

## University of Calgary, Calgary

### Department of Obstetrics & Gynecology

Program Director: Dr. Gail Lam  
Room 428, North Tower,  
Foothills Hospital  
1403 - 29 Street NW Calgary  
AB, T2N 2T9

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

- A genuine commitment to Obstetrics & Gynecology.
- An advocate for sexual and reproductive health.

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

Electives in O&G, its sub-specialties, and complementary fields. Great references with specific examples of teamwork and strong work ethic. Demonstrated academic interest in O&G through research, work experience, and presentations.

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

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|-------|---|
| PGY-1 | Rockyview Program (all off-service rotations completed at Rockyview Hospital)<br>Labour & delivery core (4 blocks)<br>Selective (2 blocks)<br>General surgery (2 blocks)<br>Obstetrical Ultrasound (1 block)<br>Gynecology (1 block)<br>Internal medicine and internal medicine consults (2 blocks)<br>Emergency medicine (1 block) |
| PGY-2 | Junior obstetrics (5 blocks)<br>Junior gynecology (3 blocks)<br>Junior gyne oncology or community gynecology (1 block)<br>Maternal fetal medicine (3 blocks)<br>Level 3 NICU – consultative (1 block)<br>Maternal mental health and transgender medicine (1 block)  |
| PGY-3 | Obstetrics (3 blocks)<br>Reproductive endocrinology and infertility, includes paed's gyne (3 blocks)<br>Junior gynecology (2 blocks)<br>Community gynecology (2 blocks)<br>ICU (1 block)<br>Elective (1 block)<br>Selective (within Calgary) (1 block)  |

|       |  |
|-------|--|
| PGY-4 | Gyne oncology (3 blocks)<br>Senior Gynecology (OR) (3 blocks)<br>Urogynecology (2 blocks)<br>Lead resident (4 blocks)<br>Senior OB (1 block; may be done in PGY5)<br>Electives |
| PGY-5 | Electives<br>Lead resident (4 blocks)<br>Time as junior consultant<br>Off call schedule prior to the exam (1 block protected study time, 2 blocks off of the call schedule)    |

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

Large volume (over 14,800 deliveries in 2021) with an abundance of routine and high-risk obstetrical care.

A history of producing strong generalized OB/GYN specialists and potential fellowship candidates. Excellent exposure to minimally invasive gynecology and vaginal surgery. Outstanding academic half days (protected time).

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

Sub-specialties including MFM, REI, Urogynecology, Gyne-Oncology, Pediatric Gynecology and Minimally Invasive Surgery.

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

Busy and very hands-on with a good balance between ORs, clinics, and L&D. Working with excellent staff that are willing to teach.

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

Very high! The excellent rapport between residents and attendings make the program as great as it is. There is time for a social life, to explore the Rockies or maintain your other interests outside of residency.

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

Yes! Whether your interests are in research, MIS, global health or specific areas like vulvar diseases or chronic pain, the program has ample elective time (including up to 3 months off the call schedule) to allow you to explore your special interests.

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

Graduated call schedule where the R2s are ~1:4 and call requirements decrease with each successive year.

“Nap model” where the resident on L&D overnight is excused from clinical duties from 12 - 5pm in R2.

Our weekend call shifts are 12-16 hours, except in the Rockyview R1 program.

R5s carry the Lead pager so they can be called in for challenging or rare cases throughout the city.

### **What distinguishes the U of C program from other programs?**

Plethora of hands-on training in general and high-risk obstetrics and gynecology across 4 busy and large hospital sites.

Early OR experience, starting with Caesarean sections as an R1.

Top notch Maternal Fetal Medicine, REI, Urogynecology, Gyne-Oncology, Pediatric Gynecology and MIS training.

Annual wet and dry simulation labs to hone our operating skills in a safe/supportive environment.

Monthly simulations to practice rare obstetrical events and gynecology.

Yearly formal practice OSCEs.

Faculty or senior-resident taught academic half days, Tuesday morning rounds led by residents, and weekly Friday Grand Rounds.

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

Close proximity to the Rocky Mountains where you can ski, snowboard, hike, bike and climb to your heart’s desire!

Friendly and multicultural with a multitude of parks, pathways, festivals and restaurants.

Growing city with >1,200,000 people, and high volume of deliveries and interesting cases.

Chinooks in the winter!

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

It is fairly competitive due to the improved lifestyle and diversity in practice in O&G.

In 2017, we had over 120 applicants, 60 interviews granted, with 6 filled positions in the first match.

We have had excellent success at the Royal College Examination.

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

At least two projects must be developed and presented in residency, usually at the annual department Research Day.

Funding is available to present your research at national and international conferences.

Surgical Foundations is now a mandatory requirement for all OB/GYN programs in Canada and is offered at U of C. Research principles are incorporated into course which is taught in PGY 1.

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

SOGC (Society of Obstetricians and Gynecologists of Canada) for networking and clinical practice guidelines.

ACOG (American Congress of Obstetricians and Gynecologists).

FIGO (International Federation of Obstetricians and Gynecologists).

Any conference that pertains to issues of reproductive and sexual health or a subspecialty of OBGYN.

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

Visiting clerkship electives are to be directed to the UME at [visiting@ucalgary.ca](mailto:visiting@ucalgary.ca).

For UofC students looking to do a clerkship elective, they email [calgaryogetherlectives@gmail.com](mailto:calgaryogetherlectives@gmail.com).

Electives are available in general OB/GYN and subspecialties.

Competency by Design (CBD) Lead: Dr. Kayla Nelson, [kayla.nelson4@albertahealthservices.ca](mailto:kayla.nelson4@albertahealthservices.ca)

Program Director: Dr. Gail Lam, [gail.lam@albertahealthservices.ca](mailto:gail.lam@albertahealthservices.ca)

Visit our websites: Research: <http://www.obgyn.ucalgary.ca/>

Postgraduate: <https://cumming.ucalgary.ca/pgme/programs/residency-training-programs/obstetrics-gynecology>

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

Keiko Patterson: [keiko.patterson@albertahealthservices.ca](mailto:keiko.patterson@albertahealthservices.ca)

Maya Biderman: [maya.biderman@albertahealthservices.ca](mailto:maya.biderman@albertahealthservices.ca)