

---

**CURRICULUM**  
**International Clinical  
Fellowship in  
Women's Health 2023**

Dr Brian McEllistrem

Mr Brian O Malley

Dr Noirin O'Herlihy

Dr Ciara McCarthy

Dr Molly Owens



## Contents

	Page numbers
Introduction to the Programme	2-4
Curriculum Framework and Development	5-7
Women's Health Fellowship Learning Objectives	8-18

# ICGP International Clinical Fellowship Programme in Women's Health

## Introduction to the Programme

### Irish College of General Practitioners (ICGP)

The ICGP is the recognised body for the accreditation of specialist training in general practice in Ireland and is recognised by the Irish Medical Council as the representative academic body for the specialty of general practice.

### Aims

The ICGP Clinical Fellowship Programme (ICGP-CFP) provides a route for overseas doctors wishing to undergo structured and advanced postgraduate medical training in Ireland. The ICGP-CFP enables suitably qualified overseas postgraduate doctors to undertake a fixed period of active training in clinical services in Ireland. The programme is normally offered over one or two years of clinical training. Currently the Clinical Fellowship in Women's Health is offered over one year.

### Objectives

The purpose of the ICGP-CFP is to enable overseas Clinical Fellowship Doctors to gain access to structured training in active clinical environments that they may not have access to in their own country, with a view to

- enhancing and improving the individual's medical training and learning,
- empowering them to become clinical leaders in their chosen career pathway in their own healthcare environment and, ultimately,
- enhancing the delivery of health services and clinical care to their own communities.

## Eligibility Requirements

Standard entry requirements apply across all our Clinical Fellowship programmes.

The successful Clinical Fellowship applicants must demonstrate the following characteristics and qualifications:

- studied basic medical degree through English
- completed postgraduate specialty training program in Family Medicine
- completed minimum one further year working full time in the specialty of Family Medicine
- passed all examinations that are appropriate for doctors in Family Medicine in own country
- confirmed government sponsorship in own country
- achieved overall band score of 7.0 or greater in the IELTS and minimum score of 6.5 in each of the four domains. The IELTS test taken must be 'Academic' and must have been completed within the last two years.
- be a highly motivated clinician with a strong desire to develop new skills and to become a clinical leader in the chosen specialist area

## Programme Structure

- 2.5 days/week in General Practice with a GP supervisor who has a special interest in women's health
- AND
- 2 days/week in a hospital setting with a women's health specialist consultant supervisor
- AND
- 0.5 days/week self-directed study and courses relevant to women's health.

## Curriculum & Assessment

In keeping with the ICGPs' move to Entrustable Professional Activities (EPA), facilitated by workplace-based assessments, as our primary means of assessing competence, a review has been conducted of the Women's Health Fellowship Curriculum and assessment structures. The curriculum for the international fellowship was generated by subject matter experts, via an iterative process of identifying key learning outcomes, adapting, and adding to the relevant learning outcomes from the ICGP curriculum for GP training. It has retained the WONCA<sup>1</sup> framework, which reflects the speciality of primary care, and further details on this structure and the learning outcomes is available below. It An online ICGP platform will support both formative and summative assessment.

