JD-NI
Gold Standard Coaching
For Nursing Competitive Exam

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JDNI ED08

OBSTETRICS
& GYNAECOLOGY

Video Lecture Index with Topic-wise Start Time

84	136+
VIDEO LECTURES	HOURS OF TEACHING

जहाँ तैयारी ही जीत है,
श्रेष्ठ संस्था, श्रेष्ठ परिणाम

JD Nursing Institute App › EDITION 08 › Video ED8 › Obs & Gynae



EDITION 08 Course



OBG Module

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JDNI ED08: OBST & GYNAE

EDITION 08 | Video Lecture Index with Topic-wise Start Time

84	136 hrs	Gynae + Obs	JDNI App
Video Lectures	Total Duration	Complete Syllabus	Video ED8 > Obs & Gynae

01 Introduction to OBG, Syllabus and Genetic Sex Determination — 01:56:50

0:03 Exam Weightage and Course Plan
0:17 NORCET OBG Teaching Guide
0:31 Gynaecology Syllabus
0:59 Obstetrics Syllabus
1:13 Definitions
1:27 Normal Sexual Development
1:41 Chromosomes: 46 XX and 46 XY
1:52 SRY Gene and Sex Determination

02 Development of Female Genital System and Vulva — 02:15:50

0:04 Methods of Sex Determination
0:19 Karyotyping and Barr Bodies
0:33 Ovarian Development
0:48 Germ Cells and SRY Gene
1:03 Mullerian and Wolffian Ducts
1:18 Mullerian Agenesis (MRKH)
1:33 Practice MCQs
1:48 Vulva: Mons Pubis
2:04 Vulva: Parts

03 External Genitalia, Bartholin Gland and Vagina — 01:23:55

0:02 Vulva: Parts and Vestibule
0:14 Bartholin Gland and Bartholin Cyst
0:26 Blood and Nerve Supply: Pudendal Nerve
0:37 Bony Pelvis Model
0:49 Internal Genital Organs
1:01 Vagina: Walls and Length
1:13 Female Reproductive Organs: Animation

04 Vagina: Epithelium, Secretions and pH, Introduction to Uterus — 01:18:14

0:02 Vaginal Epithelium
0:13 Glycogen and Vaginal Secretion
0:24 Doderlein Bacilli and Lactic Acid
0:35 Vaginal pH in Different Age Groups
0:46 Vaginal pH During Menstruation
0:57 Uterus: Introduction and Origin
1:08 Uterus: Diagram

05 Uterus (Part 1): Parts, Isthmus and Cervix — Module Page 15 — 01:29:11

0:02 Uterus: Fundus
0:15 Cornua of Uterus
0:27 Body of Uterus
0:40 Isthmus and Lower Uterine Segment
0:52 Cervix: Effacement
1:05 Endocervix, Ectocervix and Fornices
1:17 Colposcopy: Corpus and Cervix

06 Uterus (Part 2): Layers, Position and Ligaments

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- 0:17 Layers of Uterus: Myometrium
- 0:32 Living Ligature and Bleeding Control
- 0:46 Endometrium: Functional and Basal Layers
- 1:00 Uterus: 3D Model
- 1:15 Retroversion and Retroflexion
- 1:29 Relations: Pouch of Douglas
- 1:44 Ligaments of Uterus

07 Fallopian Tube: Parts and Histology

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- 0:01 Fallopian Tube: Introduction
- 0:09 Parts: Interstitial, Isthmus, Ampulla, Infundibulum
- 0:17 Length and Histology: Ciliated and Peg Cells
- 0:26 Interstitial Part: Narrowest Part
- 0:34 Ampulla and Plicae
- 0:43 Fallopian Tube Revision

08 Ovary: Structure and Formation of Follicle

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- 0:02 Ovary: Origin and Primary Sex Organ
- 0:14 Location: Ovarian Fossa and Ligaments
- 0:26 Structure and Histology of Ovary
- 0:38 Primordial Germ Cell and Oocyte
- 0:50 Follicle Development Diagram
- 1:01 Germinal Epithelium
- 1:13 Formation of Follicle

09 Menstrual Cycle: Physiology and Regulation

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- 0:03 HPO Axis Activation at Puberty
- 0:16 GnRH, FSH, LH and Follicle Growth
- 0:29 Release of FSH
- 0:42 Dominant Follicle, LH Surge and Ovulation
- 0:55 Corpus Luteum
- 1:22 Menstruation: Fall of Progesterone
- 1:35 Endometrial Cycle Revision

10 Phases of Menstrual Cycle, Hormonal Graph and Menstrual Terms

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- 0:04 HPO Axis Revision
- 0:22 Endometrial Proliferation
- 0:41 Ovarian and Uterine Cycle
- 0:59 Follicular and Luteal Phase
- 1:17 Phase Duration
- 1:35 Hormonal Graph and Feedback
- 2:12 Amenorrhoea, Menorrhagia
- 2:26 Menometrorrhagia

