



# CLINICAL OBSERVER PROGRAMME

SUBFERTILITY

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## INTRODUCTION

Subfertility represents a multifaceted domain within clinical practice, encompassing a diverse range of conditions, diagnoses, and treatment modalities encountered when assisting subfertile couples. The Clinical Observer Programme aims to enhance awareness and proficiency in managing subfertility. This programme primarily entails observation without engaging in hands-on activities.

## ENTRY CRITERIA

The Clinical Observer Programme welcomes dedicated female practitioners who are actively involved in primary, secondary or tertiary healthcare practices. They must be ready to commit their time to the available clinical observation slots throughout this programme.

## TRAINING COMPONENTS

The allocated duration of the observership program is 1 week. Within this timeframe, the clinical observer is required to fulfill all aspects of the observation, which will be adaptable to fit within the one-week period. It is expected that the clinical observer will coordinate with their supervisor to effectively plan their time and ensure the successful completion of the observation programme.

While we endeavor to accommodate all activities within this period, we cannot guarantee that the observer will be able to experience every listed activity in the logbook. Additional visits may be required, subject to availability.



## DO'S & DON'T'S

### **Do's**

1. **Prepare Thoroughly:** Review relevant literature on subfertility and familiarize yourself with common conditions and treatments before starting the programme.
2. **Be Punctual:** Arrive on time for all scheduled observation slots and meetings with your supervisor.
3. **Dress Professionally:** Adhere to the clinic's dress code, ensuring a neat and professional appearance at all times.
4. **Show Respect:** Be courteous and respectful to patients, staff, and fellow observers.
5. **Maintain Confidentiality:** Uphold strict patient confidentiality and adhere to all data protection policies.
6. **Ask Questions:** Clarify doubts and seek understanding by asking questions at appropriate times, respecting the workflow and patient privacy.
7. **Take Notes:** Document your observations and insights in a professional manner to aid your learning and future reference.
8. **Follow Guidelines:** Adhere to all clinic protocols and procedures as directed by your supervisor.
9. **Be Observant:** Pay close attention to clinical procedures and interactions to maximize your learning experience.
10. **Reflect on Experience:** Take time to reflect on your observations and how they apply to your own practice, preparing for discussions with your supervisor.

### **Don'ts**

1. **Avoid Disruptions:** Do not interfere with the workflow or interrupt clinical procedures and consultations.
2. **Respect Boundaries:** Do not engage in any hands-on activities or provide medical advice to patients.
3. **Do Not Overstep:** Avoid accessing areas or attending sessions that you have not been specifically permitted to observe.
4. **No Unauthorized Documentation:** Do not take photographs, recordings, or make any unauthorized copies of patient records or clinic materials.
5. **Refrain from Casual Conversations:** Avoid engaging in personal or unrelated conversations during observation times.
6. **Do Not Hesitate Unnecessarily:** Do not refrain from asking questions due to fear of appearing uninformed; it's a learning opportunity.
7. **Avoid Neglecting Appearance:** Do not wear casual or inappropriate attire that does not align with professional standards.
8. **Don't Ignore Feedback:** Avoid disregarding constructive feedback from your supervisor or clinic staff.
9. **Avoid Overstaying:** Do not stay beyond your scheduled observation times without prior approval.
10. **Do Not Breach Confidentiality:** Never discuss patient cases or clinic observations outside the clinic environment in ways that could breach confidentiality.



**N A M E**

**C L I N I C**

**M Y G O A L S**

**F O R C L I N C A L O B S E R V E R S H I P**



# OBJECTIVES

- To increase awareness among healthcare professionals in issues related to subfertility
- To emphasize lifestyle maneuverers that can be taken to increase the chance of conceiving
- To identify basic assessment for couple trying to conceive
- To gain knowledge in treating couple with subfertility: Ovulation induction via clomiphene citrate, letrozole and gonadotrophin
- To identify couple needing advance fertility assessment and treatment
- To gain exposure on fertility treatment receive at tertiary care level: IVF, ICSI, frozen embryo transfer, genetic testing PGT-A, PGT-M
- To be aware on cryopreservation techniques: Egg & sperm freezing
- Managing early pregnancy
- Luteal support in early pregnancy



# CLINICAL CASE

## NEW FERTILITY

- Duration of TTC
- Menstrual history
- Gynaecological history
- Previous fertility treatment
- Medical history
- Surgical
- Medication/Supplements
- Male partner: Medical/surgical history
- Family history
- Smoking/ Vape and Alcohol

DATE	SUMMARY



# CLINICAL CASE

## HORMONAL ASSESSMENT

- AMH
- Other hormonal assessment:
  - FSH/LH/TSH/PRL.
  - Mid luteal Serum Progesterone

DATE	SUMMARY



# CLINICAL CASE

## PELVIC ULTRASOUND

- Endometrial assessment
- Antral follicle assessment
- Ruling out pelvic pathologies: Uterine fibroid, polyp,
- Adenomyosis, endometrioma, ovarian cyst

DATE	SUMMARY



# CLINICAL CASE

## SPERM ANALYSIS

Variable	Cut-off value
Sperm volume	>1.5ml
Sperm concentration	>15 million / ml
Total sperm count	>39 million
Sperm progressive motility (A + B)	>32%
Sperm morphology	>4%
Sperm DNA fragmentation	<30%
Non-sperm cells	<1 million / ml

WHO laboratory manual for the examination and processing of human semen. Geneva: World Health Organization; 2010.

