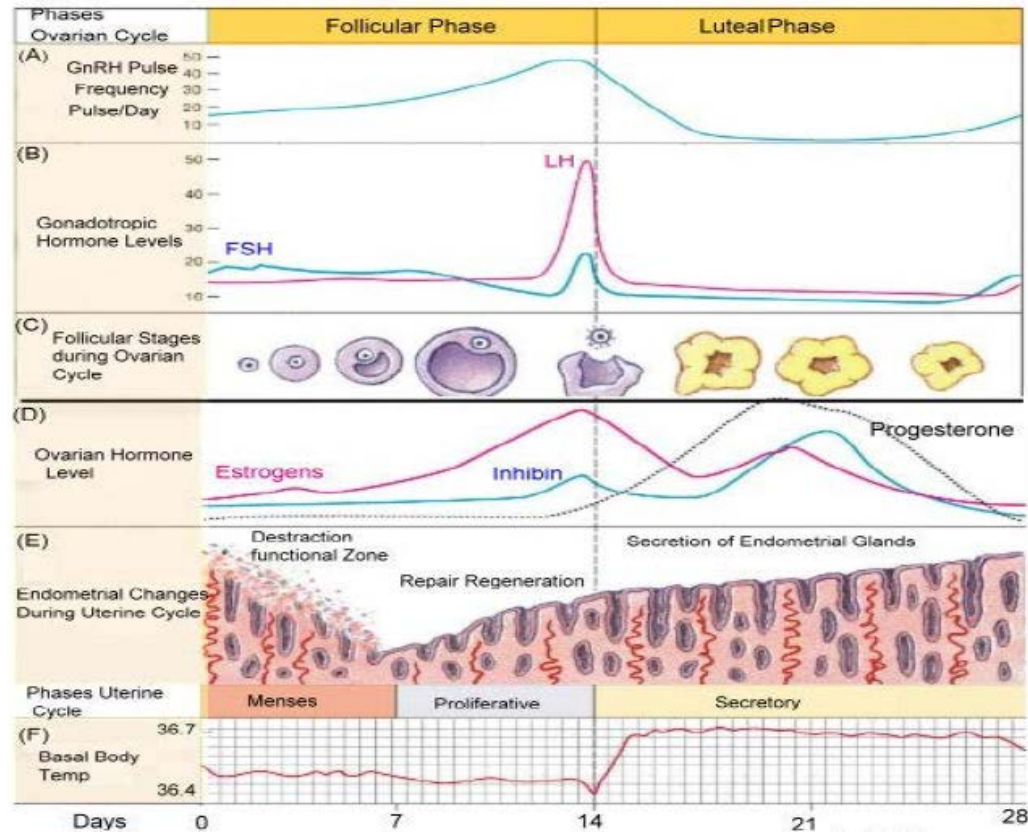


CASE 9 – RUBINA SHAHID

1. Female reproductive cycle

1.1 Outline the *hormonal events* in the normal *female reproductive cycle*

1.2 Relate the events of the *ovarian cycle* to the events of the *menstrual cycle*



2. Normal fertility and conception

2.1 Explain the *determinants of male fertility*

- Normal HPG axis function
- Adequate testosterone
- Normal testicular anatomy
- Normal spermatogenesis
 - Normal maturity
 - Normal morphology
 - Normal motility
 - Adequate number
- Contribution of accessory glands
- Free passage from testes to urethra

2.2 Explain the *determinants of female fertility*

- Normal HPG axis function
- Adequate baseline ovarian function
- Ovulation
- Adequate luteal phase progesterone

- Normal female anatomy to allow passage of ovum, fertilisation & implantation

2.3 Explain the *requirements for successful conception*

3. Male and female factor infertility – common causes, history features and investigations

3.1 Identify *relevant history and examination* to be undertaken in the *assessment of subfertility*

History:

- Sexual history
- Menstrual history
- Obstetric history
- Family history
- Mental health
- Lifestyle factors

3.2 Explain basic *first line investigations* undertaken in the *assessment of fertility*

- Baseline ovarian function
- U/S of anatomy
- Day 21 progesterone
- Routine antenatals
- Semen analysis

3.3 List *general disorders of the male reproductive system* affecting *fertility*

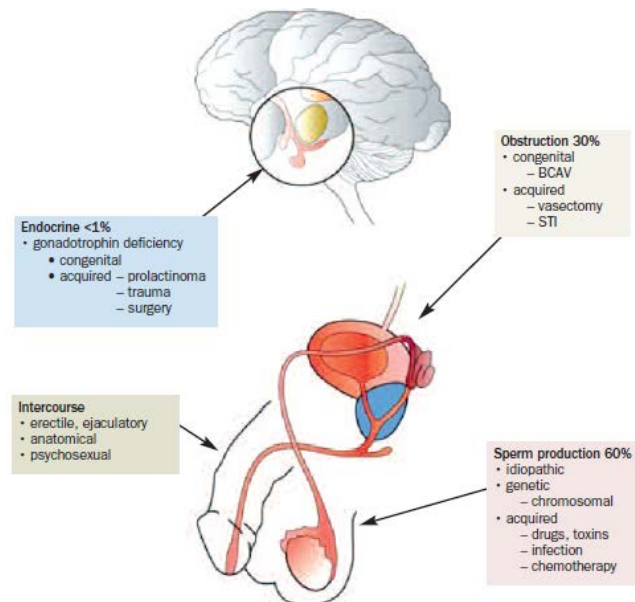


Figure 2. The common diagnostic categories of male infertility.

4. Preconception care

4.1 Identify *factors* contributing to *optimal health prior to conception*

- Health, weight, BMI & normal range
- Health diet & exercise
- Non-smoker & non-drinker (or safe level of drinking)

- No drug use (prescription or recreational) that may have harmful foetal effects
- Normal risk of genetic diseases or awareness of increases risk
- Regular ovulation
- Normal female anatomy to allow passage of ovum, fertilisation & implantation
- No ongoing medical issues which might affect conception or pregnancy
- Appropriately immunised
- Stable social circumstances e.g. supportive partner/family, adequate accommodation, adequate income
- Some degree of health literacy

5. Principles of normal antenatal care

*5.1 Outline the **principles** of **normal antenatal care***

- Confirm medical history & perform physical examination
- Arrange investigations
- Decide on mode of care
- Arrange referral for delivery
- Counsel and offer first trimester screening
- Complete Edinburgh Postnatal Depression Scale
- Discuss alcohol, smoking, diet, exercise, back care, minor discomforts, illicit drug use etc.
- Check for use of folate tablets & iron supplements