

## Program/Track WOMEN'S HEALTH

### Synopsis/Background

This enhanced educational experience in Women's Health will provide medical students an opportunity to expand their knowledge in the area of Women's Health care. Opportunities for either longitudinal or multi-disciplinary clinical experiences will be available. Students will also participate in a summer research project (clinical or basic science) relating to Women's Health. This will culminate in either a poster or podium presentation. Students will participate in additional educational and clinical experiences, including monthly department conferences on women's health issues. On occasion, additional meetings will be held to reinforce learning objectives introduced in pre-clinical coursework. This educational track is ideal for students who are interested in careers in Family Medicine, Internal Medicine-Women's Health, or OB/GYN. - Up to 6 students maximum

### Goals and Objectives

The enhanced educational experience in Women's Health will allow medical students to expand their knowledge in areas of sex- and gender- specific health care related to women. Several venues will be used to achieve the learning objectives – Women's health specialty and preventative care clinics, scholarly research, and educational meetings.

### Learning objectives

1. Demonstrate a growing understanding that health and illness are sex- and gender-specific in causation and response.
2. Understand the impact of gender-based societal and cultural roles on health care and women as specifically relates to
  - a. Poverty
  - b. Family care giver role
  - c. Medical research
  - d. Special populations

- a. Women with disabilities
  - b. Immigrants
  - c. Women of color
  - d. Lesbian/bisexual/transgender/questioning
  - e. Veterans
3. Demonstrate a broadened knowledge of how medical care for women impacts society in regards to
    - a. Prenatal care and infant/child mortality
    - b. Family medical decision making
  4. Participate in a clinical, scientific, or educational research project in Women's Health.
  5. Develop independent and creative thinking, intellectual curiosity, self-reflection and professional growth through the creation of an Educational Portfolio in Women's Health.

### **Program Personnel**

Andrea Hamel, MD - Faculty Director and Track Coordinator @ [andrea.hamel@uc.edu](mailto:andrea.hamel@uc.edu)

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### **Financial Support**

*Each department or interest group must clearly define any financial support that will be made available to participating students prior to track enrollment. If financial support is offered on a competitive basis, students must be made aware of the requirements for the award and the process by which recipients will be determined in a timely manner.*

Financial support for the Women's Health Scholars is provided by the Department of OB/Gyn. When the budget allows, each scholar is provided a \$4000 summer stipend to cover summer expenses. Occasionally, the department sets aside additional funds to assist students with conference travel when presentations are accepted. All efforts are made to distribute these additional funds equitably among the scholars.

### **Enrollment/Admission Criteria**

*Each department or interest group must clearly define the maximum number of students per year that can be enrolled in their specialized educational track and the process by which students will be selected.*

A maximum of 6 students will be admitted each year. The number of scholars may vary based on departmental budget. Students must be a full-time medical student at the University of Cincinnati College of Medicine. Interested students will receive information during 1<sup>st</sup> year orientation. Applications are due on the date established by the UC COM. To be considered students must be in good standing, having demonstrated they are adapting to the rigors of medical school. This would be judged by no failed assessments or professionalism concerns. The application includes a CV and personal statement. It is preferred that students have some evidence of previous research or have completed community service projects related to women's health. Students will then be selected to

interview with members of the Admission committee based on their application. The committee may include (but not be limited to) the Chairman of OB/GYN, the OB/GYN Education Chair, the Director of Medical Student Education, and WH-MSSP faculty.

### **Application Process**

**To apply:** click the following link to MedOneStop [www.medonestop.uc.edu](http://www.medonestop.uc.edu) . Once logged in, the application can be found under the Extracurricular tab named Medical Student Scholars Program (MSSP). Take note of the following criteria:

A CV and personal statement must be submitted. The 1-2 page personal statement should address the following:

1. Your interest in the Women's Health Medical Student Scholar's Program
2. Involvement in a research or community service project in the past and its relation to women's health
3. Previous work/volunteer experience in health care – specifically any that relates to women's health
4. Your goals for participation in the WH-MSSP program
5. How your participation in this program will help you to reach your professional goals.

### **Criteria for Ongoing Participation**

The student's progress will be evaluated based on participation in educational seminars, participation in clinical experience, progress in the summer research project. Students must maintain good academic standing with the College of Medicine to remain in the program. We consider the evaluation process to be ongoing at all times. The students can meet at any time to review their progress with the Program Director. Students should also meet regularly with their academic advisor regarding their academic and program progress, as well as their future career interests.

