

**ANNUAL REPORT 2020**

**DEPARTMENT OF**

**OBSTETRICS & GYNAECOLOGY, UNIT II**

**HOLY FAMILY HOSPITAL, RAWALPINDI**

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**HOLY FAMILY HOSPITAL, RAWALPINDI**

**PREFACE**

It is important to consistently look back and reflect to redefine ourselves for future. This emphasizes the need of annual reports and audit organization, so as to improve the working and service standards.

Gynae Unit-II has been regularly preparing the annual reports and clinical audits for past many years. Annual report 2020 is the continuation of the same process. This is a brief but comprehensive account of clinical services, academics, achievements and research activities of Gynae Unit-II in past one year as well as brief introduction of department and staff members.

**MISSION STATEMENT**

* To promote the slogan of “healthy mother and healthy baby”.
* To provide the highest quality service to our patients.
* To continuously evaluate the results of our efforts to meet the needs of our patients.
* To promote the involvement of all levels of faculty and staff in the identification and solution of problems.
* To support and contribute to the research mission of our center by pursuing new knowledge.
* To be enthusiastic and to think positively.

**DEPARTMENT OF OBS/GYNAE**

**HOLY FAMILY HOSPITAL, RAWALPINDI**

Holy Family Hospital is 962 bedded tertiary care teaching hospital which is attached to Rawalpindi Medical University. Gynae Unit-II is a 125 bedded maternity unit providing clinical services not only to surrounding districts of Punjab but also to patients from Azad Kashmir and KPK. It is recognized for internship and postgraduate training programs like FCPS, MS and MRCOG.

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**STAFF MEMBERS**

**FACULTY MEMBERS:**

* **Professor:** Dr. Nabeela Waheed FCPS
* **Assistant Professor:** Dr. Khansa Iqbal FCPS, CHPE
* **Assistant Professor:** Dr. Maliha Sadaf MCPS, FCPS, ICMT/CHPE

***Senior Registrars:***

* Dr. Aqsa Ikram
* Dr. Saira Ahmed
* Dr. Shama Bashir
* Dr. Saima Khurshid
* Dr. Alia Malik
* Dr. Amna Abbasi
* Dr. Sabeen Ashraf
* Dr. Asia Sharif

***Medical Officers:***

* Dr. Nadia Sadiq
* Dr. Saba Yousaf

**POSTGRADUATE TRAINEES**

Total No of Postgraduate Trainees: 31

* Completed training in 2020 02
* New Inductions in 2020

FCPS: 03

MS : 02

**INTERNEES**

Total No. of internees 50

RMU Graduates completing Internship: 36

Other Institution Graduates completing Internship: 14



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**SCOPE OF SERVICES**

* + Upgraded Family Planning services
  + Oncology services in collaboration with NORI Hospital
  + Upgraded Subfertility management services
  + Blood transfusion services in collaboration with Bood Bank Unit
  + Operative Laparoscopic facilities
  + Operative Hysteroscopic facilities
  + Colposcopy Facility
  + Day care center for babies of working doctors
  + Lactation management facility
  + Development of concept of Day care for patients requiring admission

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**TRAINING AND TEACHING AIDS**

* + Hands- On Skill Departmental Library
  + Conference room with multimedia and Microsoft Teams facility for online video meeting and online teaching
  + Three Computers with internet facility
  + Computer Operator for data entry

**STATISTICS**

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**HOSPITAL STATISTICS**

* Total No. of Admissions 12854
* Total No. of Deliveries 11405
  + Vaginal deliveries 7077
  + LSCS 4328
  + Caesarean Section Rate 37%
* Total No. of patients attended in ER 21150
* Total No. of patients attended in OPD 60052
* Gynaecological Surgeries 688
  + Major Cases 289\*
  + Minor Cases 399\*
* Total No. of Near Missed Cases 195
* Total No. of Covid-19 Positive patients 37
* Perinatal Mortality Rate 65/1000 live births
* Maternal Mortality Ratio 401/100,000 Maternities

**\* Reduced Number of surgeries due to COVID-19 pandemic**

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**OPD SERVICES DATA**

Gynae Unit-II provides outpatient services three days a week i.e Tuesday, Thursday & Saturday. A consultant and two senior registrars with a team of postgraduate trainees and house surgeons are responsible for OPD services. OPD is organized to provide clinical services to new and follow up patients in separately allocated rooms. Specialized clinics deal with high risk pregnancies, subfertility, oncology and menstrual disorders.

