Obstetrics and Gynecology Training Experiences

2025
VERSION 2.0

These training requirements apply to those who begin training on or after July 1, 2025.

In addition to Surgical Foundations experiences,[1] the following training experiences are required, recommended, or optional, as indicated.

TRANSITION TO DISCIPLINE (TTD)

The focus of this stage is the introduction of new trainees to the specialty of Obstetrics and Gynecology; orientation to the structure, policies, resources, and expectations of the program; and exposure to the various settings relevant to Obstetrics and Gynecology. During this stage, trainees will reconfirm the competencies achieved in medical school and perform initial assessments of uncomplicated obstetrics and gynecology patients.

Required training experiences (TTD stage):

1. Clinical training experiences
    1.1. Any obstetric experience and any gynecologic experience from the following
        1.1.1. Obstetrics clinic
        1.1.2. Gynecology clinic
        1.1.3. Hospital settings providing experience with obstetrics and gynecology patients, including
            1.1.3.1. Obstetrics triage
            1.1.3.2. Labour and delivery
            1.1.3.3. Inpatient obstetrics service
            1.1.3.4. Inpatient gynecology service
            1.1.3.5. Operating room experience
            1.1.3.6. Consultative service to the emergency department and inpatient services
            1.1.3.7. After-hours coverage

[1] Surgical Foundations provides a common curriculum and clinical training in the fundamental knowledge and skills of surgery for residents in nine Royal College recognized surgical disciplines, including Obstetrics and Gynecology.

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2. Other training experiences
    2.1. Orientation to the program, including structure, policies, resources, and expectations
    2.2. Orientation to Competence by Design, including portfolio and observation tools
    2.3. Focused experience providing early clinical and technical skills training (e.g., boot camp)

Recommended training experiences (TTD stage):

3. Clinical training experiences
    3.1. Patient disposition planning rounds with the inpatient interprofessional team

4. Other training experiences
    4.1. Formal instruction in
        4.1.1. Critical appraisal of the literature and research methodology
        4.1.2. Basics of ultrasound use and safety

Optional training experiences (TTD stage):

5. Clinical training experiences
    5.1. Shadowing a senior trainee

FOUNDATIONS OF DISCIPLINE (F)

The focus of this stage is the development of the skills required to assess and manage patients with common and uncomplicated presentations in Obstetrics and Gynecology, including labour and delivery; routine preconception, antenatal, and postpartum care; initial management of urgent and emergent gynecologic presentations; and counselling on issues related to family planning. During this stage, trainees will demonstrate their technical skills performing minor gynecologic procedures and uncomplicated cesarean sections under supervision. Trainees at this stage will also begin to incorporate new evidence into patient care via critical appraisal activities.

Required training experiences (Foundations stage):

1. Clinical training experiences
    1.1. Obstetrics clinic
    1.2. Gynecology clinic
    1.3. Hospital settings providing experience with obstetrics and gynecology patients, including
        1.3.1. Obstetrics triage
        1.3.2. Labour and delivery
        1.3.3. Inpatient obstetrics service
        1.3.4. Inpatient gynecology service
        1.3.5. Gynecology operative experience
        1.3.6. Consultative service to the emergency department and inpatient services
        1.3.7. After-hours coverage

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1.4. Unit(s) performing obstetrics and gynecology ultrasounds
1.5. Intensive care unit
1.6. Internal medicine inpatient service and/or outpatient care
1.7. Emergency medicine
1.8. General surgery inpatient service and consultation to emergency department

2. Other training experiences
   2.1. Formal instruction in the knowledge essential to the practice of Obstetrics and Gynecology
   2.2. Formal instruction in research methodology and critical appraisal
   2.3. Participation in critical appraisal activities, such as journal club
   2.4. Development of a scholarly project proposal, which may be research, education, and/or quality improvement
   2.5. Participation in quality assurance/improvement activities (e.g., presentation at rounds)
   2.6. Orientation to gynecologic surgical equipment
   2.7. Simulation training experiences
      2.7.1. Gynecology surgical skills
      2.7.2. Ultrasound
      2.7.3. Obstetrics
   2.8. Completion of Neonatal Resuscitation Program (NRP), or equivalent
   2.9. In-training examinations, including objective structured clinical examinations (OSCEs)

Recommended training experiences (Foundations stage):

3. Clinical training experiences
   3.1. Neonatal intensive care unit

4. Other training experiences
   4.