

McGill University, Montreal

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What are you looking for specifically in an impressive candidate?

Integrity, team spirit, motivation, clear evidence of an interest in Obstetrics and Gynecology.

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

Ideally, do an elective with us – it's easier to pick you if we know firsthand what a wonderful person you are! Doing research in OB/GYN shows that you are interested in our field.

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

PGY-1: First periods dedicated to off service rotations: POS boot camp, 2 months Internal Medicine, 1 month General Surgery, 1 month ICU, 1 month NICU, 1 month Emergency Medicine, 1 month Gyne U/S. Followed by core rotations in Obstetrics, including 2 periods of Night Float (see details below).

PGY-2: Core Obstetrics and Gynecology – including 2 periods of Night Float. 1 period of research.

PGY-3: 3 periods MFM, 3 periods Gynecologic Oncology, 3 periods REI, 2 periods Selective including Research and 2 months night float.

PGY-4 and 5 – 12 periods Obstetrics and Gynecology, 12 periods selectives/electives with a compulsory 3 months rural obstetrics/gynecology rotation. 2 months of night float/year.

What is your residency program's orientation and focus?

The Obstetrics and Gynecology Residency Program at McGill University is a five-year program dedicated to educating residents in clinical obstetrics and gynecology, the relevant clinical and basic sciences, and the subspecialties of the discipline. While most of our recent graduates have elected to pursue fellowship training, some opt for generalist practice and have found that the program prepared them adequately.

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

Royal College certified fellowship programs in Reproductive Endocrinology & Infertility, Gynecology Oncology, Maternal Fetal Medicine and Urogynecology guarantees adequate exposure in these subspecialties. The Montreal Children's Hospital also provides some exposure to pediatric and adolescent gynecology. You should not worry about fellows and residents competing for exposure. Our residency program has fewer residents than most other programs and are centres are high volume tertiary care centres, so exposure is excellent for all trainees.

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

Varies depending on rotation. Birthing centre - sign in at 7 am. The Gyne and Gyne Onc teams usually start rounding around 6:30 am. The senior resident, the fellow, or the attending staff supervises in the daily activities of ward rounds, OR and consults. There is time set aside for teaching rounds with staff. The senior resident also schedules teaching amongst residents and supervises medical students. Sign over to the nightfloat team is at 5pm. Other ambulatory services/clinics usually start at 8 am. Grand Rounds, Perinatal Rounds and MFM Rounds are scheduled at various times during the week. Wednesdays 1 – 4 pm is our resident's protected teaching time with attending staff teaching. Fridays 1-3pm is POS teaching time for R1/R2s.

What is the resident satisfaction ?

Resident satisfaction is high. We work very hard due to decreasing resident numbers, but less residents leads to early and reliable operative exposure. There are days when there are a greater number of ORs then there are residents/fellows!

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

Yes – there are 12 periods of electives/selectives in the third, fourth and fifth year, 3 of which involve compulsory rural obstetrics and gynecology. Within McGill, electives in high-risk obstetrics clinics, pathology, colposcopy, urogynecology, minimally invasive surgery, reproductive endocrinology, adolescent gynecology, gynecology-oncology and research opportunities are available, to name a few. Because the majority of residents pursue fellowship training, the program understands that electives in other provinces, countries or institutions are often required.

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

24 hour calls are illegal in Quebec. We have adopted a Night float system, where the NF team is composed of a junior and senior resident at each main site. The NF team works from 19h to 7 am, 5 days per week, for one month during which they have weekend off. Every resident has 2 periods of NF per year. The rotations are intense, but we build special relationships with our NF buddy and this allows us to always be home in the evenings when on day schedule. When not on NF, we are scheduled to work for 2 weekends per month (either days or nights).

What distinguishes the McGill program from other programs?

Night float enables us to maintain an intact gynecology and obstetric resident workforce during the week, protecting our individual OR and clinic exposure. On a personal level, night float provides for an uninterrupted number of days during the week to work on projects, spend time with family, work out... The sacrifice, of course, is having no life for 2 months each year, but it also assures continuity of care for our patients.

Also, our program has excellent exposure to ultrasound starting in PGY-1, our own OB/GYN MIS lab, exposure to robotic and advanced laparoscopic surgery in gynecologic oncology, and a world-renowned infertility center. No matter what your career interests are, you'll find what you need in our program.

What distinguishes your city from others?

Montreal combines old-world charm, French and international cultures. Montreal hosts more than forty annual festivals, has several outstanding world-class restaurants and numerous parks and open spaces. Finding things to do, see or eat in our time off is never an issue!

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

McGill is competitive, with only 2 CMG spots in the last 3 years. The McGill name is well recognized internationally and the program will provide you with a backbone, but each resident builds their own success.

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

As per Royal College requirements, every resident must work and present a research project during residency. We have an Annual McGill Ob/Gyn Resident Research Day where all of us are encouraged to present our work. You can take Research block(s) as elective time. Some residents will also choose to take a year off to complete a Masters Degree. Some courageous residents even complete part-time Masters Degrees at the same time as residency!

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

Candidates are encouraged to attend conferences that are of interest to them. The Annual McGill Symposium on Women's Health is a good opportunity to meet staff and residents.

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

Jade Desilets (PGY-2) : jade.desilets@mail.mcgill.ca

Marie-Julie Trahan (PGY-3) : marie-julie.trahan@mail.mcgill.ca

Marie-Pier Bastrash (PGY-4) : marie-pier.bastrash@mail.mcgill.ca

Emmy Cai (PGY-5): emmy.cai@mail.mcgill.ca

Patrick O'Farrell (PGY-5) : patrick.ofarrell@mail.mcgill.ca

Who can we contact for more information?

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