A Career in Obstetrics and Gynaecology in the West Midlands

* Photos taken from RCOG

Developing people for health and healthcare

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* Photos taken from RCOG
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Why is O&G special?

• Mixture of surgery, medicine, and radiology
• Provide care from ‘Before the cradle, to grave’
• In obstetrics
  o Caring for two patients
  o Managing fit, young health patients is a privilege
• In Gynaecology
  o Most of the work is about improving quality of life in otherwise well people eg. Controlling periods, incontinence, pain
  o Help create life – Fertility
  o Prolong life - Oncology
Why O&G?

• Better yourself:
  o Communication skills
  o Motor skills
  o Decision making

• Mix of emergency care and elective care

• You can make a difference to one of the most special moments in life

• Practice in a holistic approach, caring for the medical, social, and psychiatric needs of your patients

• Work in an indispensable specialty, which is crucial to the NHS
Role in Obstetrics

Procedures
- Caesarean sections
- Forceps/ ventouse instrumental deliveries
- Perineal repair
- Fetal blood sampling
- Ultrasound scanning

Labour Ward
- High adrenaline
- Rapid decisions and quick surgery
- 24/7 work
- Mostly happy outcomes

Antenatal Clinics
- Low adrenaline
- Holistic care, complex patient discussions
Role in Gynaecology

Gynaecology clinics
- Specialist clinics
  - Fertility
  - Oncology
  - Urogynaecology
- Common problems
  - Pain
  - Heavy bleeding
  - Contraception

Common procedures
- Technical skill required
- Slow
- Precise operating
- In contrast to obstetrics
Role in Gynaecology

Laparoscopic surgery
• Sterilisation
• Ectopic pregnancy
• Total laparoscopic hysterectomy

Laparotomy
• Hysterectomy
• Oophorectomy
• Myomectomy

Vaginal surgery
• Prolapse repair
• Continence surgery, e.g. TVT
• Vaginal hysterectomy

Simple surgery
• Abscess drainage
• Surgical management of miscarriage
• Hysteroscopy
Advantages & Disadvantages

✓ Enjoyable and challenging
✓ Team working environment
✓ Varied work
  ✓ Adrenaline filled labour ward shifts
  ✓ Intricate operating in gynae theatres
  ✓ Complex patient discussions in clinics
✓ Rewarding/ Fulfilling
  ✓ Every day is meaningful/ your actions make a difference
  ✓ Personal development of practical skills, knowledge
  ✓ Psychological development
✓ Increasing numbers are working less than full time
✓ Never boring…
Advantages & Disadvantages

- Long days, nights and weekends
- High intensity specialty
- High litigation rates
- Poor outcomes do occur with devastating long term effects
- Bullying and undermining reported in [GMC survey](https://www.gmc-uk.org) (2014)
Personal Qualities

- Good communication skills
  - with patients and relatives, often in highly pressured environments

- Good interpersonal skills
  - to deal with all members of midwifery, nursing and theatre teams

- Leadership
  - directing team members with confidence, being decisive and calm under pressure

- Self-reliant
  - the ability and confidence to assess emergency and elective patients, and commence treatments.

- Resilience
  - ability to cope mentally with stressful situations.
Personal Qualities

• Understanding one’s own limitations
  ○ identifying the need to call for help, and identifying own training needs.

• Humble
  ○ a personality which is unassuming and modest.

• Surgical skills
  ○ have an aptitude for practical procedures.

• Medical knowledge
  ○ desire to maintain sound general medical knowledge.

• In line with all specialties, O&G trainees need to be reliable, self-motivated, punctual, flexible and good team players
Career Pathway

O&G Specialist Training Curriculum

Foundation Years
- Year 1
- Year 2

Basic
- Year 1
- Year 2

Intermediate
- Year 3
- Year 4
- Year 5

Advanced Training modules
- Year 6
- Year 7

Log Book

Part 1 MRCOG Exam

Part 2 & 3 MRCOG Exam

Subspecialty 2-3 years

Full registration

NHS Health Education England

CCT
Career Pathway

After foundation training there is a national system for competitive entry into O&G training.

- Training is then a 7 year run through training programme
  - Basic level: ST1-2. (2 years) – Direct supervised practice
  - Intermediate level: ST3-5. (3 years) – Developing independent practice
  - Advanced level: ST6-7. (2 years) – Training in Specialist areas within O&G.
Career Pathway

• Membership exams (MRCOG):
  o Part 1:
    o Written exam assessing basic clinical sciences.
    o Must have been passed by ST5 to progress to ST3.
  o Part 2 and 3:
    o Written and then verbal examinations assessing clinical knowledge and skills.
    o Must have passed by ST5 to progress to ST6.
ST6-7: Advanced Training Modules

While most consultants have both obstetric and gynaecological commitments in their daily work schedule, they will have areas of special interest. The final two years of training allows the trainee to gain additional experience in at least 2 specific areas of the specialty. These will form the foundations of their career as a consultant.

