Welcome to the Obstetrics and Gynecology Residency Program at Kaiser Permanente’s Medical Center in Los Angeles. Our residents receive high-quality training in a nurturing educational environment.

The Los Angeles Medical Center (LAMC) serves as a referral center for more than 3 million Kaiser Permanente members throughout Southern California. It is the regional tertiary care facility for such subspecialty services as Urogynecology, Maternal-Fetal Medicine, Pediatric Surgery and Gynecologic Oncology. The Center for Medical Education at LAMC provides oversight and administrative support for 20 fully accredited residency and fellowship programs. Our institution sponsors the postgraduate medical education of over 220 residents and fellows. In addition, residents and fellows from other institutions rotate at LAMC.

Kaiser Permanente is among the nation’s largest and most highly regarded not-for-profit managed care organizations. As a member of our residency program, you will learn to provide cost-effective, yet caring medicine—an indispensable approach to providing health care in any future practice setting.

The Program

Kaiser Permanente’s residency program in Obstetrics and Gynecology prepares you for the rewards and challenges of the specialty. We structure your training around the concept of providing comprehensive medical care; including health maintenance and preventive care. We strive to balance our residents’ out-patient and in-patient experiences.

The Department of Obstetrics and Gynecology includes 35 full time physicians, two certified Nurse Midwives, three Lactation Consultants, and five Registered Nurse Practitioners. The faculty includes fellowship-trained specialists in Urogynecology, Gynecologic Oncology, Reproductive Endocrinology/Infertility, Maternal-Fetal Medicine and Minimally invasive Surgery. Medical education is a key component of the department’s mission. In addition to training residents, third year students from the University of Southern California, School of Medicine rotate through the department for required clerkships in obstetrics and gynecology. We offer fourth year electives in Urogynecology, Maternal-Fetal Medicine, and Gynecologic Oncology to students from throughout the nation. Fellows in Gynecologic Oncology from the University of California, Los Angeles rotate continuously through the department and we will be integrated into the fellowship program in Female Pelvic Medicine/Reconstructive Surgery at Harbor-UCLA during the 2012-13 academic year.

The Ob/Gyn residency program at LAMC is fully approved by the Accreditation Council for Graduate Medical Education. Residents gain experience in all aspects of Obstetrics, including training in reproductive biology, genetics, ultrasound and perinatology. Gynecologic expertise is developed through extensive clinical experience; there are rotations in Benign Gynecology, Urogynecology, Gynecological Oncology, and Reproductive Endocrinology/Infertility.
More than 1,200 major gynecological operations are performed annually at LAMC, so our residents are assured of a comprehensive surgical training.

**Information Technology and Simulation**

Kaiser Permanente is a leader in the development of electronic medical records. Using HealthConnect®, our fully-integrated in-and outpatient medical record system, clinic notes, hospital charts, medications, laboratory results, operative and pathology reports, and radiographic images are “just a click away.”

Residents may access Kaiser Permanente’s Clinical Library website from any desktop computer on campus, and may obtain privileges to access the site from home. The Clinical Library site includes evidence-based medicine databases (e.g. Clineguide, and the Cochrane Library), drug databases (e.g.: Micromedex and Natural Medicines), search databases (e.g. OVID, MDConsult, and PubMed), electronic journals and online textbooks.

The Center for Medical Education provides each resident with a subscription to Up-to-Date.

Residents in all surgical specialties participate in LAMC’s Fundamentals of Laparoscopic Surgery Course. The program’s six modules include didactic lectures and hands-on practice using laparoscopy “box” trainers and a Symbionix Virtual Reality (VR) machine. During the PGY-3 Clinics Rotation, Ob/Gyn residents complete a 10-part simulation curriculum. In addition to exercises using the laparoscopy trainers and VR machine, residents practice hysteroscopic procedures using a VR simulator manufactured by Immersion Medical.

**Year One: Internship**

**Obstetrics Rotations**

Obstetrical experience is gained during three, one-month Labor and Delivery rotations. Interns spend one month in the Maternal-Fetal Medicine Clinic. Under the supervision of three board-certified perinatologists, a team comprised of PGY-1, -2 and –4 residents evaluates outpatients and follows patients hospitalized with pregnancy complications. Interns participate in consultations, provide ongoing prenatal care, and receive broad exposure to ultrasound and antepartum testing.

To fulfill ACGME duty hour requirements, a night float system is in place for the PGY-1 class: the workday is divided into 12-hour shifts and each intern works overnight for one month covering Labor and Delivery. There two faculty members on Labor and Delivery around-the-clock to supervise and teach the residents.

