Urogynecology-Reconstructive Pelvic Surgery Fellowship

Mayo Graduate School of Medicine

Mayo Clinic Rochester
Rochester, Minnesota
Urogynecology-Reconstructive Pelvic Surgery Fellowship

The three-year Urogynecology-Reconstructive Pelvic Surgery Fellowship at Mayo Clinic Rochester offers:

• An excellent post-residency educational opportunity
• Advanced training in the management of complex benign pelvic surgical problems
• Preparation for certification in a subspecialty of the American Board of Obstetrics and Gynecology
• An excellent career in academic medicine

Mayo’s favorable faculty ratio, large patient population and state-of-the-art diagnostic, therapeutic and research facilities combine to create a truly integrated educational experience. The “Mayo way” of graduate medical education ensures you will have the finest teaching and the broadest patient care experience possible during a busy, hands-on fellowship.

Training at Mayo

Mayo has a long-standing tradition of practicing both the art and science of medicine. As one of the country’s largest and best-known private group practices of academic medicine, Mayo was founded on the belief that physicians need to work together, teach and learn from others, and conduct research to provide sustained, excellent patient care.
Physicians, scientists, residents, students, nurses and allied health staff members work as a team at Mayo. Our staff clinicians and scientists are called consultants in recognition of their teaching and mentoring role in the team.

**Mayo teamwork spans many locations**

**In Jacksonville, Florida**
Mayo Clinic Jacksonville  
St. Luke’s Hospital

**In Rochester, Minnesota**
Mayo Clinic Rochester  
Saint Marys Hospital  
Rochester Methodist Hospital  
Charter House

**In Scottsdale, Arizona**
Mayo Clinic Scottsdale  
Mayo Health System
Program Description

Mayo’s Fellowship in Urogynecology-Reconstructive Pelvic Surgery is three years in length. It includes two years of clinical training and one year of research. During the clinical rotations of the fellowship, while the majority of time will be spent on gynecologic surgery services, experience will also be given in intensive care, plastic surgery, physical medicine and rehabilitation, anorectal function and neurologic assessment. A major part of the fellow’s clinical responsibilities will be in the Incontinence/Pelvic Floor Dysfunction Clinic where patients with pelvic floor abnormalities are assessed, investigated, and have their treatment planned.

During the fellowship, you will:

• Learn the investigative, surgical and nonsurgical management of gynecologic disease processes, with the emphasis on benign disease, but also with exposure to oncologic problems.

• Gain hands-on experience with the diagnosis and complete management of patients with urinary and anal incontinence; pelvic relaxation; genitourinary and gastrointestinal fistulas of all varieties; and congenital anomalies.

• Participate in surgical manipulation of the lower gastrointestinal and urinary tracts to treat patients with gynecologic problems affecting these organs.

• Interact with colleagues in other related departments, such as general surgery, plastic and reconstructive surgery, colorectal surgery, and urology.

During each rotation, the fellow will be assigned to one surgical service, where he/she will work with staff consultants in preoperative assessment, surgery,
and postoperative care for all patients on that service. Mayo’s gynecologic surgeons work an alternate-day operating schedule, operating all of one day and consulting all of the next day. This close one-to-one teaching environment is ideal for learning the art of surgery.

Clinical Training

At Mayo Rochester, the Department of Obstetrics and Gynecology consists of 27 consultants, including seven surgeons within the Division of Gynecologic Surgery. The surgical consultants participate in pre- and postoperative evaluations, are responsible for all operative procedures (approximately 3,000 annually), and maintain a close, personal working relationship with gynecologic surgery fellows.

Rotations

Most inpatient and outpatient activities and related clinical instruction occur on alternate weekdays at Mayo. The chart below shows a typical week.