## Conclusion

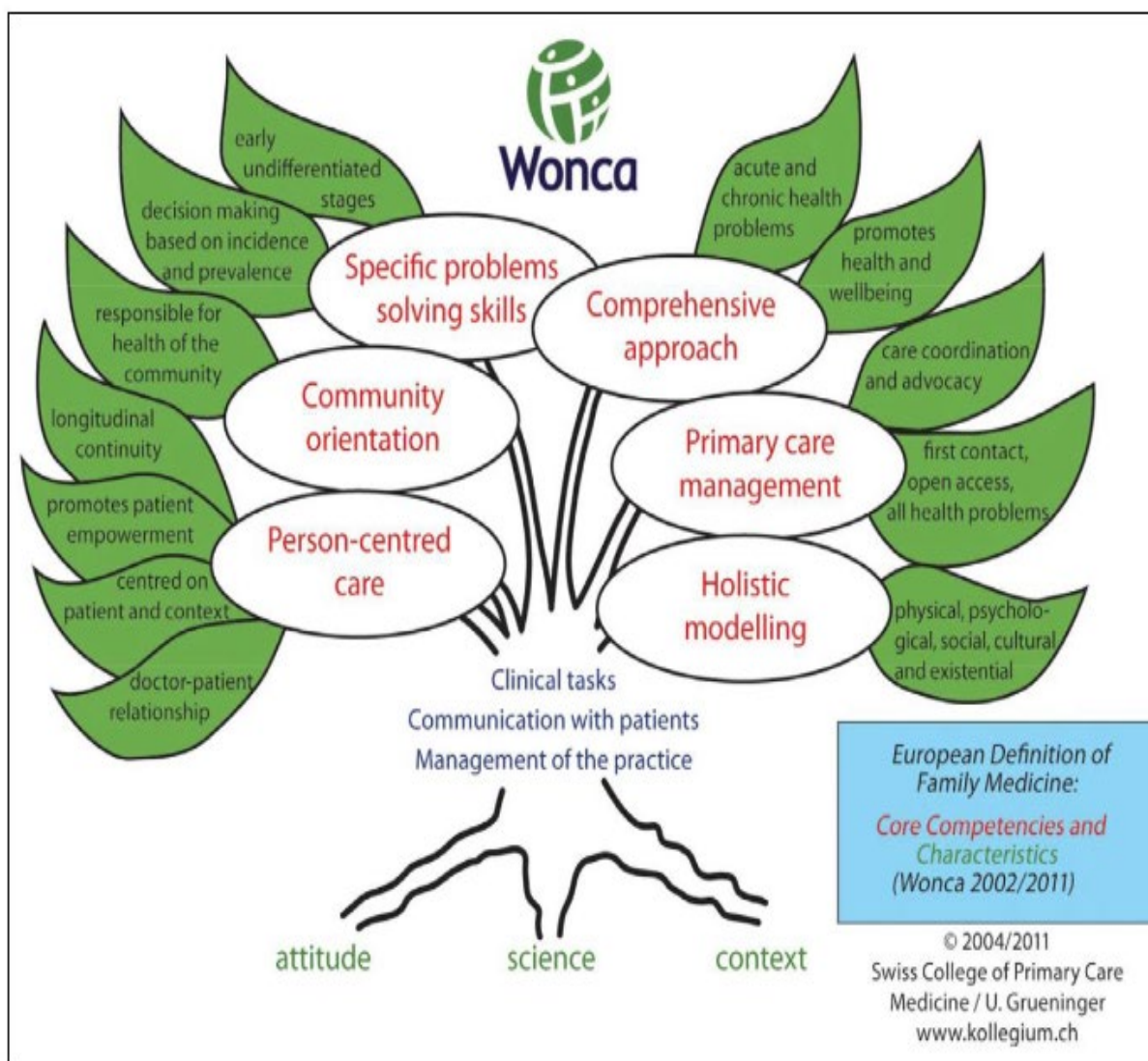
Doctors who complete Clinical Fellowships will return to their own health system as leaders in the provision of care in their chosen fellowship area, ready to become involved in enhancing services and care of their own community in their specialist clinical area, within the larger specialty of Family Medicine.

---

<sup>1</sup> World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians

## Curriculum Framework and Development

### WONCA Curriculum framework



The curriculum is based on the original framework statement for the discipline of general practice that was developed by WONCA Europe (World Organization of National Colleges and Academies of General Practice/Family Medicine) and formally launched during its meeting in London in 2002 and revised in 2005 and again in 2011. The WONCA framework describes the fundamental characteristics of general practice, a role description of the specialist in family medicine, and the competencies required. These characteristics of the discipline of general practice relate to the abilities that every family doctor should master and are the basis of developing the curriculum for training in Irish general practice.

They have been used here to develop a curriculum specific to women's health fellowship training, within the overarching general practice framework.

The core competences which you will need to master to be awarded a clinical fellowship in women's health are grouped into six areas of competence and three essential features of you as a doctor. In the curriculum these are subdivided into specific learning outcomes.

This framework is designed to support the premise of lifelong learning as a necessary pre-requisite for doctors to sustain their capacity to practice effectively in an environment of changing expectations about appropriate practice. It is an approach that also recognises that individuals learn at different rates using different styles and, typically, that learning is enhanced when individuals are actively involved in identifying their learning needs and contribute to planning, implementing, and evaluating their programme of learning.

The core competencies are:

**1. Primary care management**

This is about how you manage your contact with patients, dealing competently with any and all problems that are presented to you and coordinating their care using resources appropriately. (This area of competence is not limited to dealing with the management of the practice.)

**2. Person-centred care**

This is about understanding and developing an effective doctor patient relationship.