11 Abnormal Uterine Bleeding: PALM COEIN and Management

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- 0:01 Abnormal Uterine Bleeding (AUB)
- 0:11 PALM COEIN Classification
- 0:21 Investigation: UPT First
- 0:30 Postmenopausal Bleeding: USG
- 0:40 Medical Management: Tranexamic Acid
- 0:49 Surgical Management: D and C
- 0:59 PBAC Score

12 Dysmenorrhoea and Hormones in Gynaecology (Part 1)

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0:04 Dysmenorrhoea: Definition
0:22 Primary and Secondary Types
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0:58 Menstrual Cycle Revision
1:16 HPO Axis and GnRH
1:34 Continuous GnRH Effects
1:52 Feedback on FSH and LH
2:10 Types of Estrogen
2:23 Progestins: 4 Generations

13 Hormones in Gynaecology (Part 2): Actions of Estrogen and Progesterone

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0:02 Actions of Estrogen and Progesterone
0:14 Effects on Endometrium
0:26 Endometrial Histology
0:38 Cervical Mucus: Spinnbarkeit
0:49 Comparison Chart
1:01 Effects on Breast and Other Organs
1:13 Clotting Factors and Thrombosis Risk

14 Amenorrhoea, Puberty and Its Abnormalities

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0:03 Amenorrhoea: Introduction
0:19 Hypogonadotropic Hypogonadism
0:35 Cryptomenorrhoea
0:50 Investigations
1:06 Secondary Amenorrhoea
1:22 Puberty: HPO Axis
1:37 Pubertal Sequence
1:53 Pubertal Changes
2:05 Precocious and Delayed Puberty

15 Menopause: Features and Management

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0:18 Factors Affecting Age of Menopause
0:32 Estrogen Deficiency Effects
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0:24 Treatment of Cervicitis
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0:57 PID: Clinical Features
1:08 PID: Practice MCQs

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- 0:19 USG: Uses in Gynaecology
- 0:34 MRI
- 0:50 HSG: Procedure
- 1:05 Hysteroscopy: Indications
- 1:21 PCOS: Introduction
- 1:36 PCOS: Three Major Problems
- 1:52 PCOS: Pathophysiology
- 2:04 PCOS: Causes

19 Polycystic Ovarian Syndrome (PCOS): Pathogenesis and Management

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- 0:03 PCOS: Androgen Excess
- 0:18 LH Excess and Polycystic Ovary
- 0:33 Insulin Resistance
- 0:48 Hormonal Disturbances
- 1:03 Clinical Features: Hirsutism
- 1:18 Rotterdam Criteria
- 1:33 Drugs: OCP
- 1:49 Ovulation Induction: Letrozole
- 2:00 Revision

20 Fibroid, Adenomyosis and Endometriosis

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- 0:03 Endometrial Pathology: Overview
- 0:17 Polyp, Fibroid, Adenomyosis
- 0:30 Fibroid vs Adenomyosis: Incidence
- 0:44 Clinical Features
- 0:58 Management: GnRH Agonist, Myomectomy
- 1:12 Endometriosis
- 1:40 Endometriosis Management

21 Endometrial Hyperplasia

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- 0:01 Endometrial Pathology Revision
- 0:14 Endometrial Hyperplasia: Unopposed Estrogen
- 0:21 Investigations: TVS and Endometrial Biopsy
- 0:29 Practice MCQ: LNG IUS Treatment
- 0:36 Risk Factors

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- 0:11 Carcinoma Cervix: HPV
- 0:20 Transmission and Risk Factors
- 0:30 HPV Types and Pathogenesis
- 0:39 Prevention of Carcinoma Cervix
- 0:49 HPV Vaccine: Types
- 0:58 Vaccination Schedule

23 Cervical Cancer Screening and Carcinoma Cervix

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- 0:15 Cervical Cancer Screening Tools
- 0:27 VIA: Visual Inspection with Acetic Acid
- 0:39 VILI: Lugol Iodine (Schiller Test)
- 0:52 Screening Protocol
- 1:04 Carcinoma Cervix: Spread
- 1:16 Clinical Features and Diagnosis

24 Infertility: Causes and Evaluation

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- 0:01 Infertility: Overview
- 0:07 Definition and When to Start Evaluation
- 0:14 Causes of Female Infertility
- 0:21 Tubal, Uterine and Cervical Causes
- 0:28 WHO Classification of Ovulation Disorders
- 0:35 Tests for Ovulation: History

25 Management of Infertility, ART and Mullerian Anomalies

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- 0:02 IUI: Key Points and Sperm Cryopreservation
- 0:13 In Vitro Fertilisation (IVF)
- 0:25 Semen Analysis: WHO Criteria
- 0:36 Mullerian Duct Anomalies
- 0:47 Mullerian Agenesis
- 0:59 Unicornuate and Didelphys Uterus
- 1:10 Bicornuate and Septate Uterus

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- 0:02 Gynaecology Revision and Obstetrics Roadmap
- 0:12 Introduction to Obstetrics
- 0:23 Gametogenesis: Gonads and Gametes
- 0:34 Spermatogonia and Oogonia
- 0:44 Spermatogenesis
- 0:55 Structure of Testis
- 1:06 Seminiferous Tubules

