



THE SOCIETY OF
OBSTETRICIANS AND
GYNAECOLOGISTS
— OF CANADA —

What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)





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MISSION STATEMENT

**To promote excellence in the practice
of obstetrics and gynaecology
and to advance the health of women
through leadership, advocacy,
collaboration, outreach and education**

Under the banner of this mission statement, the Society of Obstetricians and Gynaecologists of Canada (SOGC) subscribes to the following tenets:

- Every woman should have equitable access to optimal, comprehensive health care, provided with integrity and compassion.
- Information should be made available to women that will allow the appropriate and relevant choices about their health.
- SOGC members have the right to practice in a safe and supportive environment.
- Obstetrics and gynaecology are practices that must be based on the best scientific evidence available.
- The SOGC has a responsibility to facilitate change in relation to health system issues that affect the practice of obstetrics and gynaecology.

We believe that . . .

- women should have equitable access to optimal, comprehensive health care provided with integrity and compassion;
- women should have the information they need to make choices about their health;
- Society members have the right to practice in a safe and supportive environment;
- the practice of obstetrics and gynaecology must be based on the best scientific evidence available;
- the Society has a responsibility to facilitate change in relation to health system issues affecting the practice of obstetrics and gynaecology.

What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

HISTORY

Reflecting a need to promote physician education research and excellence in care, the Society of Obstetricians and Gynaecologists of Canada (SOGC) was founded in 1944. Since then, the Society has maintained an unwavering commitment to leadership and excellence through its Continuing Medical Education programs and its professional journal, the *Journal of Obstetrics and Gynaecology Canada* (JOGC). Moreover, the Society has grown substantially over the years, expanding in both reputation and in mandate.

The SOGC membership now includes health experts from a range of related fields, most notably those in nursing and midwifery. The Society's mandate has also grown, expanding to include public education initiatives and projects to improve the safety of childbirth for Aboriginal women and those living in low-resource countries. Committed to diversity, the SOGC ensures that representation on our committees and general membership includes health-care professionals from a variety of disciplines.

STRATEGIC DIRECTIONS 2006–2011

After extensive consultation with SOGC members, stakeholders, Council and Executive, the SOGC produced the **2006–2011 Strategic Plan**. The Plan frames the Society's vision and strategic priorities until 2011, and evaluates the Society's progress, challenges and successes between 2000–2005.

The Strategic Plan highlights the Society's commitment to its seven strategic directions:

1. Aboriginal Health
2. Advocacy
3. Continuous Professional Learning (CPL)
4. Human Resources in Ob/Gyn
5. International Women's Health
6. Patient Safety
7. Women's Health Issues

Continuous Professional Learning, International Women's Health, Patient Safety and overall Women's Health Issues will continue to be key pillars of our organization.

New strategic directions have been added to address emerging issues where SOGC can make a real difference: Aboriginal Health, Advocacy, and Human Resources in OB/GYN. SOGC is well-positioned to lead the women's health agenda in Canada and internationally. With a growing, robust membership, effective public education and communications initiatives, and renewed advocacy to ensure visibility at all levels of government, SOGC will continue to focus on the health of all women, while at the same time, reaching out to address the unique challenges of traditionally underserved and disadvantaged women.

What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

CATEGORIES OF MEMBERSHIP

| Membership Type | Description | Duration | Price |
|---|--|---|--------------|
| Member OB/GYN | A person who has a Specialist Certificate in Obstetrics and Gynaecology whose specialty training in Obstetrics and Gynaecology is recognized by the Royal College of Surgeons and Physicians of Canada or the Collège des médecins du Québec | January 1 st – December 31 st | \$450.00 |
| Life | A member OB/GYN (see above category) who has reached the age of 65 and is no longer in practice or has been a member OB/GYN for at least 35 years | January 1 st – December 31 st | \$60.00 |
| International | A person who is licensed to practice medicine outside of Canada | January 1 st – December 31 st | \$450.00 |
| Associate Members – Medical | A person who is licensed to practice medicine in a province or territory of Canada, or another jurisdiction | January 1 st – December 31 st | \$175.00 |
| Associate Members – Nursing and Nurse Practitioner | A person who is licensed as Registered Nurse in a province or territory of Canada, or another jurisdiction | January 1 st – December 31 st | \$100.00 |
| Associate Members – Midwifery | A person who is licensed to practice midwifery in a province or territory of Canada, or another jurisdiction | January 1 st – December 31 st | \$100.00 |
| Associate Member – Research | A person who is rendering a service in the field of Obstetrics and Gynaecology | January 1 st – December 31 st | \$100.00 |
| Associate Member – Health Care | A person who does not qualify to become an associate member under any of the other associate member categories, but can assist the Society in accomplishing its purpose | January 1 st – December 31 st | \$140.00 |
| Associate Member – Allied | A person , including a corporate person or association who can assist the Society in accomplishing its purpose | January 1 st – December 31 st | \$200.00 |
| Junior Member | A person who is enrolled in a postgraduate training program in Obstetrics and Gynaecology | July 1 st – June 30 th | \$40.00 |