**3. Specific problem-solving skills**

This is about the context-specific aspects of general practice: Selective history taking, physical examination and investigations leading to an appropriate management plan. It is about how you deal with early and undifferentiated illness and the skills you need to tolerate uncertainty, without medicalising normality.

**4. Comprehensive approach**

This is about how you must be able to manage co-morbidity, multiple complaints and pathologies both acute and chronic health problems in the individual, and also applying health promotion and disease prevention strategies.

**5. Community Orientation.**

This entails reconciling the health needs of individual patients and the health needs of the community in which they live in balance with available resources.

**6. Holistic Approach.**

This requires taking into account clinical factors, but also any psychological, social, economic or cultural factors that are important and understanding the ways in which these will affect the experience and management of illness and health.

**Applying Core Skills**

In applying these core skills in practice, three personal features are important. These personal features relate to factors which have an impact on your ability to deliver the competences in real life in your work setting:

**7. Contextual aspects of care.**

The environment in which you work; working conditions, community, culture, financial and regulatory frameworks; the impact of workload and the practice facilities and how that may influence the quality of care you provide to your patients.

**8. Attitudinal aspects of care.**

Your awareness of your attitudes and capabilities; ethical aspects of clinical practice; achieving a good balance between work and private life.

**9. Scientific aspects of care.**

Adopting a critical and evidence-based approach to your practice and maintaining this through continued learning.



## International Clinical Fellowship in Women's Health Learning Objectives

### 1. Primary care management

FW-PTLPM3A	Demonstrate the ability to coordinate a team-based approach to the care of patients
FW-PTLPM19A	Organise planned care for specific populations (e.g. people with chronic conditions) through use of registers, recall and reminder systems.
FW-PTLPM22A	Successfully manage a research project/audit/quality initiative project.
FW-PTLPM24A	Understand the process of, and factors that influence change.
FW-EBLPM2A	Outline the essential components of the research process (e.g. developing a research question, identifying appropriate research methods, basic qualitative and quantitative analysis skills, appropriate data interpretation, writing up and disseminating research findings)
FW-SULPM1A	Be aware of guidelines in relation to breast screening
FW-SULPM2A	Know appropriate referral pathway for breast lump
FW-WNLPM1A	Know the causes of and management strategies for post-menopausal bleeding
FW-WNLPM2A	Demonstrate an understanding of the role of the GP in the structure of antenatal care
FW-WNLPM3A	Recognise the role of the GP in the management of higher risk pregnancies e.g. multiple pregnancy
FW-WNLPM4A	Recognise the role of the GP in the management of bleeding in pregnancy
FW-WNLPM5A	Complete with confidence the two- and six-week checks
FW-WNLPM6A	Recognise and manage Ectopic pregnancy
FW-WNLPM7A	Recognise the role of the GP in identifying and managing Pre-eclamptic toxemia, premature rupture of membranes and Precipitate labour
FW-WNLPM8A	Recognise the role of the GP in diagnosing and managing Postpartum haemorrhage, Breast abscess, Mastitis, Involution and Retained products of conception
FW-WNLPM9A	Identify and manage the medical and emotional elements associated with sub-fertility
FW-WNLPM10A	Understand the GP's key role in providing emergency contraception including LARC
FW-WNLPM11A	Identify the common STD's along with their natural histories and management
FW-WNLPM12A	Define a woman's level of individual risk of specific infections based on her sexual history
FW-ADLPM2A	Evaluating the role of the GP in the management of sexual health in adolescents
FW-SXLPM2A	Apply the information gathered from the patient's sexual history and examination to generate a differential diagnosis and formulate a management plan
FW-SXLPM3A	Manage common as well as rare but important presenting signs and symptoms which will require subsequent examination, investigation, treatment and/or referral, as appropriate (e.g. genital skin/mucosal conditions, abnormal genital smell, discharge, presentations of pain, and vaginal bleeding)

FW-SXLPM4A	Perform a digital and speculum examination, and assessment of the size, position and mobility of the uterus, and be able to recognise any abnormality of the pelvic organs
FW-SXLPM5A	Know the limitations of investigations and how to interpret them: e.g. blood tests for HIV, Hepatitis, microbiology swabs, cervical screening, and secondary care investigations like colposcopy
FW-SXLPM6A	Refer to specialist services if further assessment or treatment is needed
FW-SXLPM7A	Promote sexual health and well-being by applying health promotion and disease prevention strategies appropriately e.g. HPV vaccine, early cervical screening for at risk groups
FW-GELPM1A	Aware of preventive measures or targeted treatments exist for some genetic conditions (for example: lifestyle intervention; mastectomy and/or oophorectomy for BRCA 1/2 mutations; colectomy for adenomatous polyposis coli mutation carriers, statin use for familial hypercholesterolaemia; venesection for hemochromatosis; losartan for patients with Marfan's Syndrome)
FW-GELPM2A	Understand the systems in place to follow-up patients who have or are at risk of genetic conditions and have chosen to undergo regular surveillance (for example breast imaging for breast cancer or endoscopy for colon cancer)

