

Annual Resident Supplement to *Special Delivery*

WELCOME TO FUTURE MFM FELLOWS— by [Suneet P. Chauhan, MD](#), Chair of SMFM Fellowship Committee



MANY FACTORS WILL INFLUENCE YOUR DECISION WHEN APPLYING FOR A FELLOWSHIP PROGRAM. WHILE LOCATION IS ALWAYS IMPORTANT, DON'T RELY ON THIS SOLELY OR YOU MAY MISS OUT ON AN AMAZING OPPORTUNITY.

In response to the suggestion of current MFM fellow Dr. Annalee Boyle, the SMFM board unanimously approved this year's first annual forum for current residents and others who attend the annual meeting and have an interest in MFM fellowship. In addition to this supplement, the forum will become a recurring event at the Annual Meeting and the SMFM website will be enhanced to provide guidance for those seeking MFM fellowships. Our goal is to encourage inquisitive minds to utilize the resources offered by the Society to the maximum capacity, and foster successful future leaders in maternal fetal medicine. For any additional information or suggestions, please do not hesitate to contact me at chauhasp@evms.edu.

Resident Forum Report: First annual future MFM fellows meeting

By [Julia Bregand-White, MD](#)

On Wednesday February 13, 2013 at the Hilton in San Francisco I was introduced to the Society of Maternal Fetal Medicine. I sat enthralled throughout the entire conference, inspired to get back to my program to submit my manuscript and get started on my next project! But it was the first day, the first session of that weekend that spoke directly to me at the resident forum. I couldn't believe how these giants of our field had come to talk to us about MFM, not to mention how personable, passionate, and willing to help they all were.

Dr. Suneet Chauhan, mediator of the panel, challenged us to get inspired by the work in maternal and infant health being done around the world. Shilpa Babbar, who recently matched into MFM at University of Missouri in Kansas City, and current MFM fellow Annalee Boyle provided insight into the application process. Dr. Deborah Wing explained ABOG's mission to ensure the highest level of training for MFM fellows. Outgoing SMFM president Dr. Kate Menard and Executive Vice-President Dr. Dan O'Keeffe shared the vision of the SMFM board to welcome interested individuals and identify and promote future leaders, and Dr. Kim Boggess highlighted The Pregnancy Foundation as a source of scholarship programs. Dr. Cathy Spong, director of the Division of Extramural Research within the NICHD encouraged us to take this time to consider research interests and seek out training programs that will optimize our productivity. Dr. Anthony Vintzileos talked more about resident research and described the value of formulating an idea, organizing a project, and seeing it to completion with publication. Dr. William Grobman, the MFM program director at Northwestern University described the opportunities within fellowship to consider and develop your research interests.

As you can tell, the goal of the Society of Maternal Fetal Medicine is to improve pregnancy outcomes by advancing the science and practice of obstetric care through research, research, and research! What was such a wonderful surprise to me was how enthusiastic and approachable each of these highly accomplished presenters was. As we consider careers in MFM we can rest assured that we are entering a field focused on the future and ready to welcome us with open arms!

What should applicants look for in a fellowship program?

by [Heidi Leftwich, DO](#)



Many factors will influence your decision when applying for a fellowship program. While location is always important, don't rely on this solely or you may miss out on an amazing opportunity. Similarly, though call, vacation schedules, salary, and moonlighting ability are relevant in that they affect your quality of life over the next 3 years, these also shouldn't be the main focus. Mentorship, protected time, and departmental support are keys to a productive fellowship and successful beginning to your career. Joining a fellowship is like expanding your family...only this time you have a choice! It is important to select a program with faculty with whom you feel comfortable and enjoy. Make sure the program matches your interests both clinically and in research. Pay attention to the current fellows...are they happy? Overworked? Stressed? Productive? This will give you an idea of what your future would be like if you attended that fellowship. Lastly, relax and have fun!

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What are program directors looking for in applicants to fellowship programs?

by [Laura Goetzl, MD](#) and [Deirdre Lyell, MD](#)

Collegiality – In general, fellowship programs are much smaller than residency programs, and fellows begin to feel more like peers. Program Directors want fellows who get along with others and do not consistently create uncomfortable situations or conflicts.

Professionalism – Program Directors look for fellows who can hit the ground running. While you'll be guided and mentored during fellowship, it's also time to become more independent, to demonstrate leadership and take initiative to make things better. Needless to say, complete your fellowship on time and perform all of your job duties.

Clinical acumen – A fellow should be able to function as an attending for low risk obstetrics while they are training in additional MFM skills such as ultrasound, prenatal diagnosis, genetics, obstetric critical care, high-risk consultations, etc. Make sure your letters of recommendation address your competence and ability to act independently and make decisions in areas where your training should be complete.

Motivation to perform research – Every Program Director dreams of having a fellow that will write 2 to 3 papers a year, and/or complete research projects that the fellowship director has always wanted to complete but couldn't find a motivated fellow or resident. If you expect to be highly productive and like to write, let the Program Director know of your goals and abilities during your interview. Having published a paper (or two) during residency is evidence of motivation.

Teaching ability – Fellows who are able to teach residents and students add to the academic nature of any program. Are you willing to engage? Do you teach by example? Teaching awards during residency are a bonus.

Research experience or skills – Having some clinical or lab experience is extra credit because it suggests you can jump into your research project earlier or complete more than one.

"Good hands" and/or spatial skills – While not critical, such skills make teaching procedures such as ultrasound, amniocentesis, and PUBS that much easier.

Life experience – Having faced a challenging experience can often create depth, skills, compassion, and common sense. Feel free to share yours.

Business sense – Some appreciation of billing, coding, and real world experience is always appreciated.

Top 10 Dos and Don'ts on the Interview Trail

by [Alexandria Hill, MD](#) and [Bob Silver, MD](#)

DO	DON'T
• <i>Wear comfortable shoes</i> • <i>Turn your phone off</i> • <i>Ask questions</i> • <i>Attend the mixer</i> • <i>Prepare to follow-up</i> • <i>Be on time</i> • <i>Wear professional attire</i> • <i>Be ready for the "name game"</i> • <i>Be unique</i> • <i>Have a vision for your personal and professional future</i>	• <i>Chew gum</i> • <i>Overdo perfume</i> • <i>Be glued to your phone</i> • <i>Put all your questions in one basket</i> • <i>Interrupt the interviewer</i> • <i>Drink too much alcohol at the mixer</i> • <i>Make a fool of yourself on social media</i> • <i>Book your return flight too early</i> • <i>Wear attire that is too casual or more suited to a night out</i> • <i>Act obsequiously</i> • <i>Ask excessively about vacation</i> • <i>Be a wallflower</i> • <i>Cry</i>