DATE

SUMMARY



# CLINICAL CASE

## TUBAL PATENCY ASSESSMENT

Three options of test available to do tubal patency assessment. Identify the possible best option of couple including the pros and cons of each method.

Options for tubal patency include:

- HyFoSy
- HSG
- Laparoscopy and Dye test

DATE	SUMMARY



# CLINICAL CASE

## CLOMIPHENE CITRATE

- Understanding Mode of actions
- Dosage given
- How it is given
- The importance of monitoring
- Indications
- Side effects
- Success rate
- Limitations

DATE	SUMMARY



# CLINICAL CASE

## AROMATASE INHIBITORS

- Understanding Mode of actions
- Dosage given
- How it is given
- The importance of monitoring
- Indications
- Side effects
- Success rate
- Limitations

DATE	SUMMARY



# CLINICAL CASE

## INTRAUTERINE INSEMINATION

- Understanding Mode of actions
- Dosage given
- How it is given
- The importance of monitoring
- Indications
- Side effects
- Success rate
- Limitations

DATE	SUMMARY



# CLINICAL CASE

## IVF/ICSI

- Indications
- Medication given
- How it is given
- The importance of monitoring
- Witnessing oocyte pick up
- Side effects
- Success rate
- Limitations

DATE	SUMMARY



# CLINICAL CASE

## FROZEN EMBRYO TRANSFER

- Indications
- Medication given
- How it is given
- The importance of monitoring
- Witnessing procedure of embryo transfer
- Side effects
- Success rate
- Limitations

DATE	SUMMARY



# CLINICAL CASE

## DISCUSSION

### PGT - A

- Indication
- Procedures involve
- Pros and cons
- Success rate

DATE	SUMMARY



# CLINICAL CASE

## DISCUSSION

### CRYOPRESERVATION

- Indication
- Egg freezing
- Sperm freezing
- Procedures involve
- Pros and cons
- Success rate

DATE	SUMMARY



# CLINICAL CASE

## EARLY PREGNANCY

- When to do Urine pregnancy test
- Beta HCG
- Early pregnancy scan
- Role of Serial beta HCG
- EDD calculation for USOD
- EDD calculation for FET pregnancy

DATE	SUMMARY



# CLINICAL CASE

## LUTEAL SUPPORT

- Indications: Threatened Miscarriage, Recurrent miscarriage
- Medications involve

DATE	SUMMARY



# WEEKLY PLANNER

	MON	TUE	WED	THU	FRI	SAT	SUN
6.00							
7.00							
8.00							
9.00							
10.00							
11.00							
12.00							
13.00							
14.00							
15.00							
16.00							
17.00							
18.00							
19.00							
20.00							
21.00							





**Clinical Observer Programme**

Pusat Kesuburan Sophea @ Bangi  
G01-03, Ground Floor, Plaza Bangi Perdana Jalan Gerbang Wawasan 1,  
Bangi Gateway, Seksyen 15,  
43650 Bandar Baru Bangi, Selangor  
t: +6037622 8611 w:+601125779767



**Notification of Completion of Subfertility Clinical Observer Programme**

(To be completed by supervisor)

I certify that

.....

has completed the Subfertility Clinical Observer Programme to my satisfaction.  
I confirm that I have had regular assessment sessions with the observer  
and each of the required skills in the logbook has been attained.

Date of commencement of clinical observation: \_\_/\_\_/\_\_

Date satisfactorily completed: \_\_/\_\_/\_\_

Clinical Observer name: .....

Clinical Observer Signature: ..... Date: .....

Supervisor in charge of observation:

Name: ..... Date: .....

Signature: .....

Official Stamp: .....

Please complete and return the forms preferably by email to:  
**[bangi@sopheafertility.com](mailto:bangi@sopheafertility.com)**

Or post to: Clinical Observer Programme, Pusat Kesuburan Sophea @ Bangi  
 G01-03, Ground Floor, Plaza Bangi Perdana Jalan Gerbang Wawasan 1, Bangi  
 Gateway, Seksyen 15, 43650 Bandar Baru Bangi, Selangor  
 t: +6037622 8611 w:+601125779767



**Feedback Form**

Clinical Observer name: ..... ID: .....  
 Observation Centre: Pusat Pakar Kesuburan Sophea @ Bangi .....  
 Supervisor Name: Dr. Salleha Khalid .....

	not applicable	strongly disagree	disagree	ambivalent	agree	strongly agree
I was able to complete the module in the agreed time period (1 week)						
I received help and support as and when necessary.						
My supervisor set me realistic targets at our appraisal meetings.						
I have been given appropriate feedback on my performance.						
This course has met my needs in my professional development.						
I would recommend this programme to my colleagues.						
I would recommend Sophea for fertility treatment.						

**Supervisor Review**

Please rate the performance of your Supervisor.

	very poor	poor	satisfactory	good	excellent
Approachability					
Supportive					
Teaching					
Regular and Constructive Appraisals					