## 2. Person-centred care

FW-WNLPC1B	Understand national guidelines when managing a woman with an unplanned pregnancy including termination of pregnancy
FW-WNLPC2A	Define the legal aspects of managing a woman with an unplanned pregnancy
FW-WNLPC3A	Demonstrate an understanding of the GP's duty of care for a woman post termination of pregnancy
FW-ADLPC2A	Awareness of sexual and physical abuse and recognise opportunity of disclosure
FW-SXLPC1A	Understand developmental sexuality including the physical, emotional and social changes of puberty in girls and boys
FW-SXLPC2A	Understand the psychology relating to sexuality and management of sexual abuse and violence
FW-SXLPC3A	Understand sexual dysfunction as a common issue and have the ability to discuss this with patients
FW-SXLPC4A	Assess the competency of young people in making their own health decisions regarding their sexual health, including contraception
FW-SXLPC5A	Explain to patients the strategies for early detection of sexual health problems that may be present but have not yet produced symptoms

### 3. Specific problem-solving skills

FW-EBLSP3A	Understand the limitations and strengths of screening programmes including the criteria for what makes a good screening test
FW-EBLSP6A	Explain features of diagnostic tests ( i.e. sensitivity, specificity, positive and negative predictive values) and defend their use in including and excluding diagnoses
FW-SKLSP23A	Pay attention to examination of 'difficult areas' such as the flexures, genitalia, eyes and mucous membranes
FW-SULSP11A	Diagnose and manage breast abscess
FW-SULSP13A	Diagnose and manage mastalgia
FW-WNLSP1A	Differentiate the common and serious causes of Abnormal Vaginal bleeding
FW-WNLSP2A	Assess women's contraception needs including LARC
FW-WNLSP3A	Recognise the role of the GP in routine pre pregnancy counselling, antenatal and postnatal care, including after unanticipated pregnancy outcomes
FW-WNLSP4A	Diagnose and manage (including referral) obstetric emergencies including ectopic pregnancy, pre-eclampsia, placental abruption
FW-WNLSP5A	Describe maternal immunisation
FW-WNLSP6A	Distinguish the causes of bleeding in pregnancy
FW-WNLSP7A	Combine available evidence to manage common medical disorders in the setting of pregnancy and lactation, including diabetes and hypertension
FW-WNLSP8A	Perform routine antenatal assessments including abdominal palpation, use doppler ultrasound and /or foetal heart auscultation, recognise foetal growth retardation and other abnormal presentations
FW-WNLSP9A	Accept the GP's role in identifying high risk pregnancies and referring appropriately
FW-WNLSP10A	Diagnose labour and outline the GP relevant issues in managing labour including precipitate labour and premature rupture of membranes
FW-WNLSP11A	Identify those women at risk of postnatal depression
FW-WNLSP12A	Diagnose and manage women with postnatal depression and baby blues
FW-WNLSP13A	Accept the role of the GP in identifying and managing post-partum complications including haemorrhage, infection and mastitis
FW-WNLSP14A	Perform a cervical smear and manage an abnormal cervical smear results appropriately
FW-WNLSP15A	Perform Breast Examination while being conscious of the patient's feelings
FW-WNLSP16A	Perform appropriate gynaecological assessment including history and pelvic examinations
FW-WNLSP17A	Perform sample taking for common STDs
FW-ADLSP7A	Recognise abnormal pubertal development
FW-SXLSP1A	Perform and interpret results of investigations in primary care: e.g. pregnancy testing, urinalysis, approaches to the diagnosis of bacterial vaginosis
FW-SXLSP2A	Be aware of the guidelines of cervical screening and colposcopy
FW-SXLSP3A	Know how to prescribe contraception including emergency contraception and its pharmacology, use, patient concordance issues for both genders
FW-SXLSP4A	Manage genital dermatology issues and common uro-gynaecology problems
FW-EXLSP1A	Manage uro-gynaecology presentation (pessary fitting, urodynamics)
FW-EXLSP2A	Perform and interpret common ultrasound procedures in obstetrics and gynaecology
FW-EXLSP3A	Be familiar with the procedure and able to interpret findings of hysteroscopy
FW-EXLSP4A	Be familiar with the procedure and able to interpret findings of colposcopy