27 Gametogenesis: Spermatogenesis and Oogenesis

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- 0:02 Leydig Cells and Germinal Epithelium
- 0:15 Spermatogenesis: Steps
- 0:28 Meiosis and Spermatids
- 0:40 Sperm Count and Structure
- 0:53 Oogenesis and Folliculogenesis
- 1:06 Number of Follicles
- 1:18 Ovum: Key Points
- 1:31 Structure of Ovum

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- 0:02 Spermatogenesis Revision
- 0:14 Fertilisation: Site and Zygote
- 0:26 Corona Penetration
- 0:38 Acrosomal Reaction and Zona Reaction
- 0:50 Capacitation
- 1:02 Polyspermy Block
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- 0:02 Fertilisation and Implantation
- 0:15 Blastocyst: Cell Masses
- 0:28 Decidua Basalis
- 0:41 Decidua and Chorion Frondosum
- 0:53 Epiblast and Hypoblast
- 1:06 Fetal Membranes
- 1:19 Placenta: Size
- 1:31 Fetal and Maternal Surface

30 Placenta: Development and Circulation

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- 0:01 Formation of Placenta
- 0:20 Chorionic Villi and Decidua Basalis
- 0:29 Spiral Arteries and Intervillous Space
- 0:38 Types of Villi: Primary, Secondary, Tertiary
- 0:48 Placental Circulation Diagram
- 0:57 Uteroplacental and Fetoplacental Circulation

31 Placental Cotyledons, Functions and Hormones

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- 0:04 Placental Cotyledons
- 0:25 Functions: Respiratory, Excretory, Nutrition
- 0:46 Placental Hormones: Syncytiotrophoblast
- 1:07 Estrogen Synthesis: Fetoplacental Unit
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- 0:02 Fetal and Maternal Surface: Images
- 0:12 Abnormalities of Lobes: Succenturiata, Spuria
- 0:23 Placenta Bilobata
- 0:33 Abnormal Membrane: Circumvallate
- 0:43 Extrachorial Placenta
- 0:54 Placenta Images: Practice
- 1:04 Morbidly Adherent Placenta

33 Abnormal Cord Insertion and Vasa Praevia

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- 0:08 Abnormal Cord Insertion: Types
- 0:15 Velamentous Insertion
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- 0:31 Vasa Praevia
- 0:38 Vasa Praevia: Complications and Management

34 Fetal Membranes, Umbilical Cord and Amniotic Fluid

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- 0:03 Fetal Membranes
- 0:18 Umbilical Cord: Structure
- 0:33 Knots in Cord
- 0:48 Single Umbilical Artery
- 1:03 Amniotic Fluid: Characteristics
- 1:19 Oligo and Polyhydramnios
- 1:34 Amniotic Fluid Volume
- 1:49 Measurement: AFI
- 2:00 Single Deepest Pocket

35 Umbilical Cord and Amniotic Fluid

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- 0:04 Fetal Membranes
- 0:19 Umbilical Cord: Structure
- 0:35 Knots in Cord
- 0:51 Single Umbilical Artery
- 1:07 Amniotic Fluid: Characteristics
- 1:23 Sources of Amniotic Fluid
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- 0:30 Swallowing Defects
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- 1:10 Complications: PPH
- 1:24 Fetus: Overview
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- 0:09 FDA Drug Categories: A, B, C, D, X
- 0:25 Teratogenic Drugs: Misoprostol, ACE Inhibitors
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- 0:15 Embryonic Timeline: Key Events
- 0:27 Fetal Development and Weight
- 0:40 Fetal Lung: Pneumocytes
- 0:53 Lung Maturity: L/S Ratio
- 1:05 Antenatal Corticosteroids
- 1:18 Fetal Haemoglobin: APT and Kleihauer Test

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- 0:08 Duration of Pregnancy
- 0:16 Calculation of EDD: Naegele Rule
- 0:24 EDD in Short and Long Cycles
- 0:32 EDD Practice Calculations
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- 0:13 Period of Viability
- 0:24 Multigravida and Elderly Primigravida
- 0:35 Nullipara, Primipara and Multipara
- 0:47 GTPAL: Obstetric Score
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- 0:08 First Trimester: Urinary Frequency
- 0:22 Morning Sickness: Timing and Cause
- 0:30 Morning Sickness: Diet Advice
- 0:34 Practice MCQ and Drugs: Pyridoxine

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- 0:27 Fundal Height Diagram
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- 1:03 First ANC Visit: Blood Group and Rh
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44 Antenatal Advice: Folic Acid, Nutrition and Td Vaccine — 00:46:13

- 0:01 Advice: Folic Acid Supplementation
- 0:09 Folic Acid Dose: Normal and High Risk
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- 0:25 Calorie Requirement in Pregnancy
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- 0:42 Td Vaccination Schedule

