

Memorial University of Newfoundland, St. John's Discipline of Obstetrics & Gynecology

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What are you looking for specifically in an impressive candidate?

We are interested in candidates with a good academic record, excellent interpersonal skills, and a commitment to the discipline of obstetrics & gynecology. We have a close, fun-loving, and dedicated set of residents and are seeking candidates to join this group.

What can a potential candidate do now in order to be an appealing applicant to your program?

A potential candidate should complete electives in Obstetrics and Gynecology and would be encouraged to complete an elective at Memorial. However, this is not strictly required as electives can be difficult to arrange.

How is your residency program organized? (i.e. year by year breakdown and schedule of rotations)

PGY-1	Obstetrics & Gynecology (St. John's) 3 blocks Community OB/GYN (Clarenville, NL) 2 blocks Internal Medicine 2 blocks General Surgery 2 blocks Urology 1 block Emergency Medicine 1 block NICU 1 block Selective 1 block (research, family planning, ambulatory clinic, or other selective of interest)
PGY-2	General Obstetrics & Gynecology Teams 9 blocks Labour & Delivery 2 blocks ICU 2 blocks
PGY-3 & PGY-4	REI 3 blocks MFM 3 blocks Gynecologic Oncology 3 blocks Urogynecology 3 blocks Ultrasound 1 block

Community OB/GYN (Moncton, NB; Corner Brook, NL) 2 blocks each
Research up to 3 blocks

PGY-5 Chief Resident (begins in PGY-4)
General OB/GYN (Junior Consultant)
Community OB/GYN Grand Falls-Windsor, NL
Electives

What is your residency program's orientation and focus?

The Memorial University of Newfoundland program is dynamic and unique due to its small size, with close interaction and good rapport between residents and faculty. The program will allow training of an excellent and fully independent generalist, although recent years have seen a number of graduates enter competitive subspecialties; similarly, our faculty are both trained generalists and subspecialists

What is the availability of experiences in subspecialty areas during training?

Since there are no fellows, there are great opportunities for residents in sub-specialty areas, including MFM, Gynecologic Oncology, REI, Urogynecology, and MIS/advanced laparoscopic skills.

What is the typical day in the life of a resident?

A typical day starts at 7 am, with handover and rounding on in-patients. General OB/GYN is organized into teams, each covering one set of generalist staff's patients. Residents then attend to daily duties, as determined by what their team's staff are doing i.e. OR, clinic, or C-sections. This system builds excellent relationships between staff and residents early in your training, and staff get to know your own learning objectives and needs. It also provides early OR exposure, allowing for surgical skill development with one-on-one teaching opportunities, and lots of hands-on experience. Typically, your day is finished by 5 pm.

Thursday mornings include Case Rounds, with teaching around interesting cases. Grand Rounds take place every Tuesday morning, with residents having the opportunity to present once per year. Friday afternoons are protected Academic Half Days, and in the summer, residents get teaching experience by running their own half days, often at a great local restaurant. The last Thursday evening of every month is Journal Club. PGY-1s also attend Principles of Surgery lectures on Wednesday evenings.

Are there sufficient elective opportunities during training to explore your special interests?

Yes, both community and tertiary care centre electives are possible, and we have specialists to assist in exploring subspecialties. Our staff and admin are excellent at accommodating

schedules to fit the training needs of each resident including electives. Our small size means less competition for OR time, and the ability to seek out individualized training.

What is the resident satisfaction?

Resident satisfaction is high with a very supportive faculty interested in residents' learning and overall experience.

What is the on-call schedule during each year of residency?

There is typically a graduated call system, starting with PGY-1s covering 6-7 call/block to PGY-5s covering 3-4 call/block. PGY1's are also buddied-up in first year with a senior to help transition into independent call. PGY-5s are removed from the call schedule in March to study for their Royal College exams. There is also reduced call leading up to the Principles of Surgery exam and LMCC Part 2. Call is 24 hours during the weekdays. On weekends our PGY-2 to PGY-5 have "split shifts", either working Saturday daytime and Sunday evening, or Friday night and Sunday daytime. It allows some extra time on the weekend, and breaks up 24-hours into more manageable chunks. The only exception is PGY1 who do 24h call on the weekends as they have fewer blocks on service and we like to maximize teaching while they are on buddy call.

What distinguishes the Memorial program from other programs?

Due to its small size, Memorial prides itself on lots of hands-on experience very early in residency. There is good flexibility within the program to help residents explore career opportunities, or just when you need it because life has thrown you a curve ball. Our staff and our residents are also very close and understanding, so no matter what your life path is, you can rest assured that you will be supported along the way.

Furthermore, the community OB/GYN rotations elsewhere in Newfoundland and in New Brunswick are outstanding. These rotations provide excellent surgical experience, good independence, and practise as chief or junior consultant. You will leave the program confident in your ability to function independently in a variety of possible job settings.

Finally, the small size of the program with most residents at the main site means that we are very close as a group, with social events, residency retreats, and celebrating each others' successes or life events.

What distinguishes St. John's from other cities?

St. John's is known for its fun atmosphere and friendly population. It is a small city with big city activity. Cost of living is very affordable, and there is little to no commute to most sites. Whether you love to be outdoors and hike or kayak, or if you love music, history and the arts, you will find it all in St. John's. There is a great culinary scene with hundreds of restaurants including one of the highest rated in Canada, and a number of local breweries and distilleries. There are plenty of social activities and events in the city, like concerts, exhibits, gyms and yoga studios, Farmer's Markets, restaurant tastings...the list goes on!

How competitive is it to get in, and then to succeed in your field?

Each year, we fill our four available residency positions. Faculty are extremely supportive of the residents' need to study and practice for the Royal College exam which has resulted in excellent pass rates over the last 10 years. Recent years have seen a number of graduates enter competitive subspecialties including REI, Gynecologic Oncology, and MIS.

Is there active and/or required research in your residency program?

One to two research projects are required during the postgraduate years, for which there is ample faculty support. You may either complete two small projects (i.e. survey, case report) or one large project (cohort study, trial, etc.). Residents present at least twice during the program at the annual Resident Research Day.

Some residents also choose to complete a concurrent Diploma, Masters of Science or other supplementary training. Previous residents have pursued fields such as Clinical Epidemiology, Global Health, Public Health, or Education. The Master's thesis can be used as part of a resident's research project.

What local, national or international conferences would be of benefit to candidates interested in your residency program?

Attendance at the annual SOGC medical student program or the Atlantic Society of Obstetricians and Gynecologist Meeting would benefit candidates interested in our program. As well, local or visiting elective students may benefit from attending our annual residents research day in June.

Who can we contact for more information or to set up electives?

ugme.electives@med.mun.ca

Website: <http://www.med.mun.ca/obsgyn/>

Instagram: @Mun.ObGyn, or <https://www.instagram.com/mun.obgyn/>

Specifically, is there a list of residents whom we can call or email?

Any of our residents would be happy to speak with interested medical student, particularly:

Karen Wong, kwong@mun.ca

Charlotte Roy, charoy@nosm.ca