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Program Director:  
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<http://obgyn.queensu.ca/>



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

Ability to fit into a close-knit and fun group of residents and staff. We are a small program as many of you are aware, and the importance of being able to work well together in this environment is vital. We go by first name basis around here!

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

Given the limited elective spots available, you can reach out to our residents and our program director to let us know you are interested in our program and we'd be happy to chat. We encourage selectives in your institution in OBGYN-related fields. Research experience, ideally in the field of OBGYN, is a plus.

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

**PGY-1** (more information here <https://obgyn.queensu.ca/academics/residency-program/>):

- **Transition to Discipline (2 blocks)**
  - Working in general OB/GYN clinics, ORs, and on L&D you get to know staff and spend time learning the basics, transitioning from a medical student mindset to one of a physician.
- **Junior Obstetrics (4 blocks)**
  - You will be paired with a Senior OB Resident and see any women coming for assessment to L&D. You will be performing unassisted vaginal deliveries. The surgical expectation is that by the end of this rotation you will be able to do a C-section as primary surgeon! Most of the time, you will be able to do this within a month of the rotation. By the end of the rotation, you will be managing Labour and Delivery and graduate to solo call.
- **Junior Clinics (1 block)**
  - Learning in general OB/GYN clinics the foundation of the discipline. There is a possibility of early exposure to subspecialty clinics as well.
- **Off Service Rotations (6 blocks, 1 block each):** Anesthesia, Neonatology, Internal Medicine, Emergency Medicine, General Surgery, and Intensive Care
  - These 'off-service' rotations provide broad general experience in preparation for obtaining the qualification of Licentiate of the Medical Council of Canada (LMCC) and the Surgical Foundations exam. Foundational learning in these rotations will teach you important basic knowledge peripheral but related to your field.

**PGY-2:**

- **Junior Gynaecology (3-4 blocks)**
  - For this rotation you will be paired with the Senior Gyne Resident. Daily activities will include rounding on ward patients, ORs, clinics, consults in ER and the Early Pregnancy Loss Clinic.
- **Junior Gynaecologic Oncology (3-4 blocks)**
  - You will be paired with the Senior Gyne Onc Resident and will gain experience in managing medically complex and palliative patients, and surgical exposure as appropriate for level of training.
- **Community OB/GYN (3-4 blocks)**
  - Currently in Brockville, a smaller community 1 hour East of Kingston. You will be the primary surgeon and develop confidence in both general gynecology and obstetrics! This rotation is one of the best rated rotations in our program.
- **Research (1 block)**
- **Junior Clinics (2 blocks)**
  - Working in general OB/GYN clinics, including our abortion clinic. .

**PGY-3:**

- PGY-3 is a subspecialty year where you will gain exposure to general and subspecialty practice. This year will provide broad experience and help in career planning. Our centers have no specialty Fellows (except the CARE – Contraceptive Advice,

Research and Education fellow), a major bonus when it comes to surgical rotations! You will operate and eventually be primary surgeon on subspecialty surgeries!

- **Maternal Fetal Medicine (3-4 blocks)**
- **Urogynecology (3-4 blocks)**
- **Reproductive Endocrinology & Infertility (3-4 blocks)**
  - One block at the Ottawa Fertility Centre. Other blocks include Pediatric & Adolescent Gyne clinics and the Women and Bleeding Disorders clinic.
- **Ultrasound (1 block)**

#### **PGY-4:**

- **Senior Obstetrics (4-5 blocks)**
  - This rotation provides consolidated OB experience at the senior level. You will also have a teaching and mentoring role for the Junior OB Resident and medical students. Your role will include manager of Labour and Delivery.
- **Electives (4 blocks)**
  - Important for career planning and fellowship applications.
- **Senior Gynaecologic Oncology (4-5 blocks)**
  - In this rotation you will develop a strong foundation in providing surgical and medical care to gynecological oncology patients. You will participate in complicated inpatient care and act as a mentor for the Junior Gyne Onc Resident.

