

OBSTETRICS AND GYNECOLOGY RESIDENCY PROGRAM

KAISER PERMANENTE EAST BAY – OAKLAND AND RICHMOND MEDICAL CENTERS

KNOWLEDGE APPLIED

NORTHERN CALIFORNIA RESIDENCY PROGRAMS

Kaiser Permanente has been committed to graduate medical education for more than 70 years.

Kaiser Permanente Oakland's Obstetrics and Gynecology Residency Program provides academic training within a world-class health care organization for a large and diverse patient population. We foster the professional and personal development of our trainees in an integrated, scholarly and supportive environment. Our residents follow patients longitudinally through all aspects of the continuum of care, and achieve thorough exposure to principles of population management, quality improvement and team-based acute and chronic care – the cornerstones of Kaiser Permanente medicine.

Program Highlights

In 1947, shortly after opening its doors, Kaiser Permanente Oakland Medical Center established a residency training program in Obstetrics and Gynecology. Today, inpatient obstetrical care takes place at the Oakland Medical Center with both the Oakland and Richmond facilities supporting gynecologic surgery. Our program has expanded to six residents per year with 2 months of each year spent in our local public health system. Training at Highland Hospital, a public hospital within the Alameda Health System, allows additional experience in low volume surgical procedures, exposure to a county health system, and the opportunity to care for the most underserved and vulnerable members of our East Bay Community.

Our mission is to train compassionate, skilled, and socially responsible obstetricians and gynecologists who practice thoughtful evidence-based medicine. Our program strives to advance women's health care and health equity through advocacy, research, quality improvement, and community outreach. We are dedicated to providing excellent care to the diverse Oakland community and to engaging actively in ongoing struggles for reproductive and social justice.



We have high expectations for our residents and our selection process is very competitive. Our program fills six categorical positions each year.



"The diversity of the patients and the variety of the medical problems we treat in the East Bay provide excellent training for our residents."

Over my tenure as Program Director (which started in 2007) we have seen incredible growth in our department including all sub-specialty areas with an unsurpassed dedication to teaching and to the growth of our residents as obstetricians and gynecologists."

Our program's objective is to support each individual resident while they work to attain their unique professional goals. Without question, our greatest asset is the people we work with: our patients, our support staff, and each other."

Laura Minikel, MD
Program Director

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C-section simulation



Curriculum

Our curriculum provides a strong foundation to be an excellent Ob/Gyn Generalist or to pursue fellowship. In recent years, our graduates have entered fellowships in Family Planning, Female Pelvic Medicine and Reconstructive Surgery, Pediatric and Adolescent Gynecology, Gynecologic Oncology, Maternal Fetal Medicine, and Minimally Invasive Surgery. Approximately half of our graduates joined Kaiser Permanente in California and other east coast locations as generalist physician and one third pursued fellowship with the remainder joining private practice.

Our program offers several unique experiences: 2 elective months in PGY3 years, an optional intensive health policy training, participation in hospital quality and peer review committees, progressive assumption of teaching responsibilities, individual and “class” mentorship, and certification in robotic surgery. We also offer training pairs wherein a third-year resident mentors an incoming PGY1 through the first few months of residency – leading to a smoother transition from student to physician.

Many of our residents participate in global health experiences during their elective months in Peru, Ecuador, Nicaragua, Kenya, Argentina, Vietnam, Guatemala, the Philippines and Cambodia. In this way we foster advocacy and health equity beyond the Bay Area.

Didactics: We offer instruction in multiple formats, including hands – on patient care, didactic lectures, simulation, surgical skills labs, obstetric and gynecologic “Olympics,” and mock oral examinations. Protected teaching time is on Tuesday morning in addition to the following noontime and Thursday morning conferences:

- Obstetrical morbidity and mortality (M&M)
- Surgical M&M
- Perinatal M&M
- Pre-operative conference
- Fetal Treatment conference
- Genetics/perinatal ultrasound conference
- Gynecologic radiology conference
- Grand rounds
- Journal club
- Resident research presentations

“What makes us unique is our training pairs. Every intern is paired with a third year resident and the pair functions as one resident for the first 4 months of residency. Each individual intern gets to learn at their own pace and we are challenged when it is time to be a “trainer”. I thought training pairs were great when I was an intern but I think I have learned a lot more as the trainer than the trainee and appreciate the structure even more now .”