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What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

CATEGORIES OF MEMBERSHIP (Continued)

| | | | |
|---|--|--|---------|
| Junior Member – Family Medicine Resident | A person who is enrolled in a family Medicine Residency Program | July 1 st – June 30 th | \$40.00 |
| Students in Healthcare Training and Research | A person who enrolled in an undergraduate training program in a Canadian Medical School | July 1 st – June 30 th | \$20.00 |
| Honorary Member | Any Member of the Society may propose to the Council a distinguished individual for Honorary membership. | | Waived |

BENEFITS OF MEMBERSHIP

The SOGC membership offers a wide range of member benefits, delivering tremendous value for both your professional development and personal well-being.

As a member of the SOGC you benefit from:

- monthly subscription to the Journal of Obstetrics and Gynaecology Canada (JOGC) as part of your membership fees;
- reduced registration rates for regional Continuing Medical Education events (CME) and Annual Clinical Meetings;
- reduced registration rates for Advances in Labour and Risk Management (ALARM) courses
- Continuing Medical Education (CME) online courses;
- special pricing on patient and public education pamphlets;
- volunteer opportunities to serve on any of over 50 committees;
- networking with other healthcare professionals in the specialty of obstetrics and gynaecology and women's health;
- SOGC newsletter;
- access to the SOGC national guidelines providing the foremost scientific knowledge available;
- SOGC podcasts – download select audio and video clips from our CME events, or clips of current media coverage relating to ob/gyn;
- exclusive online access to an electronic membership directory;
- free access to MyObClinic.ca, an online tool allowing SOGC members to create their own personalized websites for their practices.

SOGC COMMITTEES

The SOGC has over 50 committees dedicated to the improvement of obstetrical and gynaecologic care in Canada through research, professional education, and public outreach. These committees are made up of dedicated volunteers who develop, implement and produce clinical practice guidelines, committee opinions, working documents and policy statements to advance women's health and the practice of obstetrics and gynaecology.

Committee membership provides an exemplary opportunity for SOGC members to work alongside some of Canada's foremost experts, working collaboratively to advance the practice and understanding of women's health in this country.

Committees are composed of SOGC members who volunteer their leadership, expertise, time and services to benefit ob/gyn and the public in the following areas:

- Aboriginal Health Initiatives
- Pediatric and Adolescent Gynaecology
- Breast Disease
- Clinical Practice - Obstetrics
- Clinical Practice - Gynaecology
- Diagnostic Imaging
- Ethics
- Genetics
- Infectious Disease
- Junior Member
- Reproductive Endocrinology Infertility
- International Women's Health
- MD Advisory
- Medical Legal Issues
- Maternal Fetal Medicine
- Reproductive Endocrinology and Infertility
- RM Advisory
- RN Advisory
- Various advisory committees
- Women's Health Policy
- And many more

These SOGC committees report on a yearly basis (and more often, as required) to the governing bodies of the Executive and Council committee.

Members interested in joining a committee can contact the SOGC main office at (800) 561-2416, or by email at helpdesk@sogc.com.

CONTINUING MEDICAL EDUCATION (CME)

The SOGC currently offers the following CME programs:

- Annual Clinical Meeting (ACM)
- International CME (ICME)
- West/Central CME
- Quebec CME
- Ontario CME
- Gynaecology Ontario CME
- Quebec CME Obstetrics

Attracting specialists of national and international reputation, these events provide SOGC members with a forum for the exchange of ideas, information, and views on all aspects of obstetrics/gynaecology and related specialties. With the exception of the Annual Clinical Meeting and the International CME, CME programs typically run as two or three-day events. For each CME, the format is complete with interactive plenaries, breakout sessions featuring case discussions on current topics and concurrent sessions. An ideal opportunity for professional development, CME events are also a great place to meet and network with obstetricians/gynaecologists and affiliated professionals.

