

OBSTETRICS AND GYNECOLOGY

Fellowship in Female Pelvic Medicine and Reconstructive Surgery





Overview

Oregon Health & Science University (OHSU), a public university in Portland, Oregon, was first formed in 1887 when the University of Oregon chartered a state medical school in Portland and began The University of Oregon Medical department. In 1974 it became an independent university — the University of Oregon Health Sciences Center — and took its current name of Oregon Health & Science University in 2001.

OHSU is the state's only academic health center. It provides an uncommon array of services from providing the state's most comprehensive health care, to educating the next generation of clinicians and biomedical researchers, to achieving breakthroughs and innovations.

The fellowship in Female Pelvic Medicine and Reconstructive Surgery (FPMRS) at OHSU started in 1995. Our goal is to equip fellows to enter academic medicine by providing them with the breadth and depth of clinical and scientific knowledge. Program graduates have had a 100 percent FPMRS board certification record and are practicing across the country; many of them in leadership and teaching roles. The goals of the fellowship include:

- Demonstrate clinical competence in female pelvic floor disorders, with special emphasis on excellence in surgical management
- Show competence in teaching all levels of learners as well as colleagues
- Complete and publish scientific research appropriate for the thesis requirement of the FPMRS Division at the American Board of Obstetrics and Gynecology
- Develop the administrative, organizational and interpersonal skills needed to succeed in today's academic environment



Clinical Training

Twelve FPMRS board-certified faculty members are dedicated to engaging you over the course of three years of training. In addition, you will work with a wide range of non-FPMRS faculty in urology, colon and rectal surgery, and physical therapy. You will rotate among three different complementary sites in Portland: OHSU; Legacy Good Samaritan Hospital; and Kaiser Permanente Northwest (Sunnyside Medical Center).

Our fellowship provides access to the complete diagnostic and therapeutic options for patients with pelvic floor disorders. Fellows graduate adept at performing and interpreting the following diagnostic evaluations:

Urinary Incontinence and Voiding Dysfunction

- Multichannel urodynamics
- Fluoroscopic (video) urodynamics
- Rigid and flexible cystourethroscopy
- Posterior tibial nerve stimulation
- Sacral neuromodulation programming

Fecal Incontinence and Defecatory Dysfunction

- 3-dimensional endoanal/endorectal ultrasound
- Anorectal manometry
- Diagnostic anoscopies
- Complex pelvic floor neurophysiology
- Defecography

Pelvic Organ Prolapse

- Perineal 3-dimensional ultrasound
- Pelvic floor muscle function evaluations
- Dynamic MRI interpretation



Surgical Experience

You will receive extensive training in abdominal, vaginal, laparoscopic and robotic surgical approaches to pelvic organ prolapse. Fellows graduate competent in both laparoscopic and robotic sacrocolpopexies. Fellows also learn minor procedures for urinary incontinence including sacral neuromodulation, intravesical Botox and periurethral bulking. In addition to urinary incontinence and pelvic organ prolapse procedures, you will gain competence in anal sphincteroplasty, vesicovaginal and rectovaginal fistulae repairs, ureteral stent placements and urethral diverticulectomies. Recent graduates logged over 750 surgical procedures (50th percentile), including over 200 urinary incontinence procedures (50th percentile) and 370 prolapse procedures (75th percentile) on the 2018 ACGME Program Report.

Research Opportunities

Research is a major focus of the fellowship at OHSU. We equip you with the skills needed to develop a research idea of your own, shepherd your idea to a measurable hypothesis, write a protocol and grant application (if needed), obtain approval from IRB and complete the protocol. We are committed to aiding you, protecting your research time and finding mentors outside of our group if needed. The simultaneous attendance in the Human Investigations Program (for which a Capstone project is required) provides many of the research design, grant writing and data creation and analysis tools needed for your project.