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**OPD**

|  |  |
| --- | --- |
| **Total Patients Seen** | **60052** |
| General OPD | 45213 |
| Consultant OPD | 14839 |
| Ultrasound Room | 15623 |
| Patients admitted through OPD | 4005 |

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**EMERGENCY SERVICES DATA**

Gynae Unit-II provides emergency services on Tuesday, Thursday & Saturday every week and alternate Sundays every month. Postgraduate trainees and house surgeon under supervision of senior registrar are responsible for services in emergency. A consultant is available round the clock for emergency cover as and when required.

|  |  |
| --- | --- |
| **Total Patients Seen** | **21150** |
| Total patients admitted through ER | 7039 |

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**TOTAL ADMISSIONS**

|  |  |
| --- | --- |
| Total patients admitted through ER | 7039 |
| Total patients admitted in labour room | 8448 |
| Total patients admitted in Antenatal ward | 3958 |
| Total patients admitted in Gynae ward | 448 |

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**GYNAE WARD 2020**

|  |  |
| --- | --- |
| **Miscarriages** | **108** |
| **Menstrual Disorders**   * Menorrhagia * Irregular PV Bleeding * PMB | **95**  60  24  16 |
| **U. V. Prolapse** | **14** |
| **Ectopic Pregnancy** | **73** |
| **Molar Pregnancy** | **27** |
| **Cervical Cerclage** | **09** |
| **Uterine Fibroids** | **08** |

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**GYNAE WARD 2020**

|  |  |
| --- | --- |
| **Primary Amenorrhea** | **01** |
| **Primary Subfertility** | **04** |
| **Lost IUCD** | **02** |
| **Secondary Subfertility** | **01** |
| **Cervical Pathologies** | **06** |
| **Ovarian Pathologies**   * **Benign Tumors** * **Malignant Tumors** | **15**  **11**  **04** |

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**ANTENATAL WARD 2020**

|  |  |
| --- | --- |
| **PIH** | **313** |
| **Preterm** | **142** |
| **Anaemia** | **308** |
| **Chronic Hypertension** | **147** |
| **PIH + IUGR** | **146** |
| **Placenta Previa** | **161** |
| **Multiple Pregnancy** | **71** |
| **Diabetes Mellitus** | **223** |
| **Post dates** | **224** |

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**ANTENATAL WARD 2020**

|  |  |
| --- | --- |
| Previous I L.S.C.S | 194 |
| Previous II LSCS | 245 |
| Previous III L.S.C.S | 182 |
| Previous IV L.S.C.S | 21 |
| Pregnancy With Fibroid | 36 |
| Infections (UTI) | 126 |
| Oligohydramnios | 158 |
| Polyhydramnios | 99 |
| PPROM | 277 |
| False Labour Pains | 94 |
| Pregnancy with thyroid Disorders | 16 |
| Precious Pregnancy | 78 |
| Breech Presentation | 42 |

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**COVID-19 (PCR Positive Cases)**

|  |  |
| --- | --- |
| **Total admitted patients** | **37** |
| Vaginal Deliveries | 07 |
| LSCS | 30 |
| IUD | 04 |
| ENND | 03 |
| Maternal Deaths | 03 |

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**OPERATION THEATRE 2020  
MAJOR OPERATIONS**

|  |  |
| --- | --- |
| Total No. of Procedures | 237 |
| Abdominal Hysterectomy   * TAH * TAH + BSO | 41  21  20 |
| Vaginal Hysterectomy | 08 |
| Myomectomy | 08 |
| Manchester Repair | 03 |
| Operative Laparoscopy | 19 |
| Diagnostic Laparoscopy | 05 |

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**OPERATION THEATRE 2020  
MAJOR OPERATIONS**

|  |  |
| --- | --- |
| **Operations** |  |
| **Laparotomy**   * **Staging Laparotomy** * **Emergency Laparotomy**   + Ruptured Ectopic pregnancy   + Ruptured uterus   + Adherent Placenta   + Pack Removal * **Exploratory Laparotomy**   + Pregnancy with ovarian cyst   + Adnexal Mass   + Abdominal Pregnancy | **153**  **17**  **118**  82  24  05  07  **18**  08  08  02 |

