



CaRMS FAQ Sheet

University of Manitoba, Winnipeg

Department of Obstetrics & Gynecology

Program Directors: Dr. Stephanie Johnston (incoming)

Women's Hospital WN5002-665 William Ave Winnipeg, MB R3A 1R9

What are you looking for specifically in an impressive candidate?

All candidates who are interested in pursuing a career in obstetrics and gynecology are encouraged to apply. We value residents who are good team players, have excellent communication skills and get along well with other residents and members of the health care team. We look for candidates who not only possess strong academic capabilities, but also are mature, well-rounded and self-motivated. Please let us know if you have any extracurricular activities and what you like to do in your spare time!

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

Doing various electives and/or exposure to OB/GYN clinical environments is important, so that you can fully explore what OB/GYN is about and have a realistic understanding of this career's requirements (for example, a busy in-house call as an OB in Manitoba). We encourage you to spend time with attendings during your electives that can provide you with very strong reference letters after working with you. Take part in extracurriculars, research, and/or advocacy work within your community which shows your ambition not limited to OB/GYN, but medicine as an entirety.

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

PGY1	3 blocks Obstetrics (including one back-up block) 2 blocks Gynecology 1 block Internal Medicine Consult Service 1 block Anesthesia - <i>no call</i> 2 blocks Acute Care Surgical Service / Gen Surg 1 block Gynecologic Oncology 1 block Obstetrics/Gynecology clinic - <i>no call</i> 1 block Emergency Medicine - <i>no call</i> 1 block Early Pregnancy Access Clinic / Ultrasound - <i>no call</i>
PGY2	1 block Surgical Intensive Care Unit (SICU) 6 blocks Obstetrics 4 blocks Gynecology

	1 block RYAN family planning curriculum 2 blocks In-house selectives (for example, Research, Menopause, Pediatric Adolescent Gyne, etc.)
PGY3	3 blocks Obstetrics 3 blocks Maternal Fetal Medicine 3 blocks Reproductive Endocrinology and Infertility (REI) 3 blocks Gynecologic Oncology (either as PGY3 or PGY4 depending on scheduling) 1 block Community 1 block In-House selective
PGY4	2 block Urogynecology 1 block Sexual medicine, chronic pelvic pain, endometriosis (SCE) 1 block Pediatric Adolescent Gynecology 1 block In-House selective 2 blocks electives 1 block Obstetric Sub-Specialty Service (OGSS)
PGY5	4 blocks Obstetrics 3 blocks Gynecology 1 block In-house selective 1 block Review for Royal College Exam 1 block Selective 1 block Community rotation Chief Clinics and ORs throughout the year

** This is not a fixed schedule. Rotations within PGY3, PGY4 and PGY5 commonly get shifted depending on scheduling.

What is your residency program's orientation and focus?

Our residency program focuses on providing us robust surgical skills through a high volume of cases, complexity, and repetition. We are a medium sized program but we are the main tertiary center for a large catchment area (all of Manitoba, Northwest Ontario and the Kivalliq region in Nunavut) and therefore we get early and high exposure to a wide range of complex cases. We serve a large Indigenous population and we make intentional efforts to incorporate Indigenous history and teachings in our curriculum, to provide our patients with culturally sensitive care.

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

We have trained subspecialists in essentially all aspects of Obstetrics and Gynecology, including gynecologic oncology, urogynecology, maternal fetal medicine, adolescent gynecology, reproductive endocrinology/infertility, minimally invasive surgery, reproductive infectious disease, addictions medicine, menopause and family planning. We have fellowships

(limited to one fellow/year) in gynecologic oncology, maternal fetal medicine, and as of November 2024, will be introducing a new minimally invasive gynecologic surgery fellowship. This allows us as residents to learn from our wonderful fellows during our subspecialty rotations, but still have the opportunity to get hands-on training from sub-specialty attendings directly.

