

Thank you for your interest in the Department of Obstetrics and Gynecology at Kaiser Permanente Los Angeles Medical Center (LAMC). We are proud of our residency program and its graduates.

LAMC is Kaiser Permanente's tertiary care center for Urogynecology, Maternal-Fetal Medicine, Pediatric Surgery and Gynecologic Oncology. Our program's strengths include the diversity of our patient population and the dedication of our clinical faculty. Our residents treat patients with both common and rare problems in an atmosphere of teamwork and mutual respect.

In an era of financial crises in health care, Kaiser Permanente's size and the quality of its health care delivery system afford our residency program stability that few others enjoy. Because Kaiser Permanente has no shareholders to satisfy, the health of our patients is each physician's highest priority. This emphasis on patient care is underscored by the Healthcare Employers Data and Information Set (HEDIS) report that Kaiser Permanente spent more than 97 percent of the money it received in member dues to cover medical and hospital expenses for plan participants; only 3 percent was spent on administrative costs.

**Michael Weinberger, MD**  
Program Director

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## 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, cost-effective medical care; including health maintenance and preventive care. We strive to balance your outpatient and inpatient experiences.

The department of Obstetrics and Gynecology includes 27 full-time, board-certified physicians, two certified Nurse Midwives, and five Registered Nurse Practitioners. There are fellowship-trained specialists in Urogynecology, Gynecologic Oncology, Reproductive Endocrinology, and Maternal-Fetal Medicine.

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, Complicated Obstetrics, 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 hope to establish a fellowship program in Urogynecology. 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, and Perinatology. Gynecologic expertise is developed through extensive clinical experience; there are rotations in Colposcopy, 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. In 2005, LAMC had 2,117 total deliveries. We have educational affiliations with two other Kaiser Permanente facilities (Baldwin Park and West Los Angeles) where a total of 5,654 deliveries and over 1600 major gynecological operations were performed in 2005.

### **Information Technology**

Kaiser Permanente is a leader in the development of electronic medical records. HealthConnect, a comprehensive outpatient medical record system, was fully deployed in 2006. Using HealthConnect, clinic notes, medications, laboratory results, operative and pathology reports, and discharge summaries are now “just a click away.” Radiographic images may be accessed immediately using intranet-based software. Kaiser rolled-out the inpatient version of HealthConnect at several southern California medical centers in earlier this year. Portions of the system are currently operational at LAMC, and we are scheduled to be fully online in 2008.

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, Cochrane, and First Consult), drug databases (e.g.: Micromedex and Natural Medicines), search databases (e.g. MDConsult, PubMed, OVID and Gideon), Kaiser Permanente’s Practice Guidelines, electronic journals and textbooks.

The Center for Medical Education at LAMC recently completed negotiations with a vendor for web-based resident evaluations. Proprietary software will facilitate online submission of evaluations, duty hour reports,

and tools designed to demonstrate competence in the six domains identified by the Accreditation Council on Graduate Medical Education.

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

### **Year One: Internship**

Internship training includes one month rotations in Pediatrics and General Surgery, two months each of Gynecologic Oncology and Benign Gynecology, and three months of Obstetrics. Three months of the internship year are devoted to fulfilling primary care requirements: one month is devoted to outpatient Family Medicine and there are two one-month Internal Medicine rotations. The average on-call schedule is one day in four.

### **Obstetrics Rotations**

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

During two one-month rotations in the Labor and Delivery suite, interns are responsible for the ante, intra-, and postpartum management of obstetric patients. There is a faculty physician on Labor and Delivery at all times 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 four 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.

**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 have successfully incorporated 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 weekly during all first-year rotations (except ICU, NICU and General Surgery). In this way, interns begin to develop a cohort

of patients for whom they will provide care during the next three years.

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

Each resident is assigned an office and a nurse. Ultrasound machines are located in each clinic unit. Residents learn abdominal and vaginal sonography from “generalist” faculty, as well as subspecialty practitioners..

**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.

PGY-2 residents spend 10-weeks on the Urogynecology service under the supervision of a chief resident and two 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 residents’ outpatient clinic experience includes a 10 week rotation in the High-Risk Obstetrics Clinic and weekly Continuity Clinic.