Students will also be evaluated by their research mentor. We welcome feedback from students regarding the seminars and outpatient clinics they attend. We encourage any type of feedback at all times as we want our learners to have a stake in the program and ongoing curriculum development.

At the end of the 4 years, each student will have presented their research project either locally, regionally or nationally.

### **General Description & Curricular Overview**

Please address clinical, didactic, advising, research, mentorship, project, leadership, and service.

- Year 1  
*Each specialized educational track must provide at least two hours per month of scheduled activities for participating students, including at least one hour of clinical activities and one hour of didactic training. Lecture requirements may be met with either a didactic session specifically designed for medical students or with participation in a regularly-scheduled departmental event. Lectures for students enrolled in a*

*specialized educational track should not be the same as those provided for medical students participating in a clinical rotation.*

*Students are expected to meet monthly with their educational track advisors.*

#### Summer Experience

*Each track must include a summer educational opportunity during the months between Years One and Two, requiring a minimum of 200 student work hours. Examples of these activities include but are not limited to: conducting research, participating in an international health experience, participation in a community-based experience. All summer opportunities should culminate in a final project, to be judged by the student's track advisor and / or entered in a medical or scientific competition. Track coordinators are encouraged to be creative in their development of summer experiences and projects.*

*Note: Track sponsors are encouraged, but not required, to provide financial support for students participating in the summer component of their track.*

### **Didactic Series**

Students are expected to attend at least 2 hours per month in didactic time related to Women's Health. These may be Grand Rounds or resident/fellow lectures sponsored by the Department of OB/GYN or its divisions (REI, Pediatric/Adolescent GYN, Gynecology, Community Women's Health, Female Medicine Reconstructive Surgery, GYN Oncology). These events are generally held on Wednesday and Friday mornings. Specific locations and times will be posted distributed via departmental email lists. Women's Health topics presented by other groups (OB/GYN interest group, Med Students for Choice, American Medical Women's Association, etc.) in the College of Medicine will also satisfy the monthly requirement. On occasion, evening events are held and scholars may be invited to attend these as well.

### **Academic advising**

The specialized educational track advisor will guide and counsel students on establishing their area of interest and find a suitable mentor for their summer research project. It is also intended that students will select an educational advisor with a particular interest in the area of women's health.

### **Research – summer year 1**

The summer experience between year 1 and year 2 will be dedicated to a research project related to Women's Health. Each research mentor will be responsible for mentoring the student such that their experience will culminate into a final project worthy of poster or podium presentation. The students will receive a stipend for their summer research if the student is not otherwise supported by their research mentor. The stipend will be congruent with similar research pay and will be funded by the Department of OB/GYN. It is expected that the student will participate in an effort of 40 hours per week for an 8 week period. The research must be conducted with a member of the OB/GYN department (unless financially supported by a research mentor in another department related to Women's Health). It is generally expected that the research will be conducted at the University of Cincinnati-College of Medicine, unless prior arrangements are made. Students are discouraged from taking other classes or jobs during this time period to focus on their research experience. Students are expected to complete CITI Research training in the spring of their first year in preparation for the summer experience.

(<https://www.citiprogram.org/Default.asp?>)

Generally, the process for finding a summer research mentor starts in January prior to the research summer. However, students are welcome to contact faculty earlier in the academic year to discuss potential projects, write a grant, etc. Students may also participate in the Medical Student Research

Program track as their summer research experience for the MSSP, provided the research area is in Women's Health.

During the fall of the second year, students may continue to work on the research project into the second year of medical school to increase the data set or for conference abstracts or manuscript preparation.

- Year 2

*During the second year, specialized educational tracks must provide at least two hours per month of relevant activities for participating students. In addition to one hour per month of clinical responsibility, track coordinators are encouraged to organize a monthly journal club for track participants. These journal club meetings may be either specifically designed for medical students or departmental meetings during which students are expected to actively participate.*

*Students are expected to meet monthly with their educational track advisors.*

During the 2<sup>nd</sup> year or early 3<sup>rd</sup> year, it is anticipated that the student will present their research in either poster or oral format. One possible venue for this is the OB/GYN Department Research day typically held in May/June of each year. However, most students have their abstracts presented at a national conference. They may also be invited to also present their work at the department research day as well. Both venues serve as networking opportunities for scholars.