#### **PGY-5:**

- **Senior Gynaecology (4 blocks)**
  - This rotation provides consolidated gynaecologic experience at the senior level. You will also have teaching, mentoring and administrative roles as Head resident.
- **Electives (4 blocks)**
  - Allow for late flexibility, as well as an opportunity for new or reinforced experience, at a time where fellowship or practice planning is key.
- **Ambulatory Clinics, Community OB/GYN, and Study Blocks (5 blocks)**
  - More opportunity to consolidate skills and practice independence, including colposcopy. Dedicated time to prepare for Royal College exams.

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

Focus is on training highly competent generalists with ample exposure to subspecialties (~50% of our residents go onto fellowships). Also, an important piece of information for any potential applicant is that we do not have fellowships other than the CARE fellowship. Therefore, you will be the primary surgeon, especially at the senior level (PGY3 and above) in the OR. Throughout your training, you will be working one on one with all the staff physicians. This uniqueness allows for a strong foundation in clinical decision making, intraoperative decision making and additional skills that would make you a very competent OBGYN upon graduation.

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

MF, Urogynaecology, Gynaecologic Oncology, Pediatric & Adolescent Gynaecology, Minimally Invasive Surgery. We also have the CARE program as mentioned above, which is the only Contraception and Family Planning fellowship in Canada. We have specialized clinics such as Vulvar clinic, Sexual Medicine Clinic, Transgender Clinic, Women and Bleeding Disorder Clinic.

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

**Obstetrics** – The day begins with rounds on all OB inpatients. Handover on L&D then takes place at 7:15 AM.

Morning consists of 1-2 booked elective C-sections with the junior & senior operating together with one assisting the other. Throughout the day you are expected to manage L&D including triage assessments, high risk patients, labouring patients, and consultations from family physicians and midwives. You also get a good introduction to ultrasound and will learn how to do estimated fetal weights and biophysical profiles.

**Gynaecology** – The day begins with handover from the on-call resident followed by rounds on all gyne inpatients. ORs typically run 2-3 days per week with 1-2 rooms per day. When you aren't in the OR you will be in general gyne clinics. The junior resident also covers the emergency consult pager for outpatient consults. The senior resident provides inpatient consult services.

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

Our residents tend to be very happy with their choice of program and with their residency overall. The residents' satisfaction with residency life is due to a combination between having a collegial working environment, great training program and awesome lifestyle in general. Kingston is great!

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

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

For the past several years our program has used a night float (“mole week”) and our residents are very happy with this system. Residents are relieved of their rotation duties for 1 week in order to do call Monday-Thursday (5 PM – 7:15 AM). That resident will have no pre-call or post-call clinical duties. Residents do a “mole week” once every 4-6 weeks when R1-R3 and 3-4 times a year when R4-R5. Weekends are split into shifts, from about 8 AM to 6 PM and 6 PM to 8 AM. Senior residents act as second call throughout the month and so do less in-hospital call (to give them time for studying).

***What distinguishes the Queen’s program from other programs?***

Cohesive and supportive program with an excellent reputation and track record. We have one main hospital site, ample elective opportunity, excellent research training/opportunities, only one fellow, and early surgical exposure. Our call model facilitates a good work-life balance with shorter shifts and less time in the hospital.

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

City with about 135,000 people about 2 hours from Montreal, Ottawa and Toronto. If you love delicious food, outdoor activities (including biking, running, water sports, golfing and camping), and a welcoming group of residents from all specialties, Kingston is an amazing place to live. There is practically no commute. Most residents cycle or walk to work.

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

See website – Julie Wimmer is the Program Coordinator for the department.

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

You can contact any of the residents! There are names listed on the SOGC resident champion list, or you can reach out to us via our Instagram account or through our program coordinator.

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

Yes –Residents are expected to complete one research project during their residency.

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

SOGC Annual Clinical Meeting, Queen’s Memorial Day Program (annually in October).

***Where can we look for more information?***

Website - <http://obgyn.queensu.ca/>