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 a 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. Residents are responsible for their patient's preoperative evaluations and all aspects of postoperative care.

The 10-week surgical rotation at Kaiser Permanente's West Los Angeles Medical Center 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). In the operating room, the resident functions as primary surgeon, and subsequently manages the patient's postoperative care.

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 Gynecological Oncology Clinic that is conducted jointly with the Medical and Radiation Oncology divisions.

Third year residents have a 10-week experience in Reproductive Endocrinology and Infertility. They 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. To gain experience in such assisted reproductive technology procedures as egg retrieval and embryo transfer, residents spend time with Huntington Reproductive Group, a private practice group located in Pasadena.

Third year residents have a 5-week block that they may use to complete their research project or for an elective rotation. Some residents have used this as an opportunity to gain additional experience in pregnancy termination (optional).

The residents' outpatient clinic experience includes a 5-week rotation in the High-Risk Obstetrics Clinic,

Colposcopy Clinic, 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. There are three subspecialty rotations during the year. 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.

#### **High-Risk Obstetrics 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 and outpatients. Several days per week the senior resident is assigned to Labor and Delivery; where they supervise the activities of medical students and junior residents, and manage the care of all laboring 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 on urogynecological and pelvic reconstruction operations (particularly vaginal hysterectomy), and 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.

There is a 10-week Gynecologic Surgery rotation at Kaiser Permanente's Baldwin Park Medical Center. The focus of the rotation is on major gynecological procedures, and residents have the opportunity to refine their skills in vaginal hysterectomy. In the operating room, the chief 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 presentation and clinical course 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. Intrapartum fetal heart rate tracings and pertinent management issues are discussed at monthly Tracing Conference. Residents and attending physicians participate in quarterly Quality Assurance meetings.

The residents have additional educational conferences throughout the week. During the weekly Core Lecture Series, a chapter from one of the major Ob/Gyn textbooks is presented. Over the course of a two-year cycle the breadth of the discipline and its subspecialty areas are covered. Every Tuesday at noontime there is a lecture covering topics in Benign Gynecology. Each week, the Gynecologic Oncology service meets with members of the Pathology Department to review surgical specimens. Benign Pathology Conference is conducted every other month to review obstetrical and gynecologic specimens. Residents present a synopsis of each case and pertinent histopathology slides are reviewed by the pathologists.

The department participates Southern California Kaiser Permanente Medical Group's annual Ob/

Gyn Symposium. The meeting includes lectures by preeminent physicians and researchers the 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.

The Council on Resident Education in Ob/Gyn (CREOG) In-training exam is administered annually. The examination is mandatory for house officers at all levels of training. Exam results help individual residents identify strengths and weaknesses in their knowledge base, and enable the program director to evaluate the effectiveness of the educational curriculum. To help prepare for the test, residents and faculty conduct structured review sessions. A \$100 prize is awarded to the resident, in each academic year, with the highest score on the examination.

### **Location and Lifestyle**

We believe that residents should have free time to relax, study, and spend with their loved ones. The program is in full compliance with the work hour limitations mandated by the Accreditation Council for Graduate Medical Education. No outpatient clinics are scheduled following overnight call. We have not found it necessary to implement a "night float" system.

The Kaiser Permanente LAMC is situated at the foot of the Hollywood Hills within a mile of Griffith Park (where the Los Angeles Zoo, Hancock Observatory, and Greek Theatre are located). LAMC is near several major freeways; allowing for convenient hospital access.

Los Angeles has all of the recreational and cultural activities you'd expect to find in a major metropolitan area. Beach, mountain and desert recreational activities are available within a 30-minute to two-hour drive of the city. Live theater, cinema, music, and dance are available in settings ranging from amateur and university groups to large, professional companies. Recreational and professional sports are popular diversions. The varied ethnic communities of Los Angeles offer exciting opportunities to explore other cultures.

**To learn more about:**

- **How to apply to this program & others**
- **Our faculty and residents**
- **Available clerkships & electives**
- **Benefits & salary for residents**
- **The annual Residency & Fellowship Open House**

**Give us a call or visit us online today!**

**<http://residency.kp.org/scal>  
or call 1-877-574-0002**