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 an extremely close 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
  (1 of Ambulatory Clinics, Palliative Care, Anesthesia, Family Planning)

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)
Optional 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 is geared towards producing an excellent generalist, although recent years have seen a number of graduates enter competitive subspecialties.

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, and Urogynecology.

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 made up of generalist staff. One resident takes care of one team’s patients. Residents then attend to daily duties, as determined by what their team staff are doing i.e. OR, clinic, or C-sections, depending on what their team staff are doing. This system builds excellent relationships between staff and residents, and staff get to know your own learning objectives and needs. Typically your day is finished by 5 pm.

Tuesday mornings include Case Rounds, with teaching around interesting cases. Grand Rounds take place every Thursday morning, with residents having the opportunity to present once per year. Friday afternoons are protected Academic Half Days. The last Thursday evening of every month is Journal Club. PGY-1s also attend Principles of Surgery lectures on Tuesday and Wednesday evenings.

Are there sufficient elective opportunities during training to explore your special interests?
Yes, and because of our size we have the flexibility to meet resident needs and special interests. Both community and tertiary care center electives are possible.

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 a graduated call system, starting with PGY-1s covering 7 call/block to PGY-5s covering 2-3 call/block. 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 for PGY-1s, and for all other residents during the weekdays. Weekends for PGY-2 to PGY-5 are “split shifts”, such that the same person works Saturday morning and Sunday evening, with two other residents working either Saturday night or Sunday morning.

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.

Furthermore, the community OB/GYN rotations elsewhere in Newfoundland, and in New Brunswick are outstanding. They provide excellent surgical experience, and start early in PGY-1.

Finally, the small size of the program, and most residents working at one site means that we are very close as a group!

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. Whether you love to be outdoors and hike, ski, or kayak, or if you love music, history and the arts, you will find it all in St. John’s right on your door step. There is a great culinary scene with some of the best restaurants in Canada located here. There are plenty of social activities and new residents moving here quickly make lots of new friends.

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. Also recent years have seen a number of graduates enter competitive subspecialties.

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

One to two research projects must be undertaken 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.

There is also the option to complete a concurrent Diploma or Master of Science in Clinical Epidemiology. The Masters thesis can be a resident 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, locally, 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/

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:

Gina Colbourne, gcolbourne@mun.ca
Karen Wong, kwong@mun.ca
Charlotte Roy, charoy@nosm.ca