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**MINOR OPERATIONS 2020**

|  |  |
| --- | --- |
| **Total Procedures** | **508** |
| ERPC | 391 |
| Suction Evacuation | 27 |
| Diagnostic D & C | 16 |
| Cervical Cerclage | 05 |
| Polypectomy | 12 |
| Perineal Tear Repair | 06 |
| Wound Debridement | 28 |
| Cervical Biopsy | 09 |
| Mirena Insertion | 06 |
| Post Coital Tear Repair | 08 |

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**LSCS – 2020**

|  |  |
| --- | --- |
|  | **Total** |
| **Total LSCS** | **4328** |
| **Elective LSCS** | 1020 |
| **Emergency LSCS** | 3308 |
| **Peripartum Hysterectomies** | 47 |

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**MATERNAL DEATHS – 2020**

|  |  |
| --- | --- |
| **Causes of Maternal Deaths** | **45** |
| Eclampsia | 11 |
| Primary PPH | 07 |
| Pulmonary Embolism | 08 |
| Puerperal Sepsis | 03 |
| Acute Fulminant Hepatic Failure | 03 |
| DIC | 04 |
| Peripartum Cardiomyopathy | 03 |
| Ruptured Uterus | 03 |
| Covid-19 | 03 |

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**PATIENTS SEEN IN OPD – 2020**

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**MONTH WISE MATERNITIES - 2020**

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**EMERGENCY VS ELECTIVE LSCS - 2020**

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**GYNAECOLOGICAL PROCEDURES - 2020**

# EDUCATIONAL PROGRAMS

#### UNDERGRADUATE TEACHING PROGRAM

**FOURTH YEAR**

Lecture conducted once a week in university premises by departmental faculty.

**FINAL YEAR**

Lecture conducted once a week in university premises by departmental faculty.

###### **Clinical Rotation Schedule Followed\***

**FOURTH YEAR**

Two weeks rotation of 4-5 student batches (four days a week).

**FINAL YEAR**

Four weeks rotation of 15-18 students batches (six days a week).

**Hybrid model of education adopted during COVID-19 pandemic \***

**Rotation Schedule Followed For Undergraduate Students**

* From 10 am to 12 pm students are rotated at different stations like emergency, OPD and wards.
* From 12 to 2 pm students attend a clinical class by teaching faculty.
* Students are also assigned maternity duties from 2pm to 5pm
* At the end of clinical rotation of each batch there is a ward test comprising of OSPE and Long cases

**Observed**

* Spontaneous vaginal delivery
* Lower segment C section
* Delivery of placenta By Brandt- Andrews Maneuver
* Repairing of mediolateral episiotomy
* Resuscitation of newborn baby
* Resuscitation of collapsed patients
* Management of PPH, Eclampsia

**Drills on Mannequins**

* Vacuum extraction
* Outlet forceps delivery
* Shoulder dystocia
* Breech delivery
* Fetal dimensions and pelvic diameters on examination model

**Schedule followed**

**INTERNSHIP PROGRAM**

* Clinical class by SR / week
* A presentation / week by H.O supervised by SR/ AP
* Daily morning meeting participation

#### UNIVERSITY RESIDENCY TRAINING PROGRAM

**Schedule followed**

* 4 year program with one year rotation
* Morning meeting/ station rounds, Log book, DOPs, Portfolios
* Audit Report, CBD, Journal Club
* Monthly Rotations in OPD, ER, OT, ANW, PNW, Gynae Ward, LR

**FELLOWSHIP TRAINING PROGRAM**

**Schedule followed**

* + 4 year program with six months rotation
  + Morning meeting/station rounds
  + Audit report preparation, CBD, DOPs, Journal Club
  + Monthly Rotations in OPD, ER, OT, ANW, PNW, Gynae Ward, LR

**ACADEMIC ACTIVITIES**

**WORKSHOPS ATTENDED**

|  |  |  |
| --- | --- | --- |
| **Postgraduate Trainees** | **Senior Registrars** | **Consultants** |
| **09** | **06** | **03** |

**WORKSHOPS CONDUCTED / FACILITATED**

* Hands on workshop on “Long acting reversible contraception (LARC)”, 2020
* Workshop on “Awareness of Covid-19 in pregnancy”, 2020

