HOW IS YOUR RESIDENCY PROGRAM ORGANIZED?

COMPETENCY BY DESIGN
First year
3 blocks Ob/Gyn with PGY-3 buddy
   2 blocks – LD
   1 block – Gyne
2 Block – Selectives (Pregnancy Options + US)
5 blocks – Off service (2 Gen surg, 2 CTU, 1 Emerg)

Second Year
5 blocks – LD
1 blocks – Antenatal
3 blocks – Gyne
1 block – Gyne Onc
2 blocks – ICU
1 block – Research

Third Year
4 blocks – LD
3 blocks - Gyne
2 blocks – Windsor
1 block – Antenatal
1 block – Gyne Onc

Fourth/Fifth Year
Ob Chief – 2 blocks
Gyne Chief – 4 blocks
Gyne Onc Chief – 3 blocks
REI – 2 blocks
Urogyne – 2 blocks
MFM – 3 blocks
Electives – 3 blocks
Selectives – 3 blocks (Colpo, MIS, Senior Clinic)
WHAT IS YOUR RESIDENCY PROGRAMS FOCUS?

The focus of our program is to enable residents to gain the necessary skills and experience to become competent, confident, and caring Obstetrician/Gynecologists. Residents will acquire a strong foundation in core obstetrical and gynecologic skills. Obstetrically, residents are exposed to and gain experience in forceps-assisted vaginal deliveries, breech vaginal deliveries, and high-risk obstetrics. We have a strong surgical Gynecology program, through which residents become competent in vaginal, laparoscopic, and open hysterectomies, along with many other classic and minimally invasive gynecologic procedures.

WHAT IS THE AVAILABILITY OF EXPERIENCES IN SUBSPECIALTY AREAS DURING TRAINING?

We are fortunate to have subspecialists in all areas: MFM, REI, oncology, urogynecology, laparoscopic surgery, colposcopy, pediatric gynecology. We also have training available in Family Planning (Pregnancy Options Program which includes contraception, medical and surgical abortions (D&C and D&Es).

DAY-TO-DAY AND ON-CALL SCHEDULE

**NIGHT FLOAT + 24 HOUR CALL**
Night float from Sunday to Thursday (5pm-8am).
24 hour call Friday and Saturday

**ON CALL**
2 junior residents (each managing their own team – both a mix of high and low risk). 1 junior resident also carries the gynecology pager.
1 senior resident that is in house acting and chief for both teams + gynecology

**DAILY SCHEDULE**
630am Handover for LD and Gyne
Gyne ORs – 8am – 3pm/6pm

**LD RESIDENT**
Manages labour and deliver patients, primary operator in CS, and manages obstetrical triage
TEACHING

WEDNESDAY
Grand rounds – presented by both staff and residents. Residents are expected to complete 1 grand rounds per year except in first year

Academic half day – Juniors in AM, Seniors in PM. Taught by staff consultants. Recently revamped teaching curriculum.

FRIDAY
Case Based Rounds – presented by residents. MFM, General Ob/Gyn, Urogynecology, OB M&Ms

JOURNAL CLUB/RESEARCH DAY
~5-6/year – 2-3 papers discussed
Yearly research day – residents and consultants presenters. Residents are expected to present a resident research project at research day once throughout residency

HH ALLEN DAY – Schulich Ob/Gyn Conference including presentations and skill based breakout sessions

PRINCIPLES OF SURGERY
Attending academic half days in first and second year. Participate in POS bootcamp for first 2 weeks of residency.

Write Western POS exam in first year and Royal College POS exam in second year.

WHAT DISTINGUISHES WESTERN OB/GYN FROM OTHER PROGRAMS?

1. Favourable staff to residency ratio (30 residents and ~35 consultants)
   a. Organic mentorship as the staff and residents know each other well
2. Clinicians who are proficient in forceps assisted vaginal delivery, breech vaginal delivery
3. Well rounded surgical training
   a. All types of hysterectomy (Vag Hyst, TLH, LAVH, Abdo Hyst)
4. Single center training
   a. Work closely with staff and co-residents
5. Resident team room – stocked with snacks 😊
7. Obstetrical simulation centre – with active simulation training
8. Buddy call system for the PGY-1 residents
9. Minimal fellows (fellows in MFM and urogyne)
   a. More surgical training for the junior and senior residents
10. Graduate as a well trained generalist
   a. Last year 2 residents went on to do fellowships while the other 5 are now practicing
   b. The year prior 1 resident did a fellowship and the other 4 are practicing
WHAT DISTINGUISHES YOUR CITY FROM OTHERS?

London is a mid-sized city in Southwestern Ontario that is suitable for a young family or single resident. The cost of living here is quite reasonable with attractive real estate opportunities. It is a short drive to Toronto and Detroit (International Airports!). We have well-maintained scenic bicycle trails along the Thames River and there are two beaches close by. In the winter, there are opportunities for winter sports, including cross-country and downhill skiing, outdoor/indoor skating, etc.