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- 0:07 Minor Ailments: Nausea and Hyperemesis Gravidarum
- 0:14 Supine Hypotension Syndrome
- 0:21 Mechanism: IVC Compression
- 0:27 Leg Cramps: Causes and Management
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46 Ultrasound in Pregnancy and Prenatal Diagnosis — 01:50:17

- 0:03 USG in Pregnancy
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- 0:46 Prenatal Diagnosis: Aneuploidy
- 1:00 Alpha Fetoprotein
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- 1:29 Triple and Quadruple Test
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47 Physiological Changes in Pregnancy (Part 1): Weight Gain and Edema — 00:31:44

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- 0:26 Physiological vs Pathological Edema
- 0:30 Metabolic Changes: BMR

48 Physiological Changes in Pregnancy (Part 2): Endocrine, Uterus and Breast — 01:35:39

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- 0:16 MCQ: Physiological Edema
- 0:29 Endocrine: Estrogen and Prolactin
- 0:43 Endocrine Feedback Diagram
- 0:56 Uterus and Cervix Changes
- 1:09 Breast Changes: Alveoli
- 1:23 Montgomery Tubercles

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- 1:01 Anticoagulants in Pregnancy: Warfarin vs Heparin

50 Medical Disorders in Pregnancy: Anaemia

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- 0:11 Anaemia: Prevention, Deworming and IFA
- 0:21 Anaemia: Definition and Severity
- 0:31 Clinical Features of Anaemia
- 0:41 Management: Oral Iron Therapy
- 0:51 Response Assessment
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- 1:23 Classification
- 1:36 Practice MCQs

52 Hypertensive Disorders of Pregnancy: Pre Eclampsia and Eclampsia

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- 0:24 Gestational Hypertension
- 0:44 Superimposed Pre Eclampsia
- 1:04 Eclampsia
- 1:23 Pathogenesis: Spiral Arteries
- 1:43 Liver, Retina, CNS Damage
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- 2:22 Antihypertensives: Labetalol
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53 HELLP Syndrome, Heart Disease and Rh Negative Pregnancy

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- 0:04 HELLP Syndrome
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- 0:37 Haemodynamic Changes
- 0:54 NYHA Classification
- 1:11 Rh Incompatibility
- 1:27 Rh Isoimmunisation Mechanism
- 1:44 Maternal Sensitisation
- 2:01 ICT and Antibody Titre
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54 Maternal Pelvis: Bones, Planes and Conjugates

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- 0:02 OBG Chapters Revision
- 0:13 Maternal Pelvis: 3D Model
- 0:23 Bones of Pelvis
- 0:34 False and True Pelvis: Inlet
- 0:45 Pelvic Planes
- 0:56 Conjugates of Pelvis
- 1:06 Diameters of Inlet

55 Pelvic Cavity, Diameters and Fetal Skull

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- 0:03 Pelvic Cavity: AP Diameter
- 0:19 Interspinous Diameter
- 0:35 Diameters Summary
- 0:51 Pelvic Assessment and CPD
- 1:07 Fetal Skull: Bones and Sutures
- 1:23 Fetal Skull: 3D Model
- 1:39 Fetal Skull Diameters
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56 Moulding, Caput, Fetal Lie and Presentation — 01:32:18

- 0:15 Moulding: Grading
- 0:28 Caput Succedaneum vs Cephalhaematoma
- 0:41 Caput vs Cephalhaematoma: Differences
- 0:54 Fetal Lie: Longitudinal, Transverse, Oblique
- 1:07 Presentation
- 1:20 Presenting Part and Cephalic Presentations

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- 0:02 Fetal Position: Denominator
- 0:15 8 Positions of Presenting Part
- 0:28 Positions: Images
- 0:41 Engagement and Internal Rotation
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- 1:19 Pelvic Grip: Check Presenting Part

58 Fetal Monitoring: Introduction — 00:16:52

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- 0:05 Fetal Monitoring: Antepartum and Intrapartum
- 0:09 Antepartum Fetal Monitoring
- 0:13 Tests: DFMC, NST, USG
- 0:16 Fetal Movement Count

59 Fetal Movement Count and Non Stress Test — 02:25:28

- 0:21 Fetal Movement Count: Cardiff
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- 0:56 Accelerations and Variability
- 1:14 NST Procedure
- 1:31 Baseline FHR and Variability
- 1:49 FHR Acceleration
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60 Intrapartum Fetal Monitoring and CTG — 03:18:24

- 0:05 Uterine Contraction
- 0:27 Electronic Fetal Monitoring
- 0:49 Contraction and Fetal Hypoxia
- 1:11 Fetal Distress Causes
- 1:33 Late Deceleration
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61 Labour: Introduction, Physiology and Onset — 02:04:36

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- 0:33 Labour Chapter Overview
- 1:03 Definition of Labour
- 1:18 Physiology: Progesterone Withdrawal
- 1:33 Phases of Parturition
- 1:48 Onset: CRH and Prostaglandins
- 1:59 Pre Labour Stage: Lightening, Show

