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Laval University, Quebec City
Department of Obstetrics and Gynecology

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What are you looking for specifically in an impressive candidate?

We are looking for outstanding evaluations of the clerkship rotations, especially in obstetrics and gynecology. The perfect candidate needs to be able to work in a team and to adapt easily to different situations. Judgment, motivation, and perseverance are also qualities that we’re looking for. The candidate also needs to have a good balance between his or hers professional and personal life.

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

Showing interest in the specialty and standing out from the crowd during his or her clerkship rotation. Do at least one elective in obstetrics and gynecology (but not mandatory). Research is a plus.

How is your residency program organized?

Every year, the resident usually does a 2- or 3-months rotation in obstetrics and 2- or 3-months rotation in gynecology. The program is also based to respect the structure of the Competence by Design (CBD) required by the Royal College. However, the program is very flexible to accommodate the resident’s interest and future practice. Hence, the resident can choose to substitute one or more rotation within this established framework.

PGY-1 (Steps of CBD: Transition to discipline and Foundations of discipline)

Emergency 1 month
General Surgery 1 month
ICU 1 month
Introduction to Obstetrics 1 month
Introduction to Gynecology 1 month
OB/GYN Night Shift 1 month
Obstetrics 3 months
Gynecology 3 months
Introduction to Surgery 1 month
Surgical Simulation 1 month

PGY-2 (Steps of CBD: Foundations of discipline)

OB/GYN Night Shift 2 months

Obstetrics 2 months

Gynecology 3 months

Gynecology Oncology 2 months

Family Planning 1 month

Research 1 month

Electives 2 months (MFM, Reproductive Endocrinology, Anesthesia, ICU, Radiology, Internal Medicine, Genetics, NICU, Ultrasound, Pathology, Psychiatry, Urology, Research)

PGY-3 (Steps of CBD: Foundations of discipline and Core of discipline)

OB/GYN Night Shift 2 months

Obstetrics 2 months

Gynecology 3 months

Ultrasound 3 months

Electives 3 months (ICU, Ambulatory Gyn, Gynecology Pathology, Research, Colposcopy, Reproductive Endocrinology, Rural Practice, MFM, Ultrasound or Urogynecology)

PGY-4 (Steps of CBD: Core of discipline)

OB/GYN Night Shift 2 months

Obstetrics 1 month

Gynecology 3 months

Gynecology Oncology 3 months

Urogynecology 2 months

Electives 2 months (same as PGY-3)

PGY-5 (Steps of CBD: Core of discipline et Transition to practice)

OB/GYN Night Shift 1 month

Maternal Fetal Medicine 3 months

Reproductive Endocrinology 3 months

Gynecology 6 months (Chief Resident)

What is your residency program's orientation and focus?

Our focus is the resident's learning. Development of a surgical experience and technical abilities to be a good doctor is also an orientation.

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

As you have read in the detailed description of the program above, we are exposed to many subspecialties including gynecology oncology, maternal fetal medicine, and reproductive endocrinology. Furthermore, we have good exposition in urogynecology, laparoscopic procedures and adolescent gynecology due to the specific interests of some of our attending staff. Those subspecialties are explored during the whole residency and is no concentrated on only one year as in other programs.

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

The day usually starts around 8 AM, except for gynecology and gynecology oncology where the day starts around 6:30 or 7 AM for rounding. Sign over is 5 PM.

We have courses by staff or residents once at twice a week from 7:15 to 8:00 am. We also have half-academic days (1 to 5 PM) on Wednesday afternoon.

What is the resident satisfaction?

Resident satisfaction is high! We're a very small group of residents (approximately 3 to 5 residents from each year) so it allows us to know each other very well. The proximity of the residents and the teachers is our strength. There's also a wellness committee that organizes activities throughout the year.

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

We absolutely think so. We are probably the program among the others that has the most elective opportunities in our residency. As mentioned in the program description, the program is very flexible.

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

There are home calls in gynecology in two of our centers and in-house calls for obstetrics. The resident may take his post call day at his discretion if he has been called to go to the hospital in the middle of the night and has not had 6 consecutive hours at home.

Regarding the in-house calls, the schedule respects a maximum of 16h per day and usually follows this pattern: there are no resident from 5 to 8 PM each weeknight, one resident is on call on a night rotation from 8 PM to 8 AM from Monday to Thursday (finishing Friday at 8 AM). For weekends, a resident is on call between 8 AM to 8 PM on Saturday and Sunday (post call day on Monday) and another resident covers the nights on Friday, Saturday, and Sunday (8 PM to 8 AM) and has Friday and Monday off.

If you are doing outside program rotations, you might have to do calls in this specialty (like in surgery, ICU, or emergency).

What distinguishes your program from the other programs?

Early exposure to gynecological surgeries and to the OR in general, flexibility of the program and the positive team spirit including residents and teachers.

What distinguishes your city from others?

It is an attractive city with many festivals and great history. It is not too big (no traffic!), but just big enough to make it interesting to live in. It is a safe city. Life is relax. There are many outdoor activities to be done (winter like summer). And of course, the main spoken language is French.

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

For the last years, there were approximately 100 applicants in our program and 30 to 40 were asked for an interview. There were 4 spots to be filled for the last 3 years.

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

The completion of a research project is mandatory during residency and is necessary for the completion of the Royal College CBD program. Support is offered. There is one attending that is responsible to help residents with their research project.

All residents are also required to present at the department's annual research day at least once in their residency. We also present 3 to 4 times a year in our half-academic days (guidelines, resume, journal club, etc.)

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

The 2 main conferences where students can get noticed are: AOGQ and SOGC. They can also come to our annual department meeting (Journées annuelles du département d'obstétrique-gynécologie et reproduction de l'Université Laval).

Where can we look for more information?

Website: <https://www.fmed.ulaval.ca/programmes-detudes/etudes-en-medecine/residences-etudes-medicales-postdoctorales/residence-en-obstetrique-et-gynecologie/presentation/>

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

Jade Tougas (PGY2), jade.tougas.1@ulaval.ca
Isabelle Desbiens (PGY3), isabelle.desbiens.10@ulaval.ca