Typical Weekly Schedule

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<tr>
<th>Nonsurgical Days</th>
<th>Surgical Days</th>
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<tr>
<td>Hospital work rounds (a.m.)</td>
<td>Hospital work rounds (a.m.)</td>
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<tr>
<td>Staff teaching rounds</td>
<td>Gyneceologic surgery</td>
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<tr>
<td>Outpatient services</td>
<td>Pathology reviews</td>
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<tr>
<td>Hospital work rounds (p.m.)</td>
<td>Hospital work rounds (p.m.)</td>
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On nonsurgical days, you will conduct early morning hospital work rounds at Rochester Methodist Hospital, evaluating the pre- and post-operative status of patients and formulating management plans. Then
you will join a consulting staff member and revisit all inpatients for teaching rounds. During these rounds you will discuss the patient’s condition and modify your management plans if necessary. You will go to Mayo Clinic for the balance of the day - seeing and evaluating new, returning and postoperative patients. You will complete the day with final hospital work rounds. On a daily basis, you will be involved in the assessment and investigation of patients in the Incontinence/Pelvic Floor Dysfunction Clinic.

On surgical days, you will conduct early morning and late afternoon hospital work rounds, as described above. You will begin surgery at 7:45 a.m., working one-on-one with the surgical consultant who will give you intraoperative instruction.

**Assignments and Responsibilities**

You will be assigned to a staff gynecologic surgeon for each three-month surgical rotation in the program. During each rotation you will consult with that staff member and serve as one of three individuals on the surgical team (staff consultant, fellow and operating technician) on operating days.

The degree of independence you have in any given case will be determined by your experience and surgical expertise as well as the complexity of the surgery required to care for the patient. However, your overall responsibility will increase commensurate with your professional growth. For example, during the first six months after you begin your fellowship, you will function as an assistant to the staff surgeon until you are familiar with Mayo’s approach and techniques. By the time you have reached the last six months of training, it is expected that these roles will be reversed. The same process should also occur in your work with patients in both the outpatient and inpatient postoperative settings.
The staff gynecologic surgeons at Mayo perform both benign and oncologic surgical procedures, so you will be exposed to many different types of gynecologic procedures during your assignments to ensure that you have the opportunity to gain superior surgical skills.

**Didactic Training**

Clinical conferences, seminars, small discussion groups, journal clubs and one-on-one instruction are all an integral part of the Urogynecology-Reconstructive Pelvic Surgery Fellowship Program.

A strong didactic core curriculum over a three-year cycle covers the range of complex pelvic surgical problems in depth. Graduate level courses are also taught in pelvic anatomy, statistics, and gynecologic pathology. Numerous other graduate level courses are available through the Graduate School. The fellow will be guided in the selection of additional courses dependent upon research interests.

**Laboratories**

A laboratory adjacent to the operating suites helps the surgical pathologists and operating team evaluate specimens by frozen section techniques. The location of this lab gives the fellow ample opportunity to review the gross and microscopic pathology of all surgical cases in which the fellow participates. In addition, urodynamic, anorectal continence, and endoscopic surgical laboratories are available for patient evaluations, education, or clinical research activities.
Operating Rooms
State-of-the-art operating rooms, each fully equipped for endoscopic surgery and with full endoscopic and open surgical video capability for teaching purposes, are available. The department has an extensive library of surgical videotapes for use by residents and fellows.

Seminars/Lectures
The conference, seminar, and lecture schedule at Mayo Medical Center typically offers more than 90 presentations and discussions per week in many specialty areas. Because these events can be beneficial to the fellow’s career, they should make an effort to balance attendance at these forums with other activities and obligations. Between September and mid-June, the following schedule is available:

- Gynecologic Surgery Conference
  (Saturdays, 7:30 - 8:30 a.m.)
- General Surgical Grand Rounds
  (Saturdays, 8:00 - 10:00 a.m.)
- Gynecologic Oncology Conference
  (Wednesdays, 7:00 - 8:00 a.m.)
- Interdepartmental Conference (monthly)
  (Tuesday, 5:15 - 6:00 p.m.)
- Journal Club (monthly)
- Mayo Surgical Society (monthly)
- Mayo Oncology Society (monthly)

The fellow will also attend selected basic science presentations related to research interest and career goals and master’s degree requirements.
Teaching Opportunities

You will have the opportunity to teach Mayo Medical School students and visiting students from other medical schools through bedside instruction and formal didactic lectures.