- Abortion care
- Acute gynaecology and early pregnancy
- Advanced antenatal practice
- Advanced labour ward practice
- **Advanced laparoscopic surgery for the excision of benign disease**
- Benign abdominal surgery: open and laparoscopic
- Benign gynaecological surgery: hysteroscopy
- Colposcopy
- **Fetal medicine**
- Forensic gynaecology
- Labour ward lead
- **Maternal medicine**
- Medical education
- Menopause

- **Oncology**
- Paediatric and adolescent gynaecology
- Sexual health
- **Subfertility and reproductive health**
- Urogynaecology and vaginal surgery
- Vulval disease

- **Education**
- Management
- Legal
- Counselling
- Psychosexual

Some trainees will choose to develop their specialism further by applying for subspecialty training, which requires additional years of training. The modules in bold offer opportunities for subspecialisation.
Training Progression

- Successful completion of training is formally assessed annually (ARCP) using the RCOG training matrix. Satisfactory progress must be demonstrated in the following areas to progress to the next year of training:
  - Clinical skills
  - Work place based assessments
  - Reflection
  - Mandatory courses
  - Team Observations
  - Clinical Governance (patient safety, risks, quality)
  - Teaching experience
  - Leadership and management
  - Presentations and publications
Out of Programme Experience

• Encouraged in the West Midlands
• Whilst the training programme is officially 7 years, most train for an additional 2-3 years to gain out of programme experience in one or more of:
  o Subspecialty training
  o Research/ research fellowship
  o Medical education/ Clinical teaching fellow
  o Completion of a higher degree
  o Out of programme
  o Clinical work in a resource challenged environment/ Overseas volunteer
  o Maternity leave
Recruitment

- The Royal college of Obstetrics and Gynaecology (RCOG) is the responsible organisation for coordinating ST1 recruitment into the specialty. RCOG
- Recruitment centralised via an online application form.
- Applications open each November, closing early December.
- Selected applicants are then invited to attend interview.
- The successful candidates commence on the training programme in August.
# Competition Ratios – 2015

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Applications received</th>
<th>Posts Available</th>
<th>Competition Ratio (Applicants per post)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCS Emergency Medicine</td>
<td>881</td>
<td>363</td>
<td>2.43</td>
</tr>
<tr>
<td>Anaesthetics (including ACCS Anaesthetics)</td>
<td>1294</td>
<td>629</td>
<td>2.06</td>
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<tr>
<td>Broad Based Training</td>
<td>363</td>
<td>83</td>
<td>4.37</td>
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<tr>
<td>Cardiothoracic Surgery</td>
<td>68</td>
<td>8</td>
<td>8.50</td>
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<tr>
<td>Clinical Radiology</td>
<td>917</td>
<td>247</td>
<td>3.71</td>
</tr>
<tr>
<td>Community Sexual and Reproductive Health</td>
<td>100</td>
<td>2</td>
<td>50.00</td>
</tr>
<tr>
<td>Core Medical Training (including ACCS Acute Medicine)</td>
<td>2632</td>
<td>1550</td>
<td>1.70</td>
</tr>
<tr>
<td>Core Psychiatry Training</td>
<td>662</td>
<td>466</td>
<td>1.42</td>
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<tr>
<td>Core Surgical Training</td>
<td>1396</td>
<td>604</td>
<td>2.31</td>
</tr>
<tr>
<td>General Practice</td>
<td>5112</td>
<td>3612</td>
<td>1.42</td>
</tr>
<tr>
<td>Histopathology</td>
<td>189</td>
<td>79</td>
<td>2.39</td>
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<tr>
<td>Neurosurgery</td>
<td>169</td>
<td>30</td>
<td>5.63</td>
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<tr>
<td>Obstetrics and Gynaecology</td>
<td>599</td>
<td>238</td>
<td>2.52</td>
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<tr>
<td>Ophthalmology</td>
<td>374</td>
<td>95</td>
<td>3.94</td>
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<tr>
<td>Oral and Maxillo Facial Surgery</td>
<td>27</td>
<td>5</td>
<td>5.40</td>
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<tr>
<td>Paediatrics</td>
<td>801</td>
<td>446</td>
<td>1.80</td>
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<tr>
<td>Public Health</td>
<td>724</td>
<td>88</td>
<td>8.23</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>16308</strong></td>
<td><strong>8545</strong></td>
<td><strong>-</strong></td>
</tr>
</tbody>
</table>
Commitment to Specialty

• Working in O&G
  o Medical student special study module/ Elective
  o Foundation year rotations
  o Foundation taster days

• Courses
  o Basic practical skills in Obstetrics and Gynaecology
  o Prompt

• Regional conferences:
  o Birmingham and Midland O&G Society (BMOGS)
Commitment to Specialty

- Audit - Ideally in O&G, or tailor a surgical or medical audit to have relevance to O&G
- Research / publications
- Teaching
- O&G medical student societies
- Logbook:
  - Skills – demonstrate communication and leadership skills
  - Procedures – show basic eye-hand co-ordination with simple procedures e.g. suturing in A&E
  - Interesting cases
Why the West Midlands?

- One of the largest regions in the country.
- 3 Medical schools with associated centre of excellence teaching hospitals:
  - Birmingham University – Birmingham Women’s hospital
  - Warwick University – Walsgrave Hospital, Coventry
  - Keele University – North Staffordshire Hospital, Stoke
- Active trainee committee
- Opportunities to work in district generals and tertiary centres
- Transport links to the rest of the country and internationally
- Mix of stunning countryside and modern city life
Where to go for more information…

• Royal College of Obstetrics and Gynaecology
• West Midlands O&G trainees committee
• Health Education England, West Midlands
• GMC national trainees survey
• NHS health careers
• Specialty Training Website
  ○ How to apply, job descriptions, competition ratios
• Don’t forget to talk to local trainees and consultants.
RCOG Crest

- Black and blue shield for day and night.
- The Natal Star of Bethlehem.
- The setting sun symbolizes the rest that comes after labour and the crescent moon symbolises light in the darkness (for those whose work continues into the night).
- Aesculapius is the classical god of healing
- Woman carrying a staff the symbol of life and the giving of life.

Super Ardua
‘Let us overcome our difficulties’