

# Obstetrics & Gynecology

Dalhousie University  
Halifax, Nova Scotia



## Frequently Asked Questions

### *What are you specifically looking for in a candidate?*

We are looking for a diverse group of candidates who show a genuine interest in obstetrics and gynecology. Excellent communication and interpersonal skills, along with maturity and sensitivity are critical to our specialty. Trustworthiness and knowing your own limitations are essential. We are a group of residents that are hard working, supportive of each other and flexible.

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

We are looking for applicants who have completed a broad range of electives while demonstrating an interest in Obs/Gyn. Electives at Dalhousie are not necessary, but can be helpful for both the applicant and the program when making a decision.

### *How is your residency program organized?*

#### **PGY-1:**

1 block Boot Camp (Surgical Foundations +  
1 block O&G Bootcamp & Ambulatory)  
2 blocks Obstetrics (Saint John, NB)  
1 block Gynecology  
1 block Obstetrics  
1 block Emergency Medicine  
1 block ICU  
1 block General Medicine  
1 block General Surgery  
2 blocks Gyne Oncology  
1 block Research

#### **PGY-2/3: Core Obs/Gyn**

2 core years of general obstetrics and gynecology. 2 blocks of gyne in Saint John, NB)

#### **PGY-4/5: Subspecialty Rotations**

Gyn Oncology, REI, Maternal-Fetal Medicine, Urogyn, Colposcopy, electives, selectives, Sr. Gyne, Sr. Obs

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

Subspecialty rotations at Dalhousie include Maternal-Fetal Medicine, Gynecologic Oncology, Reproductive Endocrinology and Infertility, Urogynecology and Colposcopy/Pathology. We also have opportunities to work with staff who have a special interest in Pediatric Gynecology.

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

This depends on the rotation. While on core obstetrics, you might be covering Labour and Delivery, elective C-sections, Obstetric clinics, Obstetrical day unit/consults or the ante-partum ward patients. Core Gynecology responsibilities include covering consults, inpatient rounds, operating time, early pregnancy complications clinic as well as general gyne clinics. There are usually multiple residents on a rotation at a given time; therefore the duties are divided amongst those on rotation. Educational responsibilities vary throughout the year, but include presenting at grand rounds, journal club, antepartum rounds and academic half-day sessions.

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

There are 3 months dedicated to elective time in PGY 4 or PGY5. Electives can be within Halifax or the Maritimes, across the country or internationally. Electives can be done outside of the specialty if it pertains to particular interests or career goals (e.g. ICU, genetics, neonatology etc.).

***Are residents in your program required to complete the Foundations of Surgery course?***

Our residents are required to complete the Foundations of Surgery Program and write and pass the Royal College exam. Residents are excused from their clinical duties for ½ day per week during PGY1 for Foundations lectures and seminars. The exam is written at the beginning of PGY2.

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

There is a requirement to complete and present research during residency training. There is an abundance of active projects in all disciplines at Dal. Additionally, our PGY1 residents complete a full time 4-week academic skills/research course. This course teaches research design, critical appraisal, and statistics, while mandating early planning on finding a research project.

***Tell me about the surgical skills lab.***

The surgical specialties at Dalhousie are lucky to have access to surgical skills lab! This is a state-of-the-art wet and dry lab is where we now spend time learning laparoscopic techniques and skills. We also learn about various surgical tools and instruments. The lab is also open for individual self-directed learning.

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

The maximum call ratio is 1 in 4 days. PGY-1 call depends on the rotation you are on. In PGY-2/3, call averages 6-7 shifts per month. This decreases in PGY 4/5 with protected time for exam preparation. Call is split between Gyn, Obs, and Gyne Oncology; there is one resident on-call for General Gyn and another on-call for Obs. Obs call is in-house; the resident on Obs call is relieved from duties at 8:00 am the following day. Weekend Obs call is covered in 12-hour shifts. General Gyn call is home-call, and operates on a night float system where one resident will do home gyne call for about a week at a time with no clinical duties during the days.

***What distinguishes Dalhousie’s program from others?***

The morale in our program is high and we have friendly staff to work with. Our call schedule is very reasonable. We receive a well-rounded training experience in all aspects of Obs/Gyn. There is a small number of fellows in our program who are felt to enhance our training and clinical experiences.

***What is overall resident satisfaction like in your program?***

Overall, we are a very happy and social group of residents. Recent graduates from our program have felt they were well trained and prepared for life in practice.

***What distinguishes Halifax from other cities?***

Halifax is the largest and most vibrant city in Atlantic Canada. There is an abundance of festivals and activities throughout the year. The waterfront is always bustling with activity; there are numerous pubs and fine restaurants with Maritime hospitality. Miles of spectacular rugged coastline surround the province with numerous opportunities for outdoor activities. Everything in the Maritimes is close-by with easy access to Cape Breton, PEI, New Brunswick and the New England States from the city. Above all, the seafood is unsurpassed!

***Who can we contact for more information?***

Contact info for the Education Coordinator (Mary Boudreau) is provided below.

<p><b>Program Director &amp; Education Coordinator</b>  Dr. Leanne McCarthy, Program Director  c/o Mary Boudreau, Education Coordinator  IWK Health Centre  5850/5980 University Avenue, P.O. Box 9700  Halifax, NS B3K 6R8  E-mail: mary.boudreau@dal.ca</p> <p>Chief Resident: chiefrezobgyn@gmail.com</p>	<p><b>Websites</b>  Dalhousie University – www.dal.ca  Faculty of Medicine at Dal – www.medicine.dal.ca  Dept of Obs/Gyne at Dal – obstetrics.medicine.dal.ca  IWK Health Centre – www.iwk.nshealth.ca  Maritime Resident Doctors –www.maritimeresidentdoctors.ca/  CaRMS - www.carms.ca  Halifax, NS – www.halifaxinfo.com</p>
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