**Gynecologic Oncology Rotation**

Interns spend two months on the Gynecologic Oncology service under the direction of three gynecologic oncologists, a fellow, and PGY-3 and -4 residents. The intern serves as a surgical assistant in the operating room, manages patients postoperatively, attends subspecialty conferences, and provides ambulatory care (including new patient consultations) under faculty supervision.

**Internal Medicine Rotation**

There is a two-month Internal Medicine rotation: one month is devoted to general inpatient medical care, the other is spent working in the ICU. House officers from the Department of Obstetrics and Gynecology have clinical duties similar to those of interns on the Medicine Service.

**Pediatrics**

Interns spend two weeks in the Well-baby Nursery under the supervision of faculty pediatricians. They learn to perform newborn physical exams and initiate sepsis work-ups. Training in neonatal resuscitation and intubation are emphasized during the rotation.

**Family Planning**

A two week rotation is conducted with Planned Parenthood-Los Angeles. Interns provide contraception counseling, insert highly-reliable contraceptives (e.g. IUDs and Impenon®), screen for and treat sexually transmitted infections, and perform medical and surgical pregnancy terminations (optional).

**General Surgery**

During this four-week rotation, interns are assigned to work on the Breast Service with a subspecialty trained surgeon. House officers from the Department of Obstetrics and Gynecology have clinical duties similar to those of interns from the Department of Surgery. Interns see patients in Multi-disciplinary Breast Clinic (where mammographic fine-needle aspirate, and needle-localization findings are reviewed) and assist in the operating room.
Benign Gynecology

Interns spend two months on the Gynecology Teaching Service. Under the supervision of faculty generalists, a team comprised of PGY-1, -2, and -4 residents evaluates outpatients, provides consultations on hospitalized patients and women presenting to the Emergency Room, and perform gynecologic procedures in the operating room. Residents are responsible for all aspects of the pre- and post-operative care of their patients.

Continuity Clinic

We incorporate Continuity Clinic experience into the internship year. Initially, interns and attending physicians see patients together. Ultimately, interns see patients independently, but are closely supervised by faculty “mentors” in the clinic. Continuity Clinics are scheduled during all first year rotations (except ICU, NICU and General Surgery). In this way, interns begin to develop a cohort of obstetrical patients and women for whom they will provide care during the next three years of residency.

Continuity Clinic is held weekly during each subsequent year of training, regardless of assignment to specialty services or outside rotation. Residents see their own postpartum and postoperative patients and serve as primary care providers for a growing patient group.

Year Two

The focus of the second year of residency is on High-Risk Pregnancy and Benign Gynecology. During two, 10-week rotations on Labor and Delivery, PGY-2 residents direct the interns caring for normal laboring patients and manage women with pregnancy-related complications under faculty supervision. Second year residents spend 10 weeks on the Gynecology Teaching Service gaining additional outpatient and surgical experience. The residents’ obstetrical experience also includes a 10 week rotation in the Maternal-Fetal Medicine Clinic.

PGY-2 residents spend 10-weeks on the Urogynecology service under the supervision of a chief resident and three fellowship trained attending physicians. The resident learns to evaluate pelvic organ prolapse, non-surgical treatment of pelvic prolapse and urinary incontinence, and how to interpret urodynamic test results. The second year resident serves as a surgical assistant during urogynecological and pelvic reconstruction operations. The average on-call schedule is one day in five.

Year Three

The third year of residency emphasizes gynecologic surgery and subspecialty clinic experience. PGY-3 residents have at 10-week Gynecologic Surgery rotation at LAMC. Residents serve as primary surgeons for a variety of major procedures: including abdominal and vaginal hysterectomies, laparotomies, and operative laparoscopy and hysteroscopy.

During their 10-week rotation on the Gynecologic Oncology Service, third year residents refine their surgical skills and care for acutely ill patients. Residents also learn the principles of chemo- and radiation therapy in the outpatient setting during clinic sessions conducted jointly with the Medical and Radiation Oncology divisions.

Third year residents have a 10-week experience in Reproductive Endocrinology and Infertility (RE/I) at Los Angeles County-USC Medical Center. The rotation is supervised jointly by board-certified RE/I specialists from Kaiser Permanente and the University of Southern California Keck School of Medicine. Residents learn how to evaluate infertile couples and perform such outpatient procedures as hysterosalpingography, ultrasonography for follicular development, and intrauterine inseminations. Residents scrub for all surgical procedures performed on the service. When residents spend time in the “private” Faculty Office, they gain experience in such assisted reproductive technology procedures as egg retrieval and embryo transfer.

