

Dr. Silken Stone

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Why did you choose this fellowship? Throughout residency I was consistently drawn to complex pregnancies. The more I was part of the cases MFM was involved in, the more I knew that this was the type of work I wanted to do. I think pregnancy is one of the most interesting things a body can do, and I wanted to learn even more about it and be part of families' lives as they navigate the adventure that is pregnancy. MFM, like general OBGYN, is a blend of medicine and surgery/procedures and manages the person/fetus as a whole.

What are the strengths of/why did you choose your specific fellowship program? Halifax is a small program which was very attractive to me. There are only 1-2 fellows at a time and a smaller staff group so there are a lot of opportunities to be part of interesting cases and tailor your learning to where you need more experience/towards your future plans. From my elective I knew that everyone here was so welcoming, kind and very passionate about creating the best fellowship possible. While Halifax is a relatively small center, their catchment area includes most of the Maritimes (especially if the babies need to be delivered for cardiac or surgical reasons) which means that you see a lot of pathology. They are also small enough that the MFM's still practice a little bit of everything so I knew that I would get a well-rounded education that would set me up for whatever center I end up in. They also do a number of fetal procedures which was a skill I wanted to develop. Additionally, the MFM/OB department is closely related to Dalhousie medical program, so there is a lot of support if you are interested in pursuing medical education, leadership and research.

What advice would you give to residents interested in your fellowship program? MFM is awesome! You get to be a part of a family's life in some of the hardest but also most joyous times of their lives and help support and guide them through, which is pretty amazing. If you like being one of the only learners, want to learn/practice a little bit of everything, or are thinking of a future in medical education or leadership, Dalhousie is for you. Plus...I mean you get to live by the ocean and Nova Scotia and the Maritimes are gorgeous!

What do you hope your future practice will look like? What initially attracted me to MFM was managing both the mother and the fetus and I truly like both aspects of the practice. I would like to work in a place that I get to practice a little bit of everything including labour and delivery. This fellowship will definitely prepare me for working in either a tertiary or a community site.