Cardiac Life Support Certification

Certification in Basic Cardiac Life Support and Advanced Cardiac Life Support (ACLS) is required for all Mayo residents and fellows. ACLS courses are held during the last week of June, just before the start of the academic year. The ACLS course also is offered evenings every three months during the year to facilitate recertification.

Research Training

Your research opportunities at Mayo are outstanding. You are encouraged to participate in research projects with the consulting staff. This includes opportunities for clinical studies and laboratory-based projects. One year of your Urogynecology-Reconstructive Pelvic Surgery Fellowship is dedicated time to pursue research interests.

An extensive collection of archival pathology material along with enthusiastic clinical, laboratory, and statistical support teams allows fellows to conduct scientific investigations and clinical research. The fellow is required to prepare at least one manuscript as a thesis for presentation and publication in a peer-reviewed journal as part of the fellowship. Designated basic scientists in the institution will act as mentors to supervise the fellows’ research projects and allocate laboratory space. Both clinical and basic science projects will be encouraged.
**General Program Information**

**Patient and Service Mix**

As a regional medical center for the Midwest, Mayo Clinic Rochester registers more than 320,000 patients each year. Eighty percent of the clinic’s patients are self-referred and come from within a day’s drive. Although Mayo has a reputation for successfully handling the most obscure and difficult medical problems for people from around the world, common medical concerns are actually the norm. This allows you to see and treat an exceptional variety of illnesses during your clinical training.

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**Bench to bedside**

Mayo is committed to basic and clinical research that leads to better patient care.

**Mayo’s hallmark is teamwork —**

- Among basic and clinical investigators
- Among investigators and clinical practitioners
- Across Mayo sites
- Between Mayo and other institutions

**Mayo people in research —**

- 160+ full-time physicians and scientists
- 260+ associates and fellows
- 930+ administrative and allied health staff

**Research funding sources —**

- Extramural funds = $81 million+
- Mayo funds/other revenue = $54 million+
Call Frequency

Your call schedule will vary by individual rotation. Mayo follows the recommendations of the Accreditation Council for Graduate Medical Education.

Evaluation

To ensure that you acquire adequate knowledge and develop your technical skills, your performance will be monitored carefully during the course of your fellowship. You will be evaluated formally by your supervising faculty member after each clinical rotation. In addition, you will regularly evaluate the faculty to ensure that your educational needs are being met.

Additional Training

A master’s degree in Biomedical Sciences - Gynecologic Surgery is available through a cooperative effort between the Department of Obstetrics and Gynecology and Mayo Graduate School.

The fellow must successfully complete four quarters of research in physiology, biomechanics, pharmacology, biochemistry, molecular biology, cell biology or immunology. The fellow must also complete two introductory biostatistics courses and at least two credit hours of didactic courses related to their biomedical research area. The thesis prepared as a prerequisite for completion of the fellowship will be accepted as part of the master’s degree requirements, together with a defense of the thesis and an oral and written examination.
Facilities and Resources

Facilities
The Mayo campus in Rochester, Minnesota, includes two hospitals with nearly 1,300 beds, a Level One Trauma Center, a comprehensive outpatient medical complex, a variety of research facilities, and several full-service laboratories and on-site pharmacies. More than 800 staff physicians represent virtually all clinical specialties.

Libraries
Mayo’s library system in Rochester has one of the largest medical collections in the world — more than 4,300 journal subscriptions, nearly 353,000 bound volumes, and several medical databases and search engines. The main library provides study space, computers, microfilm readers and reader-printers, translations, duplicating machines, and book ordering and audiovisual services.

Reference librarians can arrange interlibrary loans, perform literature searches, and teach you how to use the computer database services that link Mayo to a global network of scientific information. More than 625 clinical conferences are preserved on videotape each year. You can view these tapes at the library or check them out for use at home.

