

**University of Saskatchewan, Saskatoon****Residency Program Directors:****Drs. Duda and Sheridan****Dept of Obstetrics & Gynecology****Royal University Hospital****103 Hospital Drive****Room 4538.1****Saskatoon SK S7N 0W8****Website:** <https://medicine.usask.ca/departments/clinical/obstetrics.php>***What are you looking for specifically in an impressive candidate?***

We are looking for students who are excited about obstetrics and gynecology. An impressive candidate should demonstrate the ability to function both independently and as part of a team, as well as demonstrate an interest in learning!

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

It is not required that students do electives at our program in order to match to a residency position here. In addition, our program frequently matches students from outside Saskatchewan to the program. All students are welcome to spend elective time with us but we realize 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! Also, if you are interested in coming by just to check out the program, we would be happy to accommodate you on a tour.

***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 Ob/Gyns, recent years have seen many of our graduates match to very competitive fellowship programs in REI, MFM, Gyne Onc, Urogynecology, and MIS. Our only fellowship program is in Minimally Invasive Surgery (based in Regina), 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. In general, there is teaching every morning followed by clinic, OR, or whatever is scheduled for that day. One of the benefits of obstetrics and gynecology is the great variety, and every day brings new experiences. We feel a major strength of our program is the daily teaching we receive and our academic half day, both of which involve residents and faculty as educators.

Rotations on labour and delivery start at 7AM, with sign-over rounds at 5PM. General gynecology OR's begin at 8AM following teaching. Clinics generally begins at 9AM and run until 4 or 5 PM. As previously mentioned, we have teaching EVERY morning (starting at 0700 hrs).

***What is the resident satisfaction?***

We are very satisfied with our program. We get along well with each other and with our faculty, both at work and socially. We like that we are getting excellent generalist training, but are also well positioned to be accepted into subspecialty training, if we so desire. In addition, our program is very receptive to making changes that continue to improve the program. We have an excellent program director and assistant program director who are actively involved.

***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 5 months of electives during the 5-year training program.

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

We have a “graduated” call schedule. PGY2's have up to 7/month, PGY3's up to 6, and PGY4's up to 5. Typically PGY5's do 4 call per month. During the Gyne Onc rotation, you are required to do 4 weeks of Gyne Onc call.

***What distinguishes the UofS program from other programs?***

Our program is smaller than most, which has many benefits. There is much less competition for hands on experience. We currently have one to two residents on call per night, which means every interesting case that walks through the door is yours! Residents can get as much surgical experience as they want. In addition, we are a very close group of residents and make a point of supporting each other; having good work friends is invaluable not only for on-the-job morale, but also supporting each other and having fun! We think we're probably the happiest group of residents in Canada! Saskatoon offers an affordable and beautiful place to live. The graduated call schedule as a senior resident also provides ample study time in preparation for the Royal College exam.

***What distinguishes your city from others?***

More sunny days than anywhere else in Canada! We are growing quickly, but Saskatoon remains an easy city to navigate while maintaining lots of natural parks. Excellent golfing and cottage-country lakes are near by.

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

Marj Lens, our Education Coordinator

Phone (306) 966-8625

Fax (306) 966-8040

Email [marj.lens@usask.ca](mailto:marj.lens@usask.ca)

***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. There are many opportunities to become involved in more research projects if desired. We have recently incorporated a PGY 1 research proposal night as one of the winter journal clubs, giving an opportunity for juniors to organize their project and receive valuable feedback. In February, PGY5's 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?***

We would recommend that students attend the SOGC ACSC if they are interested in Obstetrics and Gynecology. It's a great way to learn more about the field and to meet the medical students who are your future colleagues, as well as residents and faculty. Students also may wish to attend the POGO (Pediatrics, Obstetrics, and Gynecology) conference in Saskatoon or Regina in April. The Western Canada SOGC CME (Banff, AB) in March is also a great choice, not only for the educational (and social!) benefit, but also because many of us attend, and many of our faculty are presenters.

**University of Saskatchewan, Regina****Associate Resident Program Director:****Darrien Rattray MD, FRCSC - Regina Site****Regina General Hospital****College of Medicine****1440 14 Ave****Regina SK Canada****S4P 0W5****Website:** <https://medicine.usask.ca/department/clinical/obstetrics.php>***What are you looking for specifically in an impressive candidate?***

We are looking for students who are excited about Obs/Gyne. 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 7AM with clinical duties beginning at 8AM. Clinics and OR run until 4 or 5 PM and hand-over rounds are at 5PM.

***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.

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

Darlene Stadnyk, our Program Assistant (email: [darlene.stadnyk@rqhealth.ca](mailto:darlene.stadnyk@rqhealth.ca))  
Phone (306) 766-4313  
Fax (306) 766-4833

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***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.