

University of Western Ontario, London

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www.uwo.ca/obsgyn



What are you looking for specifically in an impressive candidate?

We are looking for individuals who are personable, dedicated, and work well as part of a team.

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

We look favorably upon candidates who have completed electives in Obstetrics & Gynecology and are enthusiastic about Women's Health.

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

	PGY1*	PGY 2	PGY 3	PGY 4 & 5
Core OB/Gyn + Antenatal	3	10	7	--
Internal Medicine	2	--	--	--
General Surgery	2	--	--	--
NICU	1	--	--	--
Core Ob/Gyn Clinics	1	--	--	--
Emerg	1	--	--	--
OB Ultrasound	1	--	--	--
Electives**	1	--	1	9
Research	--	1-3	--	--
ICU	--	--	2	--
Community Rotation	--	--	3	--
Urogyne	--	--	--	2
Gyne Onc	--	--	--	3
REI	--	--	--	3
MFM	--	--	--	3
Chief	--	--	--	6

*PGY1 residents complete Principles of Surgery Course in addition to their scheduled rotations

** Local, national, and international electives are supported – a few of the most popular local electives include: Colposcopy, Minimally Invasive Surgery, Pregnancy Options Program, and STI clinic.

What is your residency program's orientation and 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, and colposcopy. Although there is no dedicated Pediatric Gynecology rotation, residents are exposed to this field during REI with one of our consultants who is trained in pediatric care. There are also several specialists who have an interest in Family Planning (including contraception, abortions and late abortions (D&E)).

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

No two days are alike here at London Health Sciences Centre. As a junior, after morning handover, you may be the primary surgeon in an elective Cesarean Section, or you may be managing a busy Delivery Room and Triage Department. Alternatively, you may be assisting in the Operating Room all day or assessing new consults in the Emergency Department. Each Wednesday morning is protected time for Grand Rounds and Academic Half-Day. The staff provide a mix of didactic and interactive lectures about relevant topics in Ob/Gyn. Residents share the responsibility of presenting Friday morning case rounds which often leads to lively discussion.

What is the resident satisfaction?

Overall, our residents are happy! Our program is based out of a single hospital, so residents quickly get to know each other and the staff, making for a friendly and fun learning environment. Social events are held throughout the year to bring the department together and promote collegiality. The program administrators are responsive to feedback and resident wellness is

a strong focus of the resident training program committee.

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

As outlined above, we have a total of 13 blocks of elective – this is considered to be another strength of our program. Both local and national electives are encouraged.

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

We have a blended call system, which was instituted in order to promote resident wellbeing and maximize learning opportunities. During the week, we follow a Night Float call model, where a group of 3-4 in-house residents work overnight from Sunday to Thursday night. This model ensures that the night residents are off duty by 8am the next day, and are guaranteed to be off the weekend following. Weekend shifts are split into Friday Night/Sunday Day or Saturday 24 hours. In the junior years, residents typically complete one night float week and one weekend shift per month. In senior years, call is graduated to become less frequent, with one month off call prior to the Royal College Exam.

What distinguishes the UWO program from other programs?

Favourable staff to resident ratio

- Approximately 30 residents and 35 faculty members
- “Organic” mentorship relationships form as residents have more opportunities to work closely with staff

Diversity of clinical experiences

- We are fortunate enough to work with many clinicians who are proficient in forcep-assisted vaginal deliveries, breech vaginal deliveries, vaginal hysterectomies, minimally invasive gynecology

New facilities

- State-of-the-art Obstetrical Simulation Centre (2017), new Birthing Centre (2011)

Research opportunities

- Dedicated time in second-year and faculty support for those interested in pursuing further research (ie. Clinical Investigator Program)

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 down hill skiing, outdoor/indoor skating, etc.

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

The Program Administrator is Susanne Deakin, she can be reached by email at susanne.deakin@lhsc.on.ca or by phone at 519-646-6171.

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

Susanne has our names and contact info, and we are more than happy to answer questions.

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

Obstetrics and Gynecology is gaining popularity across the country. In the last round of CaRMS we interviewed over 70 candidates that were all amazing. We have on average 5-6 available positions per year. Once you get in, our staff take the time to ensure you achieve your goals and objectives. Our graduates go on to complete competitive Fellowships in the US and Canada or go out into General Practice feeling very comfortable with their skills and knowledge.

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

Residents are required to complete a research project and present it at our department research day. There is ample opportunity and time to complete research with two dedicated research block in PGY-2. Most of the consultants are involved in research activities. If you want to take on more, you will be strongly supported by faculty.

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

The Annual SOGC meeting is always a good place to meet us. A lot of us attend for both the great scientific program and the social aspect of the meeting. We also offer several annual conferences in honor a few of our program's great mentors. If interested, further details can be obtained from our administrator or the website. www.uwo.ca/obsgyn

Where can we look for more information? www.uwo.ca/obsgyn