62 Onset of Labour, Labour Pain and True vs False Labour — 00:53:36

- 0:01 Onset of Labour: Fetal HPA Axis
- 0:09 Labour Pain: Stage 1 and Stage 2
- 0:17 Nerve Supply and Referred Pain
- 0:25 True vs False Labour Pain
- 0:41 Show and Bag of Membranes
- 0:49 Practice MCQ: True Labour

63 Uterine Contraction and Retraction in Labour

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- 0:03 Labour Topics Revision
- 0:16 Uterine Contraction: Fundal Dominance
- 0:30 Pacemaker and Wave of Contraction
- 0:43 Contraction Graph: Tone and Intensity
- 0:57 Characteristics: Ferguson Reflex, Polarity
- 1:11 Retraction of Upper Uterine Segment

64 Mechanism of Labour

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- 0:04 Mechanism of Labour
- 0:23 Fetal Position at Onset
- 0:42 Engagement: Crichton Method
- 1:01 Non Engagement in Primigravida
- 1:20 Flexion of Head
- 1:39 Internal Rotation
- 1:58 Extension
- 2:17 Restitution and External Rotation
- 2:31 Revision Images

65 Stages of Labour: First Stage in Detail

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- 0:05 Stages of Labour
- 0:25 Duration of Stages
- 0:45 Latent and Active Phase
- 1:05 Events in First Stage
- 1:25 Dilatation and Effacement
- 1:45 Active Phase Abnormalities
- 2:05 Practice MCQs
- 2:25 Augmentation of Labour
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66 Management of First Stage and Second Stage of Labour

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- 0:04 Evaluation of Woman in Labour
- 0:24 First Stage Management
- 0:44 Pain Relief: Breathing, Massage
- 1:03 Epidural: Nursing Role
- 1:23 Second Stage: Presentation
- 1:43 Crowning
- 2:03 Arrest of Second Stage
- 2:22 Second Stage Management

67 Obstructed Labour and Active Management of Third Stage

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- 0:04 Prolonged Second Stage and Arrest
- 0:24 Obstructed Labour: Management
- 0:43 Complications: Bandl Ring
- 1:03 Third Stage: AMTSL
- 1:22 Oxytocin: Dose and Route
- 1:42 Misoprostol
- 2:01 Delivery of Placenta: CCT
- 2:21 AMTSL Practice MCQs

68 Induction and Augmentation of Labour

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- 0:03 Induction of Labour: Definition
- 0:18 Bishop Score
- 0:33 Bishop Score: Practice MCQ
- 0:48 Cervical Ripening Methods
- 1:03 Dinoprostone: Gel and Insert
- 1:18 Augmentation of Labour: ARM
- 1:33 ARM: Contraindications
- 1:48 Oxytocin: Nursing Role

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- 0:04 Misoprostol Revision
- 0:21 Partograph: Principles
- 0:39 Alert Line and Action Line
- 0:57 Partograph Plotting
- 1:15 Management by Partograph
- 1:32 PPH: Introduction
- 1:50 Primary and Secondary PPH
- 2:08 Severe PPH: Blood Loss

70 Management of PPH and E MOTIVE Bundle

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- 0:01 PPH Management: Introduction
- 0:10 Resuscitation and Specific Management
- 0:18 First Steps: IV Access, Uterine Massage
- 0:26 Medical and Mechanical Management
- 0:35 E MOTIVE Bundle (New Update)
- 0:39 Oxytocics, Tranexamic Acid and IV Fluids

71 Mechanical Management of PPH, Perineal Tear, Uterine Inversion and AFE

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- 0:03 Bimanual Compression
- 0:21 Aortic Compression, Anti Shock Garment
- 0:38 MOTIVE Revision
- 0:55 Labour Chapter Revision
- 1:12 Perineal Tear: Grade 1 to 4
- 1:29 Uterine Inversion
- 1:47 Uterine Inversion: Shock
- 2:04 Amniotic Fluid Embolism

72 Malposition: Occipito Posterior Position

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- 0:01 Abnormal Labour: Introduction
- 0:07 Malposition and Malpresentation
- 0:14 Occipito Posterior Position
- 0:21 OP Position: Images
- 0:28 Management: Rotation, Vacuum, Forceps

73 Malpresentations: Transverse Lie, ECV, Face, Brow and Breech

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- 0:02 Malpresentations: Introduction
- 0:16 Transverse Lie: Causes and Examination
- 0:30 External Cephalic Version (ECV)
- 0:43 ECV Attempts
- 0:57 Face Presentation
- 1:10 Brow Presentation and Breech
- 1:24 Breech: Types and Risk Factors

74 Breech Delivery Manoeuvres and Shoulder Dystocia

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- 0:03 Breech Management
- 0:20 Assisted Breech: After Coming Head
- 0:37 Lovset Manoeuvre
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- 1:28 Shoulder Dystocia: McRoberts
- 2:01 HELPERR Mnemonic

75 Obstetric Forceps and Normal Puerperium

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0:23 Puerperium: Definition
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0:02 Physiology of Lactation: Anatomy of Breast
0:11 Lactogenesis: Prolactin
0:21 Milk Ejection Reflex: Oxytocin
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77 Preterm Labour, Cord Prolapse and Episiotomy