OHSU has the infrastructure in place to perform clinical, translational and basic science projects:

- Women's Health Research Unit within Department of Obstetrics and Gynecology
- Center for Women's Health
- Labor and Delivery
- Oregon Clinical Translational Research Institute (OCTRI)
- Dedicated Research Assistant for Urogynecology Division
- Relational Databases – REDCAP and Filemaker Pro
- Oregon National Primate Research Center (ONPRC) at OHSU's West Campus
- Advanced Imaging Research Center
- Proteomics and Genomics Cores

Our team continues to engage in NIH-funded research, primarily focused on two major areas: mechanism of injury associated with pregnancy and childbirth; and the urinary microbiome.

Human Investigations Program (HIP)

Fellows are required to complete a two-year graduate program that fulfills ABOG requirements for epidemiology and biostatistics. The HIP program offers an integrated clinical and translational research education curriculum to:

- Enhance your career in clinical and translational research
- Gain practical skills in conducting successful research studies
- Connect with faculty who share a commitment to translational research
- Acquire knowledge that directly supports your research and expands your collaboration opportunities
- Increase the number and level of competency of patient-oriented clinical investigators

There are two tracks within the HIP program:

- **Certificate in Human Investigations:** Fellowship sponsored two-year, coursework-based program specifically directed toward creating clinician-researchers. It is an integrated clinical and translational research education curriculum.
- **Master of Clinical Research (M.C.R.):** A three-year program for clinicians who desire to make clinical and translational research a prominent part of their long-term career goals.

Fellowship Education

We follow the ABOG learning guide for FPMRS fellowships and have developed a curriculum and education plan to prepare you for clinical practice and boards.

Fellows are expected to attend:

- Weekly preoperative conferences
- Twice-monthly didactic sessions based directly on ABOG Guide to Learning in FPMRS
- Multiple, annual, nationally-offered “fellows” conferences
- Surgical skills training (including cadaveric dissections) at VirtuOHSU
- International opportunities

Fellows attend the American Urogynecologic Society (AUGS PFD Week) meeting every year. In addition to PFD Week, you may present your scientific work at SGS, SUFU and when feasible, ICS or IUGA.

Along with receiving education, fellows are expected to be educators. A 3rd year gynecology resident is on the FPMRS service at all times and a 2nd year resident is available once per week for a fellow-led clinic. The fellows are responsible for teaching the basics of Urogynecology to medical students, and are involved in resident didactic teaching as well. Training in education is also incorporated into the fellow educational activities.

Fellows are provided the opportunity and time to complete their ABOG Certifying Exam for Obstetrics and Gynecology during their 2nd year. At the conclusion of their 3rd year, fellows take the written FPMRS Specialist board exam.

Mentorship

At OHSU, fellows are mentored in pursuit of their own unique academic interests and clinical training is individualized to help each fellow achieve their goals.

These are the program leaders for the Fellowship in Female Pelvic Medicine and Reconstructive Surgery



Sara Cichowski, MD
Program Director



W. Thomas Gregory, MD
Associate Program Director



Blake Osmundsen, MD, MCR
Site Director, Legacy Good Samaritan Hospital



Jennifer C Thompson, MD
Site Director, Kaiser Permanente Northwest

Other Faculty Members

S. Renee Edwards, MD, M.B.A.

Associate Professor, Urogynecology
and OHSU Chief Medical Officer

Ian Fields, MD, MCR

Assistant Professor, Urogynecology

Lisa Karstens, Ph.D.

Assistant Professor, Medical Informatics and
Clinical Epidemiology, Urogynecology

Kamran Sajadi, MD

Associate Professor, Urology

Kim Lu, MD

Associate Professor, Colorectal Surgery

Virginia King, MD

Legacy Good Samaritan

Lynn Osmundsen, MD, M.P.H.

Legacy Good Samaritan

Alex McPencow, MD

Kaiser Permanente Northwest

Jacquia De La Cruz, MD

Kaiser Permanente Northwest

Daniel Lee, MD

Kaiser Permanente Northwest

Obstetrics and Gynecology
3181 S.W. Sam Jackson Park Road
Portland, OR 97239-3098
503-494-2685