FW-EXLSP5A  
FW-EXLSP6A

Be familiar with the procedure of cervical polypectomy  
Perform vulval examination

## 4. Comprehensive approach

FW-PSLCA3A	Evaluate the quality improvement systems and processes within your current workplace setting
FW-EBLCA3A	Evaluate professional performance in clinical and non-clinical areas, using appropriate research methods (e.g. clinical audit, needs analysis, significant event analysis, and critical incident analysis)
FW-EBLCA7A	Plan quality improvement initiatives in your practice
FW-EBLCA8A	Understand that most clinical interventions in general practice are complex and require the use of multiple or mixed research methods to evaluate them (i.e. quantitative (what?/how much?) and qualitative methods (why?/how?/who?)).
FW-SULCA3A	Demonstrate the ability to counsel patients about benefits, risks, and complications of a procedure
FW-SULCA7A	Demonstrate the ability to interpret histology reports
FW-WNLCA1A	Demonstrate knowledge of national screening programmes including Cervical Check and Breast Check
FW-WNLCA2A	Explain the supports available to a woman who is experiencing domestic violence
FW-WNLCA3A	Explain the obstacles to women in seeking health care
FW-WNLCA4A	Explain the obstacles to women disclosing a history of domestic violence
FW-WNLCA5A	Define the legal framework that a GP operates in when it comes to consideration of contraception options in females under the age of 18
FW-WNLCA6A	Manage common medical presentations in pregnancy including hypertension and diabetes as well as low mood and depression
FW-WNLCA7A	Improve efficiency of appropriate data recording
FW-ADLCA5A	Maintain continuing support and care in crisis pregnancy
FW-SXLCA1A	Understand the GP's role and the patient's role in contact tracing
FW-SXLCA2A	Understand issues relating to sexual assault and refer to appropriate centres
FW-SXLCA3A	Understand legal/consensual issues surrounding treatment of minors, age of consent and notification of young people at risk of harm

## 5. Community Orientation

FW-PTLCO2A	Demonstrate knowledge of the structure of the local healthcare system and its economic limitations
FW-PTLCO3A	Understand the variety of ways in which healthcare and health promotion may be appropriately delivered in the community.
FW-WNLCO1A	Distinguish the role that socioeconomic conditions play in relation to women's health
FW-WNLCO2A	Identify the effect of psychological stresses on a woman's physical health
FW-WNLCO3A	Show continual desire to address health inequalities
FW-SXLCO1A	Recognise the prevalence of sexual health problems in the local community
FW-SXLCO2A	Know the principles of, and current guidance for notifiable infections and contact tracing
FW-SXLCO3A	Refer patients to local sexual health services, including services for specialist contraceptive care further STI diagnosis and management; HIV management; and services for relationship problems and sexual dysfunction

## 6. Holistic Approach

FW-PTLHO1A	Recognise the positive benefits of involving patients in their care and in the systems of healthcare provision and quality improvement.
FW-WNLHA1A	Understand the unique way that women may present with medical conditions, e.g. atypical symptoms in myocardial infarction
FW-WNLHA2A	Know how to screen for and manage psychological conditions associated with the different stages of a woman's life
FW-WNLHA3A	Adopt a supportive role for all new mothers both those breast and not breast feeding
FW-WNLHA4A	Adopt a supportive role for all those with a crisis pregnancy
FW-WNLHA5A	Support a woman to make decisions about contraception in an individualised manner that takes into accounts her cultural and personal beliefs
FW-ADLHA2A	Be aware of emerging sexuality and personal identity
FW-SXLHA1A	Communicate effectively when talking about sex and sexual health, and display confidence with language and cultural sensitivity.
FW-SXLHA2A	Describe the ethical principles involved when treating patients who have sexual health concerns, e.g. contraception and abortion
FW-SXLHA3A	Understand the importance of confidentiality, informed choice, and valid consent
FW-SXLHA4A	Understand the wider determinants of unplanned pregnancies and their impact on the individual and society