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1:13 Cord Prolapse: Mode of Delivery
1:28 Episiotomy: Types
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0:24 Types of Abortion: Clinical Features
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80 Abortion and MTP Act

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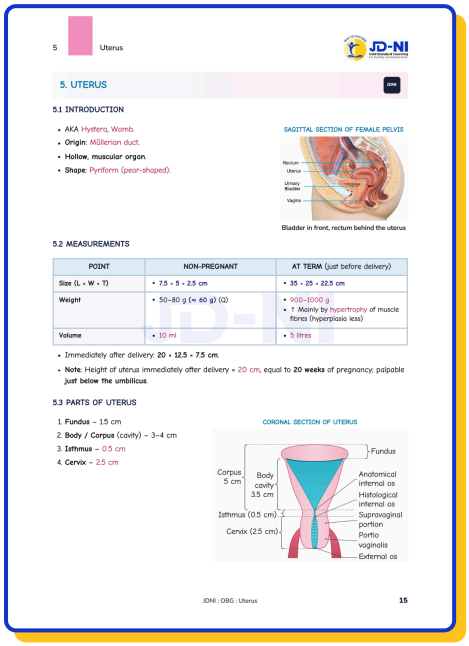
INSIDE THE OBG MODULE

Gynaecology Module: Sample Pages



5 Uterus

5. UTERUS

5.1 INTRODUCTION

- AKA Hystera, Womb.
- **Origin:** Müllerian duct.
- **Hollow, muscular organ.**
- **Shape:** Pyriform (pear-shaped).

SAGITTAL SECTION OF FEMALE PELVIS

Bladder in front, rectum behind the uterus

5.2 MEASUREMENTS

POINT	NON-PREGNANT	AT TERM (just before delivery)
Size (L × W × T)	• 7.5 × 5 × 2.5 cm	• 35 × 25 × 22.5 cm
Weight	• 50–80 g (≈ 60 g) (Q)	• 900–1000 g • ↑ Mainly by hypertrophy of muscle fibres (hyperplasia less)
Volume	• 10 ml	• 5 litres

- Immediately after delivery: **20 × 12.5 × 7.5 cm.**
- **Note:** Height of uterus immediately after delivery = 20 cm, equal to **20 weeks** of pregnancy; palpable **just below the umbilicus**.

5.3 PARTS OF UTERUS

1. **Fundus** – 1.5 cm
2. **Body / Corpus** (cavity) – 3–4 cm
3. **Isthmus** – 0.5 cm
4. **Cervix** – 2.5 cm

CORONAL SECTION OF UTERUS

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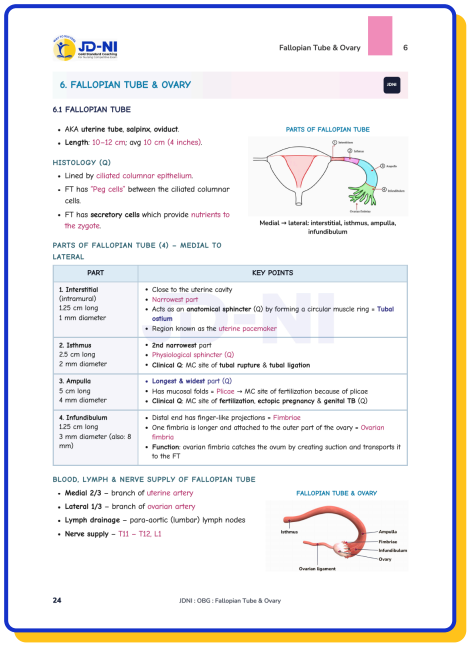
Page 15 Uterus



Fallopian Tube & Ovary 6

6. FALLOPIAN TUBE & OVARY

6.1 FALLOPIAN TUBE

- AKA **uterine tube, salpinx, oviduct**.
- **Length:** 10–12 cm; avg 10 cm (4 inches).

PARTS OF FALLOPIAN TUBE

Medial → lateral: interstitial, isthmus, ampulla, infundibulum

HISTOLOGY (Q)

- Lined by ciliated columnar epithelium.
- FT has "Peg cells" between the ciliated columnar cells.
- FT has **secretory cells** which provide nutrients to the zygote.

PARTS OF FALLOPIAN TUBE (4) – MEDIAL TO LATERAL

PART	KEY POINTS
1. Interstitial (intramural) 1.25 cm long 1 mm diameter	• Close to the uterine cavity • Narrowest part • Acts as an **anatomical sphincter** (Q) by forming a circular muscle ring = **Tubal ostium** • Region known as the uterine pacemaker
2. Isthmus 2.5 cm long 2 mm diameter	• **2nd narrowest** part • Physiological sphincter (Q) • **Clinical Q:** MC site of **tubal rupture & tubal ligation**
3. Ampulla 5 cm long 4 mm diameter	• **Longest & widest** part (Q) • Has mucosal folds + Plicae → MC site of fertilization because of plicae • **Clinical Q:** MC site of **fertilization, ectopic pregnancy & genital TB** (Q)
4. Infundibulum 1.25 cm long 3 mm diameter (also: 8 mm)	• Distal end has finger-like projections = Fimbriae • One fimbria is longer and attached to the outer part of the ovary = Ovarian fimbria • **Function:** ovarian fimbria catches the ovum by creating suction and transports it to the FT