- Chief Resident

“After graduation I have realized what incredible training we truly have at Kaiser Oakland. We see a wide variety of pathology and our surgical experience (particularly laparoscopy) is excellent. I feel comfortable as a new attending and confident in my skills.”

- Recent Graduate



Intern Welcome Party 2018

Research/Quality Improvement

Our goal is to familiarize residents with research and quality improvement techniques through first-hand experience. Each resident completes a project with the goal of presenting and publishing their findings. We aim to foster the spirit of scientific inquiry to establish a long-term interest in quality improvement and research, as this is a cornerstone of continued evolution as an obstetrician gynecologist.

Required Project: Residents are required to present a research or quality improvement project at the Kaiser Permanente Northern California Obstetrics and Gynecology Resident Research Symposium. This symposium is held in conjunction with Kaiser Permanente's Obstetrics and Gynecology Residency Programs in San Francisco and Santa Clara.

2018 Resident Research Projects:

- "A Clinical Risk Model to Predict Obstetric Anal Sphincter Injuries in Laboring Patients"
**Won the "Greatest Potential Impact Study" resident research award*
- "Patient Preparedness for Childbirth: The Impact of Provider Counseling and Informed Consent"
- "Identifying Patients with Persistent Chronic Pelvic Pain after Undergoing a Hysterectomy: A Pelvic Pain Center Experience"
- "Alternative Treatment Utilization Before Hysterectomy for Benign Gynecologic Conditions at a Large Integrated Health System"



Interns 2018



Rotation Schedule

PGY 1

- 2 months – Obstetrics Service
- 2 months – Gynecologic Surgery Service
- 2 months – Night Float
- 2 months – Alameda Health System: Obstetrics
- 1 month – Maternal-Fetal Medicine (with Ultrasound/NICU)
- 1 month – ICU
- 1 month – Emergency Medicine
- 2 weeks – Pathology (fetal and placental)
- 2 weeks – Ultrasound

PGY 2

- 2 months – Obstetrics Service
- 2 months – Gynecologic Surgery Service
- 2 months – Gynecologic Oncology Service
- 2 months – Alameda Health System Gynecologic Surgery
- 1 month – Night Float
- 1 month – Family Planning
- 1 month – Ambulatory Clinic
- 1 month – Reproductive Endocrinology and Infertility

PGY 3

- 2 months – Gynecologic Surgery Service
- 2 months – Alameda Health System: Gynecologic Surgery
- 2 months – Night Float
- 2 months – Ambulatory Clinic
- 2 months – Elective
- 1 month – Obstetrics Service
- 1 month – Reproductive Endocrinology and Infertility

PGY 4

- 2 months – Obstetrics Service
- 2 months – Gynecologic Surgery Service
- 2 months – Alameda Health System: Gynecologic Surgery
- 2 months – Ambulatory Clinic
- 2 months – Gynecologic Oncology Service
- 2 months – Urogynecology Service

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Lifestyle

We understand the personal and academic demands of residency training, and encourage our residents to form bonds and socialize with each other outside of the hospital setting. The San Francisco Bay Area, with its vibrant cultural life, temperate climate and vast array of outdoor recreational activities, is arguably one of the best places to live in the world. Oakland is a sophisticated, metropolitan community known for its diverse population and tolerant spirit. It boasts excellent restaurants, world-class performing arts, professional sports teams, fascinating museums and beautiful parks. And it is just hours away from skiing, camping, surfing and natural wonders like Lake Tahoe and Yosemite National Park.

Clerkships

Students from the University of California, San Francisco (UCSF) rotate through our program during their core third-year Ob/Gyn clerkship or in KLIC (the Kaiser Longitudinal Integrated Clerkship, a year-long, third-year medical student experience). Interactions with these students enable our residents to enhance their teaching skills. Fourth-year medical students also rotate through our department during sub-internships. Clerkships are encouraged but not required for applicants who are seriously considering our residency program.



Trainers and Trainees 2018



Day at work



Retreat 2018



Graduation 2018

More Information



To learn more about our residency program, please contact:
Program Administrator/GME Supervisor Joel Barcelona at (510) 752-1934 or Joel.Barcelona@kp.org.

To learn more about sub-internships, please contact Program Administrator/UME Supervisor Lyn Espinosa at (510) 752-7555 or Whenalyn.P.Espinosa@kp.org.

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