

A YEAR ON A PAGE – ACTIVITY PLAN FOR GYNAECOLOGY TRAINEES (ST5-7) WITH AN INTEREST IN VULVAL DISEASE (VERSION 2 2026)

All gynaecology trainees should have an understanding of vulval disease. Senior ST5-7 trainees may wish to undertake the vulval disease SITM, however, some trainees may wish to expand their vulval knowledge and skills without undertaking the SITM. This 'year on a page' therefore is aimed at both, to give a framework of how they can plan out the year. It should be used in conjunction with the revised RCOG SITM in vulval disease which is specific to training needs and contains more granular detail. This year on page is not endorsed by the RCOG. See this link for the revised SITM in vulval disease [sitm-vulval-disease-vfinal.pdf](https://www.bssvd.org.uk/wp-content/uploads/2024/06/sitm-vulval-disease-vfinal.pdf)

	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Knowledge criteria and clinical competency	Review RCOG eLearning non-cancerous vulval disease module Review national guidelines vulval care* Review BSSVD & ISSVD resources	Look at vulval disease courses available (BSSVD, ISSVD)	Look at pain support resources (vulval pain society, lichen sclerosis guide)	Attend/present at BSSVD ASM
Training support and evidence	Attendance at vulval clinic** Attend a psychosexual clinic Assess opportunities for observing/performing wide local excision & surgical refashioning techniques (eg. Z-plasty)*** Meet with mentor****	Attendance at vulval clinic** Consider session with histopathologist to review vulval biopsy slides Meet with mentor****	Attendance at vulval clinic** Attendance at pain management clinic Meet with mentor****	Attendance at vulval clinic** Attendance at sexual health clinic Contribute to undergraduate/postgraduate training- vulval teaching session
Service development		Attend/organise vulval MDT (if running locally)	Carry out a vulval audit and departmental review	

*Appendix 1 suggesting national guidelines to review

**SITM registered trainees should attend 20 vulval clinics over one year

***May not be routinely available but discuss with members of the gynaecology and /or plastic surgery team

****Arrangements will vary according to local services. Might be vulval clinic lead or preceptor for SITM in vulval disease

Tip - Your outcome for clinic attendance includes developing confidence in history taking (vulval, pain and sexual) , clinical examination, starting basic treatment, and knowledge of when to refer complex patient to members of the vulval MDT service. This is best enabled by seeing and following through new patients followed ideally by a CBD with the clinical lead

Appendix 1: Useful Guidelines To Review

[British Gynaecological Cancer Society \(BGCS\) vulval cancer guidelines: An update on recommendations for practice 2023 - ScienceDirect](#)

BASHH [National Guideline on the Management of Vulval Conditions](#)

ISSVD Guidelines [Health Organizations](#) | [Women's Health Resources](#)