

**McMaster University, Hamilton (2018)**

Program Director: Dr. Val Mueller  
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<http://obgyn.mcmaster.ca/postgrad>

**What are you looking for specifically in an impressive candidate?**

We welcome a variety of individuals to our program with qualities reflective of excellent **interpersonal** skills, commitment and **dedication** and a **passion** for improving women's health through advocacy, research and clinical work.

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

Try to schedule an elective with us so we can see just how great you really are and whether you are a good fit for our program/we're a good fit for you. Great references go a long way, as does an interest in OBGYN! Show extracurricular interests that demonstrate your commitment to women's health.

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

**PGY1** (General year): 3 blocks OB/GYN, 2 blocks internal medicine CTU, 2 blocks general surgery, 2 blocks ICU, 1 block emergency medicine, 1 block anesthesia, 1 block NICU, 1 block sexual medicine & reproductive psychiatry.

**PGY2** (Core year): roughly evenly split between OB and gyne at both sites in Hamilton, with call done at the low-risk, high-volume site (you are the senior resident on call), with the opportunity to rotate through community sites as well; 2 block Junior Gyne-Onc

**PGY3 & 4** \*(Subspecialty years): three-block rotations in MFM, urogyne, REI, colposcopy & pathology, gyne oncology, as well as shorter rotations in ultrasound, laparoscopy, and community gyne

**PGY5** (Chief year): 6-9 blocks chief resident split between the two sites in Hamilton (sometimes starting towards the end of PGY4), senior rotation (part-time clinic duties and lots of time off to study for exams)

\*Elective time is scattered throughout PGY3-5. Each resident gets 5-9 blocks total, of which at least 3 can be taken off the call schedule.

**What is your residency program's orientation and focus?**

We excel in **minimal access surgery**; resident **learning** and **mentorship**; **research literacy**

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

Excellent ! We have strong programs in **REI**, **Gyne-Onc**, **MIS**, **Urogyne** and **MFM**. Our residents graduate as capable generalists, but there is an abundance of opportunity for electives in and /exposure to the subspecialties. Most years have a mixture of graduates who pursue generalist and sub specialist careers

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

**For junior residents:** round on gyne or antenatal patients at 6:30, then attend **teaching** EVERYDAY

at 7am (led generally by the chief resident, although all residents take turns teaching). Receive handover from the night team at 7:30. (The night team typically heads home around 8 am, after giving handover). If on gyne, the ORs start at 8 and clinics generally start at 9. If on L&D, the first C-section of the day is generally booked for 8. Afternoon handover is at 5 pm.

**For senior residents:** round on any inpatients admitted under your service before the day starts. Involved in teaching junior residents at morning teaching. As for juniors, the OR starts at 8am and most clinics start at 9am.

Departmental rounds are on Wednesday mornings in place of teaching, and grand rounds occur once a month. Weekly academic half days for resident teaching in Ob/Gyn specific material are Wednesday afternoons. Residents are protected from clinical duties in order to attend these rounds.

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

Resident satisfaction is **extremely** high. They enjoy the surgical and clinical experience and are rewarded by the special patient-physician relationship in Hamilton. Hamilton possesses a variety of patients in terms of multiculturalism, socio-economics and baseline health status. Also, we have a resident wellness program which is a new initiative at McMaster designed to enhance Ob/Gyn resident wellbeing.

**Are there sufficient elective opportunities during training to explore your special interests?** There is more than sufficient time, and the program is extremely flexible with regard to the needs of residents with particular interests. There is great support and advocacy from the program in finding you the skills/opportunities you wish for. There are **5 to 9 blocks** of elective time during the five years. **Up to 3 blocks** of the elective time can be off the call schedule at McMaster. Some residents choose to go overseas for international electives. Residents also help each other with finding electives and covering the call schedules when needed to accommodate resident electives.

**What is the on-call schedule during each year of residency?** We do **24 hour call** during the week and **12 hour shifts** on the weekend. Call is graduated with junior residents doing more call than senior residents. While on gyne oncology and colposcopy, residents do home call every 3-4 days.

**What distinguishes the McMaster program from other programs?** Early **surgical exposure** and responsibility in PGY2. PGY2s work almost entirely at one hospital where the consultants are used to training junior residents. They have a lot of autonomy and quickly develop skills both surgically, in clinic and on L&D.

The atmosphere of **trainee-directed learning** is unique to McMaster. Resident learning goals are accommodated and a high priority through the program. The residency program caters and seeks out opportunities for our residents.

Our **program administration** assistant, Katelyn, is also a highlight of our program. She has been with us through a number of years and has limitless experience. She goes the extra mile to ensure your administrative concerns are addressed so you can focus on your clinical work!

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

Hamilton is a **busy** centre with a large catchment area, providing many interesting cases and a large volume of patients for trainees. The population is very multicultural and socioeconomically diverse, which facilitates comprehensive training and ample social opportunities. In addition to being an urban centre and only a short distance from other major cities, Hamilton has many beautiful natural areas (Niagara, Dundas Conservation Area, Bruce Trail) for those who enjoy the outdoors. It is a family-friendly city, yet still blossoming with young professionals. With the growing population comes new restaurants monthly

**Who can we contact for more information or to set up electives?** Kaitlin Ellis ([ellisk9@mcmaster.ca](mailto:ellisk9@mcmaster.ca))

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

Jay Tigdi – [jayesh.tigdi@medportal.ca](mailto:jayesh.tigdi@medportal.ca) (PGY4)

Nadiya Goswami — [nadiya.goswami@medportal.ca](mailto:nadiya.goswami@medportal.ca) (PGY3)

Marinela Grabovac – [marinela.grabovac@medportal.ca](mailto:marinela.grabovac@medportal.ca) (PGY2)

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

In the past few years there has been a strong demand for CaRMS positions, however enthusiastic and dedicated students generally do well and match to the specialty.

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

Yes. Each resident is required to complete a research project and to present at our annual research day, RT Weaver Day. As a whole our department does quite a bit of research, so it's easy to find a staff member to supervise or mentor you through your research project.

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

Any conferences, on either the national or international level, that demonstrates a genuine interest in the specialty. E.g. SOGC, ACOG, AAGL, ISUOG, EPCM etc.

**Where can we look for more information?**

<http://obgyn.mcmaster.ca/postgrad/>