial aspects of PCOS - <http://www.racgp.org.au/afp/200711/200711Esler.pdf>

Sex, contraception and health –
<http://www.racgp.org.au/afpbackissues/2007/200708/200708kang.pdf>

Breast feeding - <http://www.racgp.org.au/afp/200704/200704brodribb.pdf>

March issue on gynaecological malignancies - <http://www.racgp.org.au/afp/200703>

Medical observer – Guide to guidelines

The other weekly magazine that comes out has a great inside section – the clinical updates. They're difficult to find online and they usually just have a few kept there, so it's best if you subscribe and tear out the middle section. They also have a great list of all the up to date guidelines. These are often the best up to date summaries of diseases and their management.

<http://www.medicalobserver.com.au/about/guide-to-guidelines>

GP learning – includes check and multiple choice questions

Since it's up date, only has small number of questions available. Your best options are to search for multiple choice questions, or clinical challenge.

Check GP learning closer to the exams as this is where they will give you some practice papers prior to the exam, and they give you feedback on how you went.

<http://www.gplearning.com.au>

Think GP

You can subscribe to this for free; it has some great information and takes you through a wide range of topics with questions attached.

<http://thinkgp.com.au>

Text books and other resources

Murtagh –is essential reading but its greatest use is for his diagnostic framework, diagnostic triads and red flags

Medicine Today is a journal you can get for free – too much detail for the exams, but good articles

Australian Medicine Handbook – introductory pages in each section are a great way to revise management.

The two family planning textbooks that should be available in your surgeries are also brilliant resources for women's health