

Obstetrics and Gynecology:

Please note that I strongly advise meeting with your OBGYN advisor prior to making decisions regarding your schedule. Choosing electives will depend on your personal interests, preparedness for residency, and competitiveness for the match.

Do an OBGYN AI, if possible in a busy obstetrics unit. Even if you have a goal of becoming an REÍ, skill in obstetrics is still core to residency training. You are more likely to be asked an obstetrics management question on an interview. Avoid if possible doing this in July when interns start and need to do the deliveries themselves. Attendings and upper level residents will be busy training the interns.

Everything else will depend on availability, and if you are recommended to do a 4-week rotation at locations where you are applying, and need to boost your competitive edge.

Elective ideas:

1-2 OBGYN electives for interest. Gyn Oncology/family planning/REÍ. Go to the busiest centers you can find. Many electives now require letters and grades and won't students that wouldn't be competitive for the match at their program, so plan accordingly and be realistic. Ideally do this early for a letter. These tend to be less effected by the July phenomenon.

2-Any other required clerkship (this can change so check with GPS and 4th Year requirements).

3-Surgical intensive care unit or trauma surgery. While there are few rotations for Women's Intensive Care, massive post partum hemorrhage is unfortunately common from placenta accreta. Learn how to manage resuscitation.

4-Cardiology. The number one cause of maternal mortality is cardiovascular disease.

5-Medical Spanish. No matter where you match, you will need this. Even a few words in their native language can calm a laboring patient.

6-If affordable, go abroad in February or April. Do any elective. One of the most memorable ways to learn about medicine as other countries practice it.

7-Radiology-ultrasound/MRI/CT can be very useful.

8-Emergency medicine to see the acute presentations of ovarian cysts, ectopic pregnancy, heavy bleeding.

9-Dermatology/rheumatology/GI are also will be helpful to know prior to starting residency.