OB-GYN RESIDENCY PROGRAM

• Community-based hospital
• Long standing history of osteopathic medical education
• 7 residency programs
• Current campus since 2008
• 208 inpatient beds
• 150 births/month; 1,800 births/year (Residents cover all deliveries and C-sections)
• We will be taking three PGY-1’s next year
MEET OUR PROGRAM DIRECTOR:
DR. JEFF POSTLEWAITE, DO, MBA, FACOOG

- Hometown: Oswego, IL
- Undergrad: Carthage College
- Medical school: Chicago College of Osteopathic Medicine
- Residency: Midwestern University, Chicago IL
- Now also serves as UM Health-West Vice President of Medical Affairs and Designated Institutional Official (DIO)
MEET THE RESIDENTS
CANDICE BUCKLES
PGY-4

• Hometown: Parker, CO
• Undergrad: University of Colorado – Colorado Springs
• Med school: Liberty University COM
• Husband: Jesse
• Dog: Huckleberry
CHARISSA MEREDITH
PGY-4

- Hometown: Eagle River, AK
- Undergrad: University of Alaska—Anchorage
- Medical School: Pacific Northwest University of Health Sciences
- Husband: Sam
  Dog: Addie
MAIA SULLIVAN PGY-4

- Hometown: Sartell, MN
- Undergrad: College of St. Benedict/St. John’s University
- Med school: VCOM- Virginia
- Husband: Joe; Son: Brendan; Dogs: Bernie and Oliver
SARAH EDGERTON
PGY-4

- Hometown: Hermantown, MN
- Undergrad: St. Olaf College
- Med school: Rocky Vista University COM
- Dog: Brantley, Cat: Luna
CHAD MARTINEZ PGY-3

- Hometown: Oakley, CA
- Undergrad: Brigham Young University
- Medical School: Alabama College of Osteopathic Medicine
- Wife: Kylie; Dogs: Piper and Tonks
CODY CAMPBELL
PGY-3

- Hometown: Muncie, IN
- Undergrad: Ball State University
- Medical School: Marian University College of Osteopathic Medicine
- Wife: Tori
- Daughter: Rachel
- Dog: Molly
- Cat: Piglet
DANIEL NICOARA PGY-3

- Hometown: Walla Walla, WA
- Undergrad: Washington State
- Medical School: PNWU College of Osteopathic Medicine
- Wife: Magdalena
- Son: Azriel; Daughter: Vivien; Cat: Louie
MARISSA LOWN
PGY-2

• Hometown: Grand Rapids, MI
• Undergrad: College of the Holy Cross
• Medical School: University of New England COM
RIA JOSEPH
PGY-2

• Hometown: Tucson, AZ
• Undergrad: University of AZ
• Medical School: Rocky Vista University COM
• Boyfriend: James
• Dogs: Durango and Lucy
ZOE JOHNSON PGY-2

- Hometown: Naperville, IL
- Undergrad: University of TN
- Medical School: Marian University COM
- Fiancé: Nick; Daughter: Peyton
• Hometown: Holt, MI
• Undergrad: Saginaw Valley State University
• Medical School: MSUCOM
• Boyfriend: Michael
• Cats: Scrubs and Ivy
JESSICA BHANDARI PGY-1

- Hometown: Fort Worth, TX
- Undergrad: Texas A&M University
- Medical School: Alabama College of Osteopathic Medicine
VAISH
POCHINCHERLA
PGY-1

- Hometown: Seattle, Washington
- Undergrad: University of Washington
- Medical School: Pacific Northwest
- Boyfriend: Yancie
OUR ATTENDINGS — UM HEALTH-WEST OB/GYN

Dr. Hansul DO
Dr. Florido DO
Dr. Kaczkofsky DO
Dr. Irving DO
Dr. Lown DO

Dr. Rulewicz DO
Dr. Getz DO
Dr. Elderkin MD
Dr. Vandenbosch MD
Dr. Hicks DO
ABOUT OUR PROGRAM

