

# PRACTICAL OBSTETRICS AND GYNAECOLOGY HANDBOOK

For O&G Clinicians and General Practitioners

2nd Edition

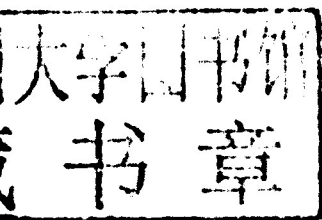
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KK Women's and  
Children's Hospital  
SingHealth

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**PRACTICAL  
OBSTETRICS AND  
GYNAECOLOGY  
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**For O&G Clinicians and General Practitioners**

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## FOREWORD TO THE 2ND EDITION

*Let the young know they will never find a more interesting, more instructive book than the patient himself.*

*Giorgio Baglivi (1668–1707)*

*Who dares to teach must never cease to learn.*

*John Cotton Dana (1856–1929)*

The best-selling 1st edition of the *Practical Obstetrics and Gynaecology (O&G) Handbook for the General Practitioner* was successful in many ways. I quote Adjunct A/Prof Lim Lean Huat, Past President of the College of Family Physicians: “[It] is an essential textbook for primary-care doctors as well as graduate doctors preparing for their postgraduate degrees or diplomas in Family Medicine. The practising general practitioner or family physician will be able to find ready answers to the problems they face during difficult consultations in O&G.”

Seven years on, much in obstetrics & gynaecology has changed. Keeping in line with the latest trends in patient management and the development of new drugs, the authors

have come together again to bring you the 2nd edition of this handbook.

Many GPs have told us that they wanted an insider's perspective of how O&G specialists manage their patients. They wanted to be able to provide advice to their patients on what to expect when they are referred to us for further management.

Therefore, the authors have reworked this book from the ground up. Many new chapters have been added while existing chapters have been expanded and revised for clarity and brevity. For easy comprehension many clear and easy-to-read charts and tables have been included. Indeed, the new edition surpasses the last in many ways, and I would strongly recommend it to all practising O&G specialists as well.

In writing this book, the authors have sought the opinions of many expert members of the medical community and allied health specialties, from both KK Women's and Children's Hospital and the wider healthcare community. Drawing on their wide experience as well as the fresh insights, the authors now put forth an updated, comprehensive and clear book. On the authors' behalf, I would like to say: thank you.

We hope that this book will continue to be a mainstay on the shelves of many clinics and that you will find it a most useful guide.

A/Prof John Tee Chee Seng  
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KK Women's and Children's Hospital  
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# HISTORY OF KK WOMEN'S AND CHILDREN'S HOSPITAL

Since its founding in 1858, KK Women's and Children's Hospital has evolved over the decades, having become a regional leader in Obstetrics & Gynaecology (O&G), Paediatrics and Neonatology.

The story of KK Women's and Children's Hospital is the story of maternal and foetal care in Singapore. It is also a story of significant medical highlights.

Before KK Hospital became a maternity hospital, it was a general hospital in the Kandang Kerbau District.

On 1 October 1924, Kandang Kerbau Hospital (KKH) was opened with 30 beds and 12 children's cots. The hospital was led by Professor J S English, Singapore's first Professor of O&G. The hospital's mission then was to provide good maternity care and midwifery training for medical students and pupil midwives to bring maternal and infant mortality rates down.

In 1952, the School of Midwifery was set up.



The annual “birthquake” of over 26,000 babies referred to in the 1960 edition of the Guinness Book of Records appeared to be based on KKH’s 1956 birth statistics. KKH was the busiest maternity hospital in the world. Then, KKH broke this record year after year until 1966 when it achieved a peak delivery number of 39,856.

Over the years, the medical undergraduate curriculum has seen radical changes. Partial accreditation of KKH’s postings for membership examinations for The Royal College of Obstetricians and Gynaecologists (RCOG) was given in 1963 and full accreditation was awarded in 1967.

Until 1978, KKH was the only training hospital in obstetrics & gynaecology. It has a unique concentration of clinical material. As an academic healthcare institution, KKH believes that world-class training and research are imperative in raising the standard of patient care.

On 1 April 1990, KKH ended its 132-year history as a government hospital and became a Restructured Hospital.

In 1997, KKH shifted its premises to 100 Bukit Timah Road, where it currently stands, with state-of-the-art facilities.

In 1999, the Department of General Obstetrics & Gynaecology (GOG) in KKH was created under Dr John Tee Chee Seng to focus on enhancing service commitments to patients. Since then, KKH has built on its leading role in teaching, training and research, and continues to produce most of the O&G specialists in Singapore.



In 2001, the first RCOG part 2 examination course was held at KKH. This was the first time the RCOG co-hosted an examination course in Asia to develop and accredit aspiring O&G trainees from the region.

Today, the institution continues to raise the bar on clinical excellence while providing quality care for patients. More than 400 specialists adopt a multi-disciplinary and holistic approach to treatment and harness the latest innovations and technology for the best medical care possible for our patients.

## PREFACE

In obstetrics & gynaecology, it has always been our practice to place the interests of our patients as first. With the advent of evidence-based medicine, we face the greater challenge of providing the most cost-effective services in meeting the healthcare needs of our patients based on current evidence in management.

*Incorporating the latest research in various topics, Practical Obstetrics and Gynaecology Handbook for O&G Clinicians and General Practitioners, 2nd Edition* aims to provide simple, practical and yet cost-effective guidelines in the management of common O&G problems.

We hope that the information in this book will help our colleagues in the primary healthcare setting make the right and cost-effective decisions for the patients. Guidelines for referral to a tertiary centre have also been included. The first edition has been well received and many medical students, trainees and general practitioners have found our book useful as a quick reference text in the clinics.

In this second edition, we have included many new updates in recent years such as Human Papilloma Virus Vaccine, new contraceptive pills as well as the recent FIGO recommendations for abnormal uterine bleeding.

Thank you for your encouragements and comments in this edition!

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Apple Award for Outstanding Educator in 2011. He publishes extensively and is a reviewer in medical journals such as Singapore Medical Journal and Saudi Medical Journal. He is also the co-editor for Singapore Journal of Obstetrics and Gynaecology, KK Review and Proceedings of Singapore Healthcare. He is currently serving as a Board Member in both KKH Executive Committee and Medical Board (2013–2014).



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