Branch libraries include a health-related sciences library, two hospital libraries and the Learning Resource Center (LRC). The LRC, devoted mainly to the Mayo Medical School curriculum, offers special collections emphasizing women’s issues in medicine and health, medical education, and ethics.
Computer Services

Macintosh and IBM personal computers and software are available for residents and fellows to use. In addition, Mayo’s Microcomputer Education Center provides training in the use of computers for word processing, data collection and data analysis.

Telecommunications System

Mayo’s clinics in Rochester, Scottsdale and Jacksonville are linked via a sophisticated telecommunications system, which provides video teleconferencing and data transmission. Staff can have live, interactive consultations with physicians and their patients at the other sites via TV monitors. In addition, X-rays, laboratory test results, CT scans, ECG tests, angiograms and pathology slides can be transmitted between sites.

An advanced telecommunications system also is the foundation for Mayo’s unique five-digit telephone dialing and pager system. Physicians can be easily accessed for consultations or updates, strengthening the teamwork among consultants, fellows, residents and allied healthcare staff at all three practice sites.
Compensation and Benefits

Vacation and Trip Policy

You may take up to 15 working days (three weeks) each year for vacation.

You are encouraged to present your research at regional and national meetings. If you are selected to make a presentation, Mayo will pay the authorized expenses for you to attend that meeting (within the United States).

Stipends and Other Benefits

Mayo has highly competitive stipends and a benefits package that includes:

• A comprehensive medical care plan
• Short-term disability insurance
• Voluntary basic life insurance, disability insurance, and family life insurance
• Voluntary additional life insurance
• Voluntary accidental death and dismemberment insurance
• A dental assistance plan
• Excess personal liability insurance
• Professional liability coverage

Additional information about stipends and benefits will be provided during personal interviews.
The Rochester Community

Home of the original Mayo Clinic and the largest IBM manufacturing plant under one roof, Rochester, Minnesota, welcomes thousands of visitors from around the world each year. Rochester, with a population of over 75,000, has the amiable qualities of many small Midwestern towns while offering big-city amenities.

If you’re interested in the fine arts, you’ll find an active network of enthusiasts who support a symphony orchestra and chorale, four theaters, a community art center, and several choruses and bands.

Rochester has much to offer in sports and physical fitness also. Within the city limits are several golf courses; tennis and health clubs; an extensive network of walking, biking and in-line skating trails; nearly 2,000 acres of city parks; and a community recreation center. Several state parks are nearby, and it’s a very short drive to fishing, hunting, hiking, camping, boating, skiing or skating.

The Twin Cities of Minneapolis and St. Paul are only 80 miles north of Rochester. Among many attractions are the nationally famous Guthrie Theatre, the Minnesota Orchestra and the Walker Art Center. Both professional and Big Ten baseball, football and basketball teams are based there. The Twin Cities also have world-class shopping and restaurants, including the Mall of America.

Good, moderately priced housing is relatively easy to find in Rochester. The public school system is one of the best in the state.
Appointments and Applications

There is one position available in Mayo’s Urogynecology-Reconstructive Pelvic Surgery Fellowship Program each year on a competitive basis. To apply, you must meet the following criteria:

• Be board eligible/certified by the ABOG.
• Graduates of United States medical schools must have completed at least four years of approved residency training in obstetrics and gynecology.
• Graduates of Canadian medical schools must present evidence that they have had equivalent postgraduate training.

To apply to the Urogynecology-Reconstructive Pelvic Surgery Fellowship Program, you need to submit:

• A completed Mayo Graduate School of Medicine application form
• Official college, graduate school and medical school transcripts
• An official record of board scores (NBME, FLEX, USMLE, LMCC, VQE or FMGEMS)
• A dean’s letter and two other letters of recommendation
• A curriculum vitae
• A personal statement
• A valid ECFMG certificate (if you graduated from medical school outside of the United States or Canada)

In addition, applicants for fellowship programs must provide a copy of their most recent ABOG exam scores and a letter from their residency program director.
Applications for each academic year, which begins in July should be completed by August 31 of the previous calendar year. If you are considered for an appointment, you will be asked to visit Mayo Clinic Rochester for an interview. Interviews are conducted from September through November each year.

Inquiries

If you would like an application form or more information, please contact:

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