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

This varies for the junior and senior residents. On obstetrics, the junior resident (PGY1) is involved in managing the wards, triage and the obstetrics service under the supervision of the senior resident and the attending. On gynecology, the junior resident will be operating and managing the gynecology service under the supervision of the more senior residents and staff. The senior residents (PGY2 and above) assume a leadership role in organizing the day-to-day service as well as participating in clinical duties. They spend their time either on subspecialty rotations perfecting skills specific to those fields, managing the labor floor and obstetrical service on core obstetrics, or operating on core gynecology. We are highly involved in teaching the off-service PGY1s and medical students and organize daily teaching sessions for these learners in addition to our more formal Grand Rounds, High-Risk Rounds and Gynecology Subspecialty Rounds.

What is the resident satisfaction?

Every resident that you talk to in our program will tell you that they feel very comfortable with low and high risk obstetrics given our robust training. We have recently introduced a new Acute Care Gynecologic Service, which means we have a dedicated attending each day on Gynecology, with whom we operate with on emergency gynecologic cases. This has really increased our operative gynecologic experience and thus increased satisfaction amongst residents. We have a very close relationship with our co-residents and also our staff. We have undergone many changes to our program recently due to our upcoming program accreditation in November 2024; brainstorming ideas on how to make our program better has really brought staff and residents even closer to each other, as we have seen our attendings and co-residents work towards the common goal of making our residency program the best it can be.

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

As you can see from the breakdown of rotations per year listed above, we get a variety of exposure to all subspecialties within obstetrics and gynecology. In addition, we have flexibility in choosing our in-house selectives and out of province electives, so we can tailor our learning experiences to what works best for us.

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

We have a graded call system, meaning call decreases as you advance through training years. PGY-1-2s have a maximum of 7 calls per month, PGY-3 maximum is 6-7, PGY-4 is 5 and PGY-5 is 4. We do a mix of obstetrics and gynecology call each block, which keeps us on top of our skills throughout the year. As an aside, we have a very strict handover time and so it is very much the norm that we will be out of the hospital by 8:30 am latest on our post-call days.

What distinguishes the U of M program from other programs?

High and complex surgical caseload is our asset. Manitoba has a high patient population with none to low prenatal care, rising numbers of syphilis and diabetes, amongst other medical issues. Thus, we learn to manage our patients not only in the operating rooms, but are heavily involved in their ward management as well; we believe this makes us a group of well-rounded physicians. We also have lots of operative vaginal deliveries and vaginal breech deliveries. Lastly, we also have an outstanding group of attendings who we can always count on for support, education, and mentorship. We do routine journal clubs at our attendings' houses and mingle with our co-residents every Friday afternoon for academic half days.

What distinguishes your city from others?

You must come see Winnipeg to really experience it! The heart of Winnipeg is set at the confluence of Red River and Assiniboine River, known as the "Forks". Today, Forks is a popular visiting site with cute local restaurants, an indoor and outdoor brewery, and a patio by the river that is always lively in summertime. In the wintertime, our river freezes over to allow for a skating trail about 10 km long!

We have very warm and long summers; this means it is easy to visit the multiple beaches we have, most of which are about 40 mins to 1.5 hours away from the city center.

Our winters can be quite cold, but we have many cafes and restaurants with a warm cozy vibe that make winters feel comfortable. If you are a sports fan, our Jets games are always full of energy. If you are a fan of music, we have many local and international artists coming to the city for concerts. No matter what your interests, you will for sure find a place in Winnipeg that makes you feel at home.

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

Obstetrics and Gynecology is an exceptional field to work in and competition has increased, but don't let that deter you – it is well worth the effort! We have had excellent results in the Royal College Exam and our program is dedicated to helping residents succeed in their training. We feel very supported to succeed.

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

Our program requires residents to complete at least one research project during their training. Residents are encouraged to publish their project and then present research at conferences (with financial support as high as \$ 2700/year). Many of our attendings are active in research and there is no shortage of resident research projects!

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

The annual SOGC conference (Medical Student Program) is a great conference for interested medical students!

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

Residency Program Administrator: obgyn_pgme@umanitoba.ca

Lead Residents: Dr. Rachel Ward (PGY4), Dr. Courtney Schubert (PGY4)

SOGC Reps:

1. Anmol Mann (PGY2): manna34@myumanitoba.ca
2. Meagan Kordan (PGY3): kordanm@myumanitoba.ca

Some pics of our new Women's Hospital:

