

Sherbrooke University, Sherbrooke
Department of Obstetrics & Gynecology

Program Director: Catherine Anku-Bertholet

3001 12e Ave Nord

Sherbrooke QC, J1H 5N4

What are you looking for specifically in an impressive candidate?

- A very good performance in her/his OB/GYN rotation
- A deep motivation and interest for OB/GYN
- Good academic performance during med school
- Leadership

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

- Improve his/her academic performance
- Perform well in ob/gyn rotations and show his/her interest
- Research projects

How is your residency program organized?

PGY-1	Ambulatory OB/GYN 4 months General Surgery 1 month Infectious Disease 1 month Internal Medicine (pre-op) 1 month Surgical Intensive Care Unit 1 month Family Planning Clinic 1 month Neonatology 1 month Plastic Surgery 1 month Obstetrics (Birthing Unit) 2 months
PGY-2 & PGY-3	Obstetrics 3 months Gyne Surgery 5 months Ultrasound 2 months Pathology 1 month Colposcopy 1 month Gynecology Oncology 2 months MFM 2 months Research 1 month Community OB/GYN 2-3 months/year Elective 2 months Endocrinology 1 month Genetics 1 month

PGY-4	Gynecology Oncology 3 months Reproductive Endocrinology and Infertility 4 months Maternal Fetal Medicine 3 months Urogynecology 2 months Research 1 month
PGY-5	Senior Gyne 4 months Senior Obstetrics 4 months Electives 5 months

What is your residency program’s orientation and focus?

A complete formation in a friendly environment and an excellent staff-resident relationship.

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

After PGY 4, all of our residents feel confident in treating these specific problems. Some residents choose to do an elective month in a private fertility clinic to see more of the assisted reproductive techniques.

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

All residents meet on the maternity floor at 7 am. Dispatch of the patients on the floor. Rounds until 8h-8h30. Clinics or operating room. We meet at 5 pm (most of the time) for the transfer on call. Of course, some residents are not necessarily at these meetings if they’re in subspecialty or in other rotations with other departments. Every Tuesday pm, each resident is off of his/her duty to assist classes and presentations. PGY-1 are now part of the surgery’s common core.

What is the resident satisfaction?

All of the residents are very happy with their formation and quality of life in Sherbrooke. Like in any program, there are difficult times but these are rare. If there is a personal or professional problem, we all feel that we have staff members to help us and guide us. Our program director is always available and her door is always open.

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

Yes. Most of the senior residents have opportunities to explore special interests, even if it means going out of the province or country. Every few years, we have residents that do an elective rotation in another country.

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

At 5 pm, 2 residents (1 junior and 1 senior) are on call until 10 pm from Monday to Thursday. One resident is on call from 10 pm until 7 am every night for a week (3-4 weeks per year). On

weekends, two residents are on call from 8 am until 8 pm; and one person is on call Friday night and Saturday night. If you work on the weekend, during the day, you're off on Monday. If you work on the weekend, during the night, you're off the Friday before the weekend. No more 24 hours !!! Junior residents (PGY1-2) are almost always matched (PGY-1 are always matched) with a senior resident (PGY-4 or -5). PGY-3 can be junior or senior. Both sleep at the hospital and the staff member on call also. Senior and junior teaming gives a great opportunity for teaching.

What distinguishes your program from the other programs?

Very close interaction between residents and professors.

No competition between the residents.

What distinguishes your city from others?

It's a small city (80 000), but with a total of probably 125 000 including the suburbs. No traffic, ever! Beautiful mountains and rivers and lakes. Great outdoors activities. Since it's a university city, lots of students and great social spots.

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

About 40% get into the residency of their choice and then all residents succeed in their royal college exam (there is usually a resident, every 2-3 years, that changes to a different program).

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

Yes. Every month we have meetings or research seminars. We are expected to have completed a full research project (protocol, ethics committee, consent form, recruitment, analysis, writing paper, presentation...) or start one and finish another.

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

SOGC, APOG or AOGQ conferences

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

Department Secretary: Annie Boivin, Postdoc-obgyn-med@usherbrooke.ca

Website: <http://www.deptobsgyn.umontreal.ca/>

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

Valerie Lanctot, Valerie.lanctot@usherbrooke.ca

Marie-Elisabeth Bouchar, marie-elisabeth.bouchar@usherbrooke.ca