

Saint Joseph Hospital Obstetrics and Gynecology Residency Program

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Rotation Curriculum

PGY-1

- First-year residents can count on a full obstetrical experience, including a rotation on the Antepartum service. They spend 2 rotations on OB Days and 2 rotations on OB Nights, and many residents meet their vaginal delivery numbers in their first year alone. Saint Joseph Hospital is home to one of the busiest Labor & Delivery units in Colorado where we average more than 4,000 deliveries yearly.
- First years also spend 2 blocks on a Postpartum/Clinic rotation. They spend mornings postpartum rounding with the attendings and gain invaluable knowledge regarding the normal postpartum course as well as common postpartum problems. Afternoons are spent in our resident clinic where they gain ambulatory knowledge and skills.
- Two blocks are focused on some unique clinical experiences, including Complex Family Planning, Pediatric and Adolescent Gynecology, LGBTQ care and Ultrasound training.
- Interns also spend two blocks on our busy GYN service and begin honing their surgical skills in minor procedures such as D&C's, hysteroscopies and basic laparoscopy. They also get practice holding the pager and seeing consults in the emergency department for GYN-related problems.

PGY-2

- Second year residents enjoy increasing responsibility in obstetrics and spend 4 blocks (2 Days and 2 Nights) leading the L&D team as the Deck Doc while managing high-risk obstetric patients and honing their surgical skills performing the majority of c-section deliveries and becoming proficient in operative vaginal delivery technique.
- Second year residents work closely with MFM attendings in both inpatient and outpatient settings during their Antepartum rotation with exposure to a variety of complex obstetrical cases given Saint Joseph Hospital is home to a recently expanded 51 bed, level 3 NICU that cares for babies born as early as 22 weeks.
- There is also dedicated time on the GYN service, developing more advanced hysteroscopic and laparoscopic skills as well as honing skills as a consultant.
- REI is also a beloved rotation of the PGY-2 year, learning about complex endocrinopathies and infertility evaluation and management.
- A clinic rotation is a valuable experience in the PGY-2 year to continue developing skills related to ambulatory care for high-risk OB patient and complex GYN patients.
- There is also protected time in the PGY-2 year to work on scholarly projects.

PGY-3

- Third year residents step into a new leadership role while serving as OB chief and act as a consulting provider for a busy certified nurse midwifery hospital-based practice. Third years (as well as fourth year residents) also participate in the obstetrics night float system and as the "Clinic Chief," where they serve a vital role in teaching junior residents and medical students.
- Residents build on their strong foundation of GYN surgical skills while covering GYN cases at several high-volume Denver metro ambulatory surgical centers. Third year residents have exceptional exposure to minimally invasive surgical techniques including a robust robotic surgery practice. Residents rotate through a busy urogynecology service where invaluable vaginal surgical skills are gained.
- Residents also enjoy an "Elective" rotation in their third year. This provides an opportunity for additional research or clinical experiences.

PGY-4

- Fourth year residents share the responsibilities of "OB Chief", "Clinic Chief", "GYN Chief", and "GYN Oncology Chief" overseeing their entire respective services.
- Fourth year residents serve as leaders of the residency and each year two Administrative Chief Residents are selected. The other 3 PGY-4s gain the titles of Wellness Chief, QI Chief, and Education Chief.
- During the final year of residency there is a focus on advanced surgical technique and fourth year residents perform complex open GYN cases, as well as have 2 blocks

dedicated to minimally invasive gynecology surgery. Our residents graduate with high-volume training in laparoscopic, vaginal, and abdominal hysterectomies.

- PGY-4 residents also have an elective rotation where they can pursue additional areas of academic interest, either locally or abroad. One fourth year per class can choose to join the Global Health elective rotation.

Didactics

At Saint Joe's, we prioritize teaching. Every morning a resident or faculty member leads a half hour lecture on a GYN or OB topic. This is an opportunity to review an ACOG practice bulletin, go over new guidelines, spend extra time in the simulation lab, or review common procedures. We also use this time at least once per block for a resident-only meeting to address any issues that arise in an effort to continually improve the resident experience. We especially enjoy having this time to come together and have breakfast with our fellow residents before we start our busy days.

On Friday afternoons, we have 3 hours of protected lectures from 1 to 4 p.m. During this time, the faculty hold all pagers and cover all services. This time is usually divided into 3 lectures from faculty or guest speakers. We cover a broad range of topics and focus on ensuring that the CREOG learning objectives are the center of our curriculum. Once per rotation the OB and GYN Chief Residents present Morbidity and Mortality conference. Residents also review scholarly articles in our "Journal Club" and present upcoming cases and surgical indications in our "Preop Conference" every block.

Global Health

Saint Joe's has developed a global health curriculum to educate our residents on topics surrounding global health, to promote awareness among the residents of global disparities in health outcomes, and to support women's health around the world, both in low- and middle-income countries and in our underserved populations at home. This curriculum is in the form of quarterly lectures during our scheduled didactics given by both faculty and residents. The potential benefits of having a structured global health curriculum include:

- Greater understanding of disparities, cultural differences, and socioeconomic factors affecting healthcare in Colorado's patient population.
- Stronger preventative medicine/public health awareness
- Increased awareness of the importance of patient education
- Better utilization of physical exam and history taking skills
- Understanding of political influences over healthcare
- Better understanding of cost-utilization in medicine.

In addition to this curriculum, we have an established relationship with Arusha Lutheran Medical Center in Arusha, Tanzania that accepts one Chief Resident each year to travel with a faculty attending during their elective block. During this elective, the St. Joe's team provides workshops

for local practitioners to develop laparoscopic and vaginal surgical skills, and participates in outreach clinics for cervical cancer (VIA) and HIV screening in remote Maasai villages.