Third year residents have a 5-week Elective Block that they may use to complete their research project or for an “away” rotation. Some residents have used this as an opportunity to participate in a “medical mission” to a third-world country. The residents’ outpatient experience includes a 5-week rotation in the Maternal-Fetal Medicine, Colposcopy Clinic, Office Hysteroscopy and weekly Continuity Clinic. The average on-call schedule at both Medical Centers is every fifth night.

Year Four: Chief Resident Year

Fourth-year residents share administrative and teaching responsibilities. In addition to blocks on Labor and Delivery and Benign Gynecology, there are rotations in Maternal-Fetal Medicine, Urogynecology, and Gynecologic Oncology. The average on-call schedule is one day in six. Each resident is expected to complete a research project prior to graduation.

Gynecologic Oncology Service

The senior resident coordinates the day to day clinical activities of the service; seeing new referrals, postoperative and returning patients, as well as women receiving radiation and chemotherapy. The PGY-4 resident scrubs on all cases, serving either as the primary surgeon or first assistant, depending upon complexity of the procedure.
Maternal-Fetal Medicine Service

The senior resident, supported faculty Maternal-Fetal Medicine specialists, manages all antepartum, complicated obstetrical patients. The fourth-year resident works closely with the intern and second-year resident to manage both hospitalized women and clinic patients.

Urogynecology Service

The chief resident on this service evaluates outpatients in specialty clinics and supervises the PGY-2 resident’s care of postoperative patients. The focus of the rotation is the surgical treatment of urinary incontinence and pelvic organ prolapse (particularly vaginal hysterectomy). The senior resident either performs or assists during all cases.

Benign Gynecology

During PGY-4, residents have their final 10-week rotation on the Gynecology Teaching Surgery. The chief resident serves as primary surgeon on all cases and oversees the care of hospitalized and outpatients on the service.

A 10-week surgical rotation at Kaiser Permanente’s West Los Angeles Medical Center (WLA) affords residents the opportunity to participate in 125 to 150 major gynecological procedures. Gynecologic surgeons at West Los Angeles are particularly skilled in laparoscopic hysterectomy (total and subtotal). There is a fellowship trained specialist in Female Pelvic Medicine/Reconstructive Surgery on the faculty at WLA; affording residents additional opportunities to perform vaginal hysterectomies, prolapse operations, and anti-incontinence surgery. In the operating room, the resident functions as primary surgeon, and subsequently manages the patient’s postoperative care.

Department Education Activities

Thursday afternoons have been designated as protected “educational time” for the residents. The department holds a Case Management Conference every Thursday to review the clinical presentation and care of patients with interesting Ob/Gyn problems. This is followed by Grand Rounds, which features lectures by in-house speakers and visiting professors. Journal Club is conducted monthly to review and critique recently published journal articles. During our monthly Tracing Conference, interesting fetal heart rate tracings are reviewed and pertinent management issues are discussed.

The residents have additional educational conferences throughout the week. On Tuesday and Thursday mornings we conduct Clinical Topic Review lectures which synthesize material from the CREOG (Council for Resident Education in Obstetrics and Gynecology) Educational Objectives and test items for the American Board of Obstetrics and Gynecology written examination. During the course of a two-year cycle, the breadth of the discipline and its subspecialty areas are covered. Every Monday at noon there is a Benign Pathology Conference moderated by members of the Pathology Department. Each week there are formal didactic sessions for residents rotating on the Benign Gynecology, Urogynecology, Maternal-Fetal Medicine, and Reproductive Endocrinology/Infertility services. The Gynecologic Oncology service meets with members of the Pathology Department each week to review surgical specimens and slides sent with patients referred to the division.

The Los Angeles Obstetrical and Gynecological Society meets bimonthly and features lectures by local medical school faculty members and world-renowned experts. The Center for Medical Education underwrites the registration fee for residents who attend these meetings.

The department participates in Southern California Kaiser Permanente Medical Group’s annual Obstetrics and Gynecology Symposium. This off-site meeting features lectures by preeminent physicians and researchers in our specialty. In order to graduate from the program, each resident must complete a research project and present their findings at the annual symposium. Suitable papers are submitted to peer-reviewed journals for publication.

To learn more about:
• How to apply
• Our faculty and residents
• Available clerkships & electives
• Benefits & Salary

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