For more information visit www.sogc.org.

ANNUAL CLINICAL MEETING

The SOGC's Annual Clinical Meeting includes a five-day Scientific Program offering interactive presentations on current topics in Obstetrics and Gynaecology.

The Annual Clinical Meeting Program includes the following:

- International symposia
- Post-graduate courses
- Half-day concurrent subspecialty programs
- Workshops
- Clinical updates
- State of the art guest lectures
- Scientific papers/posters/videos presented by members
- Awards programs, Cannell Lecture, Royal College Lecture
- Junior Member and Leadership Program
- Medical Student Program
- Gynaecologic Oncologist of Canada (GOC) program
- Association of Professors of Obstetrics and Gynaecology of Canada (APOG) mid-year meeting
- Exhibits
- Social/cultural/youth programs

ACCREDITATION

The SOGC is recognized by the Royal College of Physicians and Surgeons of Canada as a fully accredited provider of Continuing Professional Development credits within the College's Maintenance of Certification Program. SOGC was granted accreditation status from 2005–2010.

Total CPD credits participants can claim:

- **Section 1:** total credit of 1 hour for each core content module.
- **Section 3:** 2 credits per hour for doing the pre-course self-assessment, for a maximum of 2 credits.
- **Section 4:** may be claimed if participant develops a personal learning project from attending the course.

ADVANCES IN LABOUR AND RISK MANAGEMENT COURSES (ALARM)

An intrapartum course produced by Canadians, the ALARM Course is developed, maintained and taught by obstetricians, family physicians, midwives and nurses. It has had the administrative support and backing of the SOGC. The course material is based on the best evidence available on what works to improve care, and incorporates Canadian practice guidelines. This comprehensive two-day course offers case-based plenary sessions, hands-on workshops and an encompassing examination process. The primary goal of ALARM is to review, update and maintain competence in obstetrics for specialists, family physicians, midwives and nurses, enabling them to improve the outcome and process of intrapartum and immediate postpartum care.

ONLINE COURSES

The SOGC offers various online courses designed by experts and employing the most current medical knowledge. These accredited online courses combine premier medical education with the convenience of online study.

Online courses are available through the SOGC's website at www.sogc.org.

AWARDS, GRANTS & FELLOWSHIPS

President's Award

The President's Award is the highest recognition awarded to a member. Each year, the SOGC recognizes an outstanding physician in Canada for his or her contribution to women's health and the objectives of the SOGC. The individual must be in practice for a number of years and must have demonstrated leadership qualities at the national and/or international level. It is awarded for outstanding contributions and commitment to women's health and ongoing support to the specialty and the SOGC.

SOGC Regional Achievement Award

The SOGC Regional Achievement Award recognizes the excellence of members who volunteer at the local, regional or provincial levels for women's health. A plaque and a designated cash amount are awarded to one recipient in the Central, Atlantic, Western, Ontario and Quebec regions at the Annual Clinical Meeting's award ceremony.

Millennium fellowship for Community Physicians

The purpose of this fellowship is to support community based physicians who would like to receive a traineeship that would enable them to meet their specific learning needs and those of their community. The clinical professional development may involve, but is not restricted to the acquisition of technical knowledge or skills and interests in the areas of obstetrics/gynaecology and/or sexual and reproductive health. The traineeship consists of an active, individualized, and practical experience related to clearly defined educational objectives.

Millennium Fellowships for University/Hospital Based Physicians

The purpose of this fellowship is to support physicians, who are currently full-time faculty, who wish to improve their research or increase their clinical surgical expertise by visiting a centre of recognized excellence in their area of interest. The professional development is to be provided at a centre of excellence, providing the specialist with an active, individualized and practical experience related to clearly defined objectives.

Millennium Fellowships for Nurses and Midwives

The purpose of this fellowship is to provide financial support to nurse or midwife SOGC members to enable them to meet specific learning needs and those of their community. This clinical professional development opportunity may involve, but is not restricted to, the acquisition of technical knowledge or skills in the area of obstetrics/gynaecology and/or sexual and reproductive health.

Funding is provided by the Foundation for the Promotion of Reproductive and Sexual Health (FPRSH), whose mission is to promote and support educational initiatives in the field of sexual and reproductive health.