• First years given procedures on Day 1

• Block schedule: 13 Blocks per year (4 weeks each)
  • All of our off-service rotations are in Grand Rapids
  • OB Days: 6:30am-5:00pm M-F, call shifts on weekends
  • OB Nights- 5:00pm-7:00am Sun-Thurs, do not work weekends

• Resident clinic
  • Assigned clinic ~one half day per week throughout residency
  • Residents share OB patients but have more continuity with Gyn patients
GYN SURGERY

• We do surgery at UM Health-West Hospital and at Park East Surgery Center

• Gyn Surg rotation- 6:30a-5p M-F, take call on weekends

• The majority of hysterectomies are minimally invasive:
  • Robotic
  • Total laparoscopic
  • Laparoscopic supracervical
  • Single-site laparoscopic

• da Vinci Xi Robotic Surgical System
  • We have a dual console for resident training (resident and attending perform case together on separate consoles)
  • The teaching console also has training activities to practice robotic surgical skills
  • We receive complete robotic training and will graduate residency with robotic capabilities
  • Dr. Lown – Medical Director of Women’s Health Services and Director of Robotics Gyn Section

• Gyn-Onc in-house –Dr. Brader
• Uro-Gyn in house—Dr. English
LABOR AND DELIVERY

• Labor and Delivery:
  • One of our attendings covers L&D during the day each week
  • Residents responsible for managing labor patients and deliveries
  • Nurse-run term triage
  • Culture of teaching and collegiality with our nurses and staff

• Nursery:
  • Currently we have a Level 1 Nursery (deliver 35 weeks and up)
  • 24-hour NNP coverage with in-house Peds during the day
  • We do not routinely do circumcisions; there are opportunities if you are interested
PGY-1

- 6 Blocks OB
  - 2 of these are Night blocks
- 4 Blocks Gyn Surgery
- ½ Block Nursery
- ½ Ultrasound at UM Health-West Ob/Gyn office
- 1 Block SICU at Spectrum- Butterworth Hospital
- 1 Block ER
• 6 Blocks of OB
  • 2 of these are Night blocks

• 5 Blocks of Gyn Surgery

• 1 Block MFM (Inpatient) – Spectrum Health

• 1 Block UroGyn – Dr. English, UM Health-West
• 5 Blocks OB
  • One of these is a Night block with an intern
• 4 Blocks Gyn Surgery
• 1 Block REI – at the Grand Rapids Fertility Center
• 1 Block GynOnc – Dr. Brader
• 1 Block UroGyn – Dr. Bennett, Mercy Health
• 1 Block outpatient MFM (MFM office/MFM ultrasound) – Spectrum Health
• May choose to do electives this year
• 6 Blocks of OB
  • One of these is a Night block with an intern

• 5 Blocks of Gyn Surgery

• 1 Block GynOnc – Dr. Brader (in-house)

• 1 Block Ambulatory Gyn at Michigan Ob/Gyn with our attendings

• May choose to do electives this year
EDUCATION

• Every Monday 1-5pm
  • OB Emergency Simulation – once Monday per month
  • Lectures by faculty and residents
  • Journal Article Review

• Readings – every Tues, Wed, Thurs, Fri morning

• SCS (Statewide Campus System) through MSU – all osteopathic Ob/Gyn Residents in Michigan meet once a month (every 3rd Thursday) for lectures from specialists

• Spectrum Health – once a month (every 3rd Wednesday) – Education with Spectrum Ob/Gyn Residents (Prior to COVID)

• Once per quarter:
  • Tumor board
  • Subspecialty lecture
COURSES/CONFERENCES

• Colposcopy course PGY-1
• Ultrasound course PGY-1
• Fall ACOOG Conference PGY-2
• SCS Pelvic Dissection and Anatomy Course PGY-2
• SCS Basic Science/Anatomy Lecture Course PGY-2
• SCS Debates PGY-2
• Annual ACOOG Conference PGY-4
• Research presentation PGY-4
QUESTIONS?

Contact emails:

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elizabeth.fry@umhwest.org – ObGyn Residency Coordinator