

University of Saskatchewan, Regina

Department of Obstetrics & Gynecology

Associate Resident Program Director: Dr. Darrien Rattray

Regina General Hospital

College of Medicine

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What are you looking for specifically in an impressive candidate?

We are looking for students who are excited about OB/GYN. An impressive candidate is personable, confident, and interested in learning. A friendly and team-centered personality is also very important.

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

Although we love when students come to do electives with us, it is not required that students do electives at our program in order to match to a residency position here, as we know your elective time is limited. If you are interested in our program but haven't been able to make it here on an elective, do not be deterred from applying! Our program frequently matches students from outside Saskatchewan to the program who have not been able to do elective time here.

What is your residency program's orientation and focus?

Our program focuses on solid academic learning in addition to hands on learning, and we have the advantage of more hands on experience than larger programs. While we focus to train excellent generalist obstetrician and gynecologists, recent years have seen many of our graduates match to very competitive fellowship programs in reproductive endocrinology and infertility, maternal fetal medicine, gynecologic oncology, urogynecology, and minimally invasive surgery. Our only fellowship program is in minimally invasive surgery, so there is no competition with fellows for procedural skills. There is also specific coursework in research methodology, critical appraisal, and teaching.

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

Every day is different depending on what rotation you are on. In general, there is morning teaching followed by clinic, OR, or Labour and Birth. One of the benefits of obstetrics and gynecology is the variety, and every day brings new experiences. We feel a major strength of our program is the daily teaching as well as academic half day both of which involve residents and faculty as educators.

Teaching starts at 7 am with clinical duties beginning at 8 am. Clinics and OR run until 4 or 5 pm and hand-over rounds are at 5 pm.

What is the resident satisfaction?

We are very satisfied with our program. We are friends as well as colleagues and make a point to get together for meals and celebrating events. We also have fun with our staff at Journal Clubs and department gatherings. We feel we are getting excellent generalist training but are well positioned to be accepted into fellowship training, if we so desire. In addition, our program is very receptive to making changes that continue to improve the program.

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

Absolutely. We have ample elective time that can be spent doing local, national or international electives and preceptorships. In total there are 7 months of elective time during your residency. Our program is also very receptive at working with you to ensure that your elective blocks work with when you can get the electives you want.

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

We have a “graduated” call schedule. PGY2's have 6-7 call per month, PGY3's have 5-6 and PGY4's have 4-5. Typically PGY5's do 4 call per month. This includes our senior resident gynecology call on Thursdays nights.

What distinguishes the U of S program from other programs?

Our program is smaller than most, which has many benefits such as more hands on experience. We usually have one obstetrics resident on call per night, which means every interesting case that walks through the door is all yours! We work in one hospital where we develop close relationships with residents, students, and staff in all specialties. This makes the working and social environment very unique. We also have excellent support from the staff in the College of Medicine. The size and relative newness of our program allows us to be flexible and easily make changes to improve our experience.

As well, we have a brand new Simulation Centre at the Regina General Hospital where we enjoy 24h a day access. It is equipped with high fidelity mannequins including the Noelle birthing mannequin, as well as many low fidelity models. We are also fortunate to have a high fidelity laparoscopic trainer to practice our skills on basic tasks as well as simulated gyne surgeries before we get into the OR. Wet lab space enables us to have suturing and skills labs right on site.

What distinguishes your city from others?

The Queen City is a great place to live with most of the amenities found in larger cities but you can drive anywhere in 10-15 minutes! We are the home of the CFL's Saskatchewan Roughriders and if you're a football fan, there's no experience like going to a game here! Saskatchewan is also a great place for camping, fishing, cross-country skiing, and many outdoor activities.

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

Obstetrics and gynecology has become increasingly competitive over the last few years. However, medical students who love the field, and are motivated to put in the time and effort have the best chance of matching and having success in their future careers.

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

Our program requires that residents complete one research project and we have many staff that are happy to be involved. We have a research proposal night in PGY-1, giving an opportunity for juniors to organize their project and receive valuable feedback. In March of PGY-4, residents present their completed projects at Resident Research Day.

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

Of course, any SOGC program is useful – regional, national, or international. Other organizations like ACOG, AAGL, and subspecialty society meetings can also be very informative.

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

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