## 7. Contextual aspects of care

FW-PTLAC2A	Know how the health service is organised locally and nationally, and how variation in resources can impact provision of care
FW-EBLAC1A	Demonstrate sound skills in evidence gathering (e.g. where to find resources, how to search databases, internet searching skills)
FW-WNLAC1A	Use resources to make your GP practice approachable for women suffering domestic violence
FW-WNLAC2A	Adapt your practice to recognise women's key role in caring for children and other members of the community and understand how this can affect their health and their health can affect their ability to provide this care

## 8. Attitudinal aspects of care

FW-PSLAA1A	Develop and maintain an approach to continuing learning and professional development
FW-PSLAA3A	Demonstrate awareness of your own capabilities, values and ethics
FW-EBLAA1A	Include a non-judgmental evidence-based approach to problem-solving, taking into account your patients' values
FW-EBLAA2A	Examine your own attitudes, values, professional capabilities and ethics so that, through the process of reflective and critical appraisal, you are not overwhelmed by personal issues and gaps in knowledge
FW-EBLAA3A	Judge the value of incentives and interventions, and be able to recognise where conflicts of interest may occur in clinical practice and in research
FW-EBLAA4A	Outline how research funding and publication bias can influence the evidence base of clinical practice
FW-EBLAA5A	Demonstrate awareness of external influences on one's knowledge, how different sources bring their own biases to the information they present (e.g. Pharmaceutical companies, media), and how to critically evaluate these influences.
FW-WNLAA1A	Seek to support patient autonomy
FW-WNLAA2A	Accept the role of a chaperone, and offer same as appropriate
FW-WNLAA3A	Maintain a non-judgemental approach to women suffering domestic violence
FW-WNLAA4A	Advocate for women, whose right to healthcare is being infringed
FW-WNLAA5A	Initiate systems to make the GP practice approachable to all women including for lesbian, bisexual and transgender patients
FW-WNLAA6A	Adopt an approach to women that is appropriate to their cultural and personal context
FW-ADLAA1A	Assess sexual health and STI screening in a sensitive and non-judgmental fashion
FW-SXLAA1A	Manage patients in a non-judgmental way and understanding different patient groups, including young people, people in same-sex relationships, older patients, people from culturally and linguistically diverse backgrounds, people with disabilities, injecting drug users and sex workers
FW-SXLAA2A	Counsel impartially in areas around crisis pregnancy, implications of termination and post termination care
FW-SXLAA3A	Ensure that your own beliefs, about any contraceptive methods, sexual behaviour and practices do not adversely affect the management of a patient's sexual health
FW-SXLAA4A	Ensuring sensitivity to particular cultural beliefs and patient choice, e.g. the need for a female practitioner

## 9. Scientific aspects of care

FW-PSLAS2A	Produce a quality improvement activity focused on improving practice processes.
FW-EBLAS1A	Demonstrate the use of clinical guidelines and recent evidence to guide patient care decisions
FW-EBLAS2A	Examine new research/guidelines for validity and reliability using published appraisal tools (i.e. CASP tools) for systematic reviews, RCTs, and observational studies
FW-EBLAS3A	Critique the validity and generalizability of new research
FW-EBLAS4A	Evaluate the role of new research in your practice, after applying appraisal skills to the papers
FW-EBLAS5A	Evaluate the cost-benefit of new interventions for individual patients (financial, time to wellness, return to work etc.)
FW-EBLAS6A	Apply new research to your practice in a systematic way.
FW-WNLAS1A	Practice evidenced based medicine with consulting skills to explain diagnoses and management options to patients and their families
FW-WNLAS2A	Adopt an evidence-based approach to individual women's contraceptive needs from early sexual encounters to the menopause, including LARC insertion
FW-WNLAS2.1A	Breast Cancer
FW-WNLAS2.2A	Breast Pain
FW-WNLAS2.4A	Endometriosis
FW-WNLAS2.5A	Gynaecological cancers
FW-WNLAS2.6A	Pelvic Inflammatory Disease
FW-WNLAS2.8A	Premenstrual Syndrome
FW-WNLAS2.9A	Symptoms of Menopause
FW-WNLAS2.10A	Treatment options for menopause
FW-WNLAS2.11A	Urinary Incontinence
FW-WNLAS2.12A	Vaginal Prolapse
FW-WNLAS2.13A	Vulvovaginitis
FW-EXLAS1A	Abnormal Uterine bleeding
FW-EXLAS2A	Chronic pelvic pain (including vulvodynia)
FW-EXLAS3A	Oligomenorrhea and amenorrhoea (including PCOS)
FW-SXLAS1A	Practice evidence-based medicine and be aware of constant changes in therapeutics and management options for various conditions.