BLOOD, LYMPH & NERVE SUPPLY OF FALLOPIAN TUBE

- **Medial 2/3** – branch of uterine artery
- **Lateral 1/3** – branch of ovarian artery
- **Lymph drainage** – para-aortic (lumbar) lymph nodes
- **Nerve supply** – T11 – T12, L1

FALLOPIAN TUBE & OVARY

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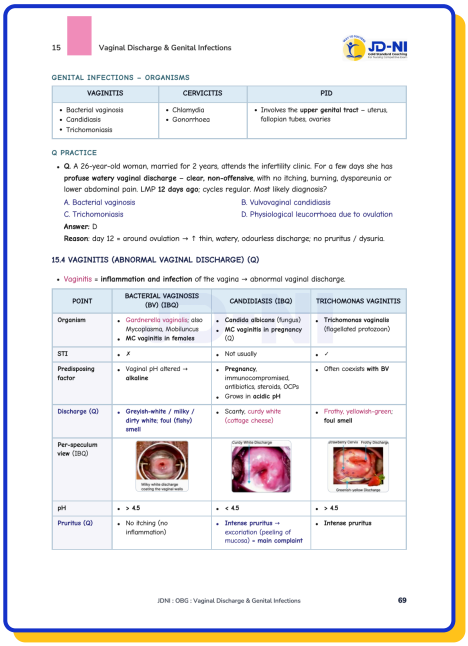
Page 24 Fallopian Tube & Ovary



15 Vaginal Discharge & Genital Infections

GENITAL INFECTIONS – ORGANISMS

VAGINITIS	CERVICITIS	PID
• Bacterial vaginosis • Candidiasis • Trichomoniasis	• Chlamydia • Gonorrhoea	• Involves the **upper genital tract** – uterus, fallopian tubes, ovaries

Q PRACTICE

- **Q.** A 26-year-old woman, married for 2 years, attends the infertility clinic. For a few days she has **profuse watery vaginal discharge – clear, non-offensive**, with no itching, burning, dyspareunia or lower abdominal pain. LMP **12 days ago**; cycles regular. Most likely diagnosis?

A. Bacterial vaginosis
B. Vulvovaginal candidiasis
C. Trichomoniasis
D. Physiological leucorrhoea due to ovulation

Answer: D
Reason: day 12 = around ovulation → ↑ thin, watery, odourless discharge; no pruritus / dysuria.

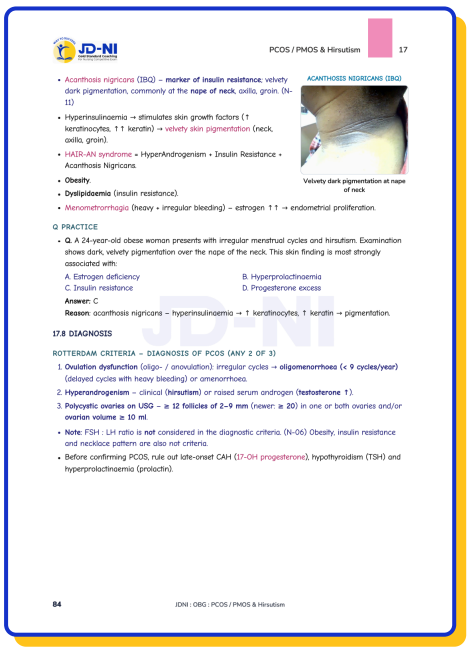
15.4 VAGINITIS (ABNORMAL VAGINAL DISCHARGE) (Q)

- Vaginitis = **inflammation and infection** of the vagina → abnormal vaginal discharge.

POINT	BACTERIAL VAGINOSIS (BV) (IBQ)	CANDIDIASIS (IBQ)	TRICHOMONAS VAGINITIS
Organism	• Gardnerella vaginalis; also Mycoplasma, Mobiluncus • **MC vaginitis in females**	• **Candida albicans** (fungus) • **MC vaginitis in pregnancy** (Q)	• **Trichomonas vaginalis** (flagellated protozoan)
STI	• ✗	• Not usually	• ✓
Predisposing factor	• Vaginal pH altered → **alkaline**	• **Pregnancy**, immunocompromised, antibiotics, steroids, OCPs • Grows in **acidic pH**	• Often coexists **with BV**
Discharge (Q)	• **Greyish-white / milky / dirty white; foul (fishy) smell**	• Scanty, curdy white (cottage cheese)	• Frothy, yellowish-green; **foul smell**
Per-speculum view (IBQ)			
pH	• > 4.5	• < 4.5	• > 4.5
Pruritus (Q)	• No itching (no inflammation)	• **Intense pruritus** → excoriation (peeling of mucosa) → **main complaint**	• **Intense pruritus**