Junior Member Elective Fellowship Grants

A varying number of grants ranging from \$2,500 to \$3,000 are awarded to the top fellowship proposals, to assist in covering expenses incurred while participating in an elective program. Grant recipients will be recognized at the Annual Clinical Meeting's awards ceremony.

The distribution of awards is contingent upon the availability of funding in unrestricted educational grants.

Junior Member Elective Grant in International Women's Health

The purpose of this fellowship is to assist residents wishing to pursue elective training in international women's health. The general objectives are to allow interested residents to develop a better understanding of women's health issues and the practice of obstetrics and gynaecology in a developing country, and to develop an appreciation for the work conducted by fellow health professionals in those countries. The elective should provide the recipient of the Fellowship with an active, individualized and practical experience in a developing country related to clearly defined education objectives.

Funding is provided by the Foundation for the Promotion of Reproductive and Sexual Health whose mission is to promote and support educational initiatives in the field of sexual and reproductive health. In addition, the host institution will receive a \$1,000 donation to help cover expenses.

For a complete list of SOGC Grants, Fellowships and Awards, visit www.sogc.org.

PROGRAMS

Good healthcare is built upon many partnerships. These SOGC projects, developed through close collaboration with national and international partners, reflect the mutual understanding that improving healthcare requires a collaborative, holistic approach.

Whether it is through building capacity for healthcare internationally, exploring new and efficient models of healthcare delivery, or by providing the public with the information needed to make informed health decisions, all SOGC projects share the single common goal of removing the barriers to improved health.

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Aboriginal Health Initiatives

Since 1994, the SOGC has been working with Aboriginal stakeholders, and Aboriginal health organizations to develop guidelines and information that is specific to First Nations, Inuit and Métis people. As of 2006, the SOGC has made a commitment to continue on the previous developments and has established Aboriginal health as one of its main pillars in their Strategic Directions 2006–2011. The primary focus of the Aboriginal Health Initiatives division will be to “advance culturally safe health and healing for aboriginal women”.

International Women’s Health Program

Since 1998, the SOGC has been active on the international level. The Society is committed to promoting sexual and reproductive health and rights globally with a focus on safe motherhood and newborn health. It is our goal to ensure that every woman has the right to survive pregnancy and childbirth and has access to the care she needs to deliver a healthy baby through a safe pregnancy and childbirth.

SOGC’s International Initiatives and Activities

International (or multilateral) level:

The SOGC is engaged on a multilateral level through active participation with international counterparts in advocacy and dialogue relating to safe motherhood and newborn health. SOGC’s participation includes representation at: the International Federation of Obstetrics and Gynaecology (FIGO); the Partnership for Safe Motherhood, Newborn and Child Health; and other similar organizations.

At the national (or bilateral) level:

The SOGC has a number of active partnerships with peer professional associations. These partnerships aim to increase the institutional and organization capacity of the peer ob/gyn associations to promote, at both a policy and program level, sexual and reproductive health, and safe motherhood and newborn health.

Within Canada:

The SOGC is active in international health through collaboration with other NGO’s to engage in promotion and advocacy. This work aims to sensitize and engage members of the public and political representatives in the issues of safe motherhood and newborn health.

PUBLICATIONS

As part of the SOGC commitment to keeping its members connected and current in women's health issues, the SOGC produces the following publications for its members:

SOGC guidelines: SOGC's clinical practice guidelines, based on the leading scientific knowledge available, are designed to advance the obstetric and gynaecology specialties and promote informed choices for women in Canada and Internationally. These guidelines are published each month in the *Journal of Obstetrics and Gynaecology Canada* and are available on the SOGC website.

Journal of Obstetrics and Gynaecology Canada (JOGC): The JOGC is Canada's peer-reviewed journal of obstetrics, gynaecology, and women's health. Each monthly issue contains original research articles, reviews, case reports, commentaries, and editorials on all aspects of reproductive health. The JOGC is included in the National Library of Medicine's MEDLINE database, and abstracts from the JOGC are accessible on PubMed. For active members of the SOGC, the cost of a yearly subscription is included in the cost of membership. The articles are printed in the official language of submission with an abstract in both official languages.

SOGC News: A bilingual publication issued 10 times a year, the SOGC Newsletter contains articles on the work of the society, as well as coverage of events, legislation and developments of importance to women's healthcare professionals.