**PUBLICATIONS 2020**

|  |  |  |  |
| --- | --- | --- | --- |
| **Department** | **Ongoing Projects / Researches** | **Total number of Published Articles** | **National Publications** |
| **GU-II** | **09** | **05** | **05** |

**PUBLICATIONS 2020**

* A Case Report: Once-in a life time diagnosis, Uterine Torsion. Journal of Society of Obstetric & Gynaecology Pakistan 2020: Vol 10 No. 3.
* Comparison of Blood loss in Manual and Spontaneous Removal of Placenta in Caesarean section. JRMC; 2020;24(1):80-84.
* 40 weeks of gestation is as high risk gestation as 41 weeks in low risk pregnancy. JRMC: 2020;24(4):358-362.
* Perinatal outcome in term pregnancies with isolated oligohydramnios. Med. Forum; Sep. 2020; Vol 33; No. 9.
* Frequency & severity of primary dysmenorrhea in adolescent females. PJMHS; Vol. 14, No. 4, Oct-Dec. 2020**.**

**ON GOING RESEARCH / PROJECTS**

* Happy mother, healthy baby (HmHb) – an anxiety-focused early prenatal intervention for prevention of common mental disorder in Pakistan**(In progress)**
* Vitamin D deficiency in second trimester of pregnancy and risk of pre-eclampsia
* Comparison of the effectiveness of daily versus weekly oral iron supplementation in preventing anemia during pregnancy
* Incidence of primary PPH in spontaneous versus induced labour in primigravidae
* Comparison of oral estrogen versus parenteral estrogen in threatened miscarriage
* Role of calcium supplementation commenced before 20 weeks of gestation in reducing risk of pre-eclampsia
* Comparison between intravenous iron sucrose versus oral iron therapy for anemia during second trimester of pregnancy
* Ultrasound measurement of fetal kidney length and its correlation with gestational age
* Frequency of pregnancy induced hypertension and its association with raised serum ßHCG during mid trimester of pregnancy
* Comparison of IM MgSO4 with low dose I/V regime in treatment of eclampsia

**ACHIEVEMENTS**

|  |  |
| --- | --- |
| Second Faculty Research Forum Conference in RMU  Research Paper Presentations | Dr. Aqsa Ikram  Dr. Shama Bashir |
| Resident Research Forum Conference  Paper Presentations | Dr. Ulfat Naseem  Dr. Saman Habib (3rd Prize) |
| Resident Research Forum Conference  Paper Presentations | Dr. Maliha Sadaf (Judge) |
| Research Poster Presentations | Prof. Nabeela Waheed  Dr. Khansa Iqbal  Dr. Maliha Sadaf  Dr. Aqsa Ikram  Dr. Shama Bashir  Dr. Sabeen Ashraf |
| Post Graduation Exam Passed by Trainees | 4 |
| Medical Education Certification by Faculty | 2 |

### CONFERENCES AND WORKSHOPS ATTENDED

|  |  |
| --- | --- |
| UFDP workshops   * Advanced Research Workshop | Prof. Nabeela Waheed |
| Supervisor Mandatory Workshops | Dr. Alia Malik  Dr. Amina Abbasi  Dr. Saira Ahmed  Dr. Aqsa Ikram |
| CHPE sessions | Dr. Khansa Iqbal  Dr. Maliha Sadaf |
| Zoom online Webinar on COVID-19 pandemic | | All Department |
| IRF meetings | | Dr. Saira Ahmed |
| House Officers Interviews | | Prof. Nabeela Waheed |
| 4th Year integrated curriculum meeting | | Dr. Maliha Sadaf |

**EVENTS OF 2020**

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**FUTURE AIMS**

* + Development of subspecialties of sub-fertility, gynaecological oncology, urogynaecology and fetal medicine.
* Development of integrated oncology services (radiotherapy and chemotherapy)
* Upgradation of subfertility management services
* Improvement of blood transfusion services
* Advancement in hysteroscopy and laparoscopic services
* Initiation of mother crap classes
* Establishment of day care center for babies of working doctors
* Development of lactation management facility
* Development of daycare services for patients requiring admission
* Development of concept of ambulatory gynaecology
* Development of early pregnancy assessment unit

THANK YOU