JDNI : OBG : Vaginal Discharge & Genital Infections 69

Page 69 Vaginal Discharge & Genital Infections



PCOS / PMOS & Hirsutism 17

- Acanthosis nigricans (IBQ) – **marker of insulin resistance**; velvety dark pigmentation, commonly at the **nape of neck**, axilla, groin. (N-11)
- Hyperinsulinaemia → stimulates skin growth factors (↑ keratinocytes, ↑↑ keratin) → velvety skin pigmentation (neck, axilla, groin).
- HAIR-AN syndrome = HyperAndrogenism + Insulin Resistance + Acanthosis Nigricans.
- **Obesity.**
- **Dyslipidaemia** (insulin resistance).
- Menometrorrhagia (heavy + irregular bleeding) – estrogen ↑↑ → endometrial proliferation.

ACANTHOSIS NIGRICANS (IBQ)

Velvety dark pigmentation at nape of neck

Q PRACTICE

- **Q.** A 24-year-old obese woman presents with irregular menstrual cycles and hirsutism. Examination shows dark, velvety pigmentation over the nape of the neck. This skin finding is most strongly associated with:

A. Estrogen deficiency
B. Hyperprolactinaemia
C. Insulin resistance
D. Progesterone excess

Answer: C
Reason: acanthosis nigricans – hyperinsulinaemia → ↑ keratinocytes, ↑ keratin → pigmentation.

17.8 DIAGNOSIS

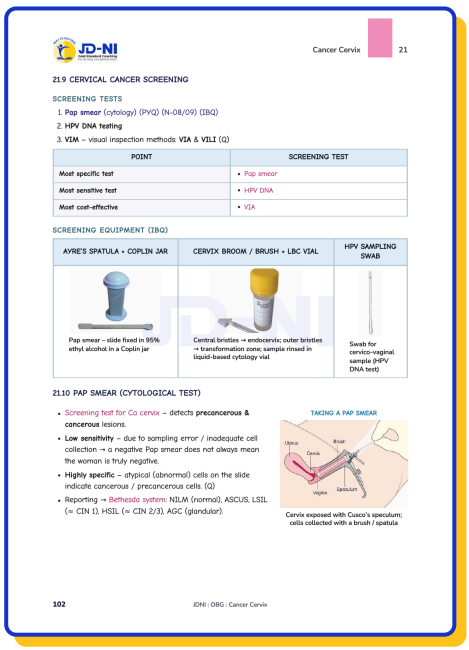
ROTTERDAM CRITERIA – DIAGNOSIS OF PCOS (ANY 2 OF 3)

1. **Ovulation dysfunction** (oligo- / anovulation): irregular cycles → **oligomenorrhoea (< 9 cycles/year)** (delayed cycles with heavy bleeding) or amenorrhoea.
2. **Hyperandrogenism** – clinical (**hirsutism**) or raised serum androgen (**testosterone ↑**).
3. **Polycystic ovaries on USG – ≥ 12 follicles of 2–9 mm** (newer: **≥ 20**) in one or both ovaries and/or **ovarian volume ≥ 10 ml**.

- **Note:** FSH : LH ratio is **not** considered in the diagnostic criteria. (N-06) Obesity, insulin resistance and necklace pattern are also not criteria.
- Before confirming PCOS, rule out late-onset CAH (17-OH progesterone), hypothyroidism (TSH) and hyperprolactinaemia (prolactin).

84 JDNI : OBG : PCOS / PMOS & Hirsutism

Page 84 PCOS / PMOS & Hirsutism



Cancer Cervix 21

21.9 CERVICAL CANCER SCREENING

SCREENING TESTS

1. **Pap smear** (cytology) (PYQ) (N-08/09) (IBQ)
2. **HPV DNA testing**
3. **VIM** – visual inspection methods: **VIA & VILI** (Q)

POINT	SCREENING TEST
Most specific test	• Pap smear
Most sensitive test	• HPV DNA
Most cost-effective	• VIA

SCREENING EQUIPMENT (IBQ)

AYRE'S SPATULA + COPLIN JAR	CERVIX BROOM / BRUSH + LBC VIAL	HPV SAMPLING SWAB
Pap smear – slide fixed in 95% ethyl alcohol in a Coplin jar	Central bristles → endocervix; outer bristles → transformation zone; sample rinsed in liquid-based cytology vial	Swab for cervico-vaginal sample (HPV DNA test)

21.10 PAP SMEAR (CYTOLOGICAL TEST)

- Screening test for Ca cervix – detects **precancerous & cancerous** lesions.
- **Low sensitivity** – due to sampling error / inadequate cell collection → a negative Pap smear does not always mean the woman is truly negative.
- **Highly specific** – atypical (abnormal) cells on the slide indicate cancerous / precancerous cells. (Q)
- Reporting → Bethesda system: NILM (normal), ASCUS, LSIL (= CIN 1), HSIL (= CIN 2/3), AGC (glandular).

TAKING A PAP SMEAR

Cervix exposed with Cusco's speculum; cells collected with a brush / spatula

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Page 102 Cancer Cervix

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