

*Opinion Article*

## A brief outline of common obstetrics and gynaecology procedures

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### ABOUT THE STUDY

The medical field of obstetrics and gynaecology includes the two subspecialties of obstetrics (which deal with pregnancy, childbirth, and the postpartum period) and gynaecology (covering the health of the female reproductive system, vagina, uterus, ovaries, and breasts). Although many doctors go on to develop subspecialty interests in one or the other field, postgraduate training programmes for both fields are typically combined, preparing the practising obstetrician-gynaecologist to be skilled at both the care of female reproductive organs' health and the management of pregnancy.

### Common procedures

OB/GYNs can perform a wide range of operations on patients. Several procedures might be;

**Colposcopy:** A more thorough examination of the cervix and vaginal tissues may be required if the findings of a cervical cancer screening test, such as a Pap smear or HPV test, are abnormal.

**Loop Electrical Excision Procedure (LEEP):** A rapid removal of aberrant vaginal tissue from the cervix. During the procedure, a topical anaesthetic and a liquid to make the points of removal more visible are supplied. Brownish discharge, watery, pinkish discharge, and light cramps are possible side effects.

**Endometrial biopsy:** A process where a tissue sample is taken from the uterus' endometrium. Under a microscope, the sample is examined and examined for abnormal cells or signs of malignancy.

**IUD insertion:** A T-shaped intrauterine device that is inserted into the uterus via the cervix. It is an in-office reversible contraception that can be used.

**Nexplanon:** The implant, which measures around 4 cm, is placed in the upper forearm. This implant can last up to three years and distributes birth control chemicals into the body.

The effectiveness of this method of birth control in preventing conception is 99%.

**Dilation and Curettage (D&C):** An outpatient surgery to widen (dilate) the cervix so that a curette can be used to remove endometrial tissue samples. A D&C can also be used to induce an abortion or remove a foetus that did not pass naturally after a miscarriage.

**Tubal ligation:** A procedure to seal the fallopian tubes in order to avoid conception. Another name for it is "tying the tubes."

**Ovarian cystectomy:** The surgical removal of a cyst that is solid-appearing, more than three inches in diameter, potentially malignant, or painful all the time. It is possible to eliminate cysts without removing the ovary. Every other month, women who don't use birth control develop little cysts, although they can go away on their own.

### Challenges to instituting inclusive care

Although the ACOG has urged OB-GYN healthcare professionals to offer gender-affirming and inclusive care for everyone, resistance still exists, especially as there is no official law requiring the inclusion of LGBTQ+ healthcare in OB-GYN curricula.

Due to personal convictions or a lack of knowledge about LGBTQ+ healthcare, many OB-GYNs may not currently feel confident providing care to LGBTQ+ patients. In a study of about 100 OB-GYNs in Illinois, it was discovered that 50% of the participants felt unprepared to treat lesbian or bisexual patients and 76% felt unprepared to treat transgender patients. Curriculum overcrowding and a lack of knowledgeable instructors were the two main obstacles the residents mentioned as impeding the introduction of LGBTQ+ healthcare training, respectively. However, 92% of residents said they desired greater training on how to treat patients who identify as LGBTQ+.

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