- Year 3

*Faculty within each track should provide appropriate advice and support for participating students in the preparation of a paper that meets defined requirements.*

*Students are expected to meet monthly with their educational track advisors. Toward the end of the student's third year, faculty advisors should provide a detailed letter chronicling the student's participation and performance within the track for inclusion in the student's Dean's letter and residency training program applications.*

During the 3<sup>rd</sup> year, the student should continue to meet with faculty advisors on a regular basis to track their educational achievements. There are no formal requirements during this heavy clinical year. On clinical clerkships, students are often asked to present short topics during ward rounds. They are encouraged to select topics that relate to Women's health whenever possible. Examples might include topics related to female cardiac health on Internal Medicine, unique causes of abdominal pain in women on General Surgery, or management of eating disorders in Psychiatry. During the OB/GYN clerkship, it may be possible to assign the student to either an inpatient service or outpatient clinic that is most closely aligned with their interests.

As the clinical schedule permits, students may also attend any of the aforementioned weekly conferences and meetings.

- Year 4

*Students participating in a specialized educational track should be provided with the opportunity to complete at least one month of clinical elective work in an area related to the track. Requirements for those students participating in a specialized educational track elective should be above and beyond those required of other students. For example, an additional research project, paper, or presentation may be required.*

*The development of longitudinal electives (e.g., four hours per week for twenty weeks instead of two solid weeks) for track participants is encouraged, and track coordinators are encouraged to be creative in developing opportunities for track participants distinct from those offered to other medical students.*

All students who participate in the specialized educational track in Women's Health will participate in a minimum of two elective months related to Women's Health. One of these electives must be at the University of Cincinnati. Away rotations are acceptable provided the student ultimately receives credit for the course. This allows students the freedom to choose international rotations as well.

At least one of the electives will include the usual clinical experience with "special" emphasis to satisfy learning objectives of the Women's Health Scholars curriculum. The specifics of that elective will be left to the discretion of the elective director in terms of a special presentation, project, or paper (i.e. a comprehensive case review during that month that results in a case report or divisional presentation). If appropriate to the project or previous research, the student can work on submission of the project for presentation and attend a regional or national meeting. These projects may also be discussed with the WH-MSSP Program Director.

As the clinical schedule permits, students may also attend any of the aforementioned weekly conferences and meetings.

### **Curriculum Timeline by Academic Year**

#### **Year 1**

September – review required application materials and complete application for submission

Late September – submit application on due date established by UC COM

November & December – candidate interviews with OB/Gyn faculty

January – accepted scholar's notified

February – Information on faculty research projects given to scholars

March – Scholars and faculty are matched for summer projects

April-Early May – Scholar's complete CITI training, needed EPIC training, and receive badging.

Late May thru Early August – Research time and shadowing.

#### **Year 2**

Scholars continue to shadow, work on data analyses, abstracts/manuscripts. Attend departmental education conferences.

#### **Year 3**

Scholars continue to shadow, present at national, regional, or local conference and attend departmental education conferences.

January –February: select 4<sup>th</sup> year electives to satisfy curricular requirement.

Year 4

Complete required 4<sup>th</sup> year electives.

Continue to attend departmental education conferences.

### **Evaluation**

The student's progress will be evaluated based on participation in educational seminars, participation in clinical experience, progress in the summer research project. Students must maintain good academic standing with the College of Medicine to remain in the program. We consider the evaluation process to be ongoing at all times. The students can meet at any time to review their progress with the Program Director. Students should also meet regularly with their academic advisor regarding their academic and program progress, as well as their future career interests.

Students will also be evaluated by their research mentor. Feedback will be collected from the students regarding the seminars and outpatient clinics they attend. We encourage any type of feedback at all times as we want our learners to have a stake in the program and ongoing curriculum development.

At the end of the 4 years, each student will have presented their research project either locally, regionally or nationally.

### **Withdrawal Procedure**

Scholars may voluntarily withdraw from the program at any time if serious academic or medical issues warrant. Dismissal from UC COM for academic or professional reasons will constitute grounds for dismissal from the program. Any student who fails to complete the established program milestones will be evaluated by program faculty on a case-by-case basis to determine if program requirements can be completed on an adjusted schedule.