Health News: As a benefit to its members, the SOGC distributes regular editions of its e-delivery online newsletter, encapsulating the latest in health news and SOGC media reports. The sampling of articles allows members to quickly and conveniently review what the media has reported to the public on health issues.

Sex Sense: Written by medical experts at the SOGC, *Sex Sense* is the ultimate Canadian guide to contraception. By providing an in-depth look at each of the contraceptive methods available in Canada, this book arms readers with the information they need to make healthy and personalized contraceptive choices.

Healthy Beginnings: *Healthy Beginnings* is a step-by-step guide to pregnancy and childbirth, covering from preconception to immediate postpartum. The book is based on SOGC clinical guidelines, and was developed to provide Canadian women with the information and answers they need to give their child the healthiest start possible.

PUBLIC EDUCATION

Contraception Awareness Project

In 2001, the Foundation for the Promotion of Sexual and Reproductive Health, administered by the SOGC, launched the Contraception Awareness Project (CAP), a national initiative aimed at raising contraception and sexually transmitted infection awareness.

What you should know about the Society of Obstetricians and Gynaecologists of Canada (SOGC)

The project was implemented to develop an effective education vehicle addressing the lack of public education on contraception and sexuality and to provide continuing medical education activities in the field of sexual and reproductive health in Canada. CAP's ambitious mandate includes enhancing efficiency and effectiveness in providing contraception counseling to patients, lowering the number of unplanned pregnancies and abortions, providing better contraceptive choices, reducing inappropriate sampling and developing a compassionate drug program offering contraception to women in need.

The Contraception Awareness Project developed the award-winning website www.sexualityandu.ca, designed to provide credible and up-to-date information and education on sexual health. This website is made possible with the guidance and collaboration of a team of distinguished Canadian medical organizations, and is administered by the SOGC.

The SOGC's Contraception Awareness Project along with the Aboriginal Health Initiatives Division has established a unique partnership with the National Indian and Inuit Community Health Representatives Organization (NIICHO) to focus on public education, promotional materials and reference tools that address the concerns, needs and issues of Aboriginal audiences.

Compassionate Contraceptive Assistance Program

When a patient's financial hardship becomes a barrier in obtaining contraceptives, health care providers can turn to the Compassionate Contraceptive Assistance Program to receive free prescriptions. Administered by the SOGC, the program ensures that access to contraception is not denied because of a lack of funds.

HPVinfo.ca

The SOGC's "Spread the Word, Not the Disease" public awareness campaign was unveiled in 2006 to educate Canadians about the human papillomavirus (HPV), a common sexually transmitted virus that can cause warts, lesions, and cancers of the cervix and genitals. The centrepiece of the campaign is hpvinfo.ca, a comprehensive website that provides teens, adults, parents, teachers and health professionals with information about HPV, what it is and what they can do about it. The site includes links to recommendations and guidelines for the treatment, management and prevention of the virus, as well as the latest news and research relating to HPV.

Visit www.hpvinfo.ca.

MenopauseAndU.ca

Based on the SOGC's comprehensive Menopause Consensus Report, www.menopauseandu.ca is the definitive Canadian resource for menopause information. Designed for both healthcare professionals and Canadian women, menopauseandu.ca provides reliable information on the diagnosis and management of menopausal symptoms, as well as the most current information about the safety and effectiveness of hormone therapy.

HELPFUL INFORMATION AND WEBSITES

National Office mailing/courier address

780 Echo Drive

Ottawa, ON

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National Office telephone number: (613) 730-4192 or 1(800) 561-2416

National Office fax number: (613) 730-4314

For all the following inquiries, please call the National Office plus the extension listed below

Membership inquiries - 233

JOGC subscription inquiries/missing issues/change of address - 233

Publications - 257

All Media related inquiries - 325

Contraception Awareness Project - 375

HPV Project - 320

Interested in attending a CME event?

Visit: www.sogc.org/cme

Need to make a change to your member profile or renew your membership online?

Login to: www.sogc.org

Related Websites

View JOGC abstracts: www.sogc.org/jogc

Strategic Directions 2006–2011: www.sogc.org

International Women's Health Program: www.sogc.org/iwhp

The Canadian Foundation of Women's Health: www.cfwh.org

SOGC guidelines: www.sogc.org/guidelines

Membership Categories: www.sogc.org/about under "Become a member"

Sexuality And U: www.sexualityandu.ca

HPV Info: www.hpvinfos.ca

Menopause And U: www.menopauseandu.ca