Our residents have also pursued many other global health opportunities.

Advocacy

Saint Joe's is committed to advocacy work on a local and national level. Each year our residents are relieved of clinical duties to attend the Colorado State Lobby Day at the Colorado State Capitol, a few blocks away from the hospital, where we meet with local representatives to advocate for state-wide legislature to better women's health. In past years, we have lobbied for extending FMLA coverage for better maternity leave options, and improved contraceptive coverage.

Our residents work closely with ACOG Colorado, who each year generously sponsor residents to attend the national ACOG Congressional Leadership Conference. This conference is an excellent opportunity to learn the basics of advocacy, how-to lobby sessions, and ultimately meet our state senators and representatives to lobby for national bills affecting women's health. In past years, we have lobbied for and helped pass legislation to establish funding for Maternal Mortality Review Committees in all 50 states to address our nations increasing maternal mortality rate, to extend Medicaid coverage for pregnancy through one year postpartum, and to increase NIH funding for research into women's health diseases.

Health Equity, Diversity and Inclusion

Our Seton Women's Center primarily serves patients and communities that have been socially and economically marginalized, and our efforts toward achieving health equity are an integral part of the SJH OB/GYN residency program. We strive to continuously work towards achieving a more diverse and equitable environment in the following ways:

- **Residency Climate and Retention:** We are committed to maintaining an inclusive and supportive culture and an environment free from harassment and discrimination. Residents and faculty participate in education around topics such as upstander training, implicit bias, and microaggressions as part of our regular curriculum. We also offer community-building events and access to group and individual mentoring opportunities in order to increase support for BIPOC-identifying physicians.
- **Recruitment:** We recognize that a key part of addressing health inequities is recruiting and retaining a diverse physician workforce. We also have preference for candidates with a demonstrated high commitment to the care of marginalized populations, strong connections to disinvested communities, and advocacy and leadership experience.
- **Health Justice Curriculum:** We are committed to teaching toward health justice as a part of the core curriculum of our residency program. This curriculum works to teach physicians to deeply understand the structural factors at play in issues of health as well as to develop strategies to counter them. Along with the implicit bias and other training mentioned above, this longitudinal curriculum also includes learning around health/healthcare

inequities, racism and other structural barriers to health/healthcare, resource allocation, social determinants of health, and LGBTQ+-specific training. We specifically work to equip learners with knowledge, frameworks, and tools to apply while creating interventions at micro-, meso-, and macro- levels of health systems.

- **Community and Advocacy:** We are committed to providing high level care to our historically marginalized patient population and working to eliminate the inherent barriers and bias that contribute to inequities in health outcomes. We commit to exploring the partnerships available to us in our community to work towards achieving health justice. We will train and offer opportunities to our physicians for leadership, advocacy, research/QI, and organizing work in health justice.

Scholarly Activity

We work hard at St. Joe's to create a culture of evidence-based medicine and inquiry. Our residents are required to participate in a variety of scholarly activities during their training at St. Joe's. These activities include:

- Presentation and participation in journal club
- Presentation and participation in Morbidity and Mortality conferences
- Participation in an annual residency-wide quality improvement initiative
- Development and completion of a scholarly project which may include everything from basic science research to publishing review articles on important topics within the specialty
- Presentation on scholarly projects at an annual Residency Research Day
- Support to travel to national meetings to present scholarly projects

We want our residents to develop scholarly projects that are important to them - and relevant to their planned career path! We are fortunate to have the mentorship and resources available to support our residents to reach their goals.

Resident Life

We like to think of our residency as a family.

We love spending time together outside of work for holidays, birthdays, weddings, or just because. We are excited that you are considering joining our family here at Saint Joe's!

Here at Saint Joe's, we have many traditions that we feel make our residency special. For example, every year, each class gets their dedicated class weekend off, allowing for a class trip all together.

There's also the long-standing tradition of post-night shift brunch on Friday mornings during the night rotation, which is something we all look forward to each week.

In the fall, we hold our annual resident retreat where all of the residents and attendings have the opportunity to spend time together outside of the clinical setting. In the past, we have done ropes courses, rock climbing, and trampoline parks. We typically also spend time in a cabin in the mountains afterward and end the night with our tradition of a themed costume party.

In the spring, we have our annual "Spring Fling." This residency tradition is a special event where we all get dressed up and gather with family, friends, alumni, and faculty to celebrate and honor the graduating class.

Living in Colorado for residency comes with many perks! Because Denver is so close to the Rocky Mountains, there are ample opportunities to ski, snowboard, or hike. You can also find places to bike, camp, fish, boat, and rock climb if you're interested. It is very common to see us residents outside in our free time taking in all the beautiful nature that Colorado has to offer. Come join us for 300 days of sunshine!

Whatever your interests are, you really can find something to do here in Denver. For example, we have all major sports teams, several museums, a vibrant performing arts culture, and a popular food scene, whether that is from the many great restaurants across the city or also the popular Farmer's Markets in the spring/summer.

Applications

The OB/GYN Residency Program at Saint Joseph Hospital encourages and welcomes all qualified individuals to apply for a residency position!

Admission is highly competitive, and applicants need to have passed USMLE Step 1 or COMLEX. Applications are submitted via ResidencyCAS. Interviews are scheduled in November and December.

The following information is required for your application to be accepted for review:

- Personal statement
- Dean's letter
- Medical school transcript
- USMLE/COMLEX Step 1: Pass
- Three letters of recommendation. At least two of these must be from a practicing, board-certified OB/GYN physician.
- If you have postgraduate training, a letter of recommendation and/or evaluation from the program director is required.

Please note that it is a requirement of our program for residents to be licensed by the State of Colorado, Board of Medical Examiners by the end of the second year of training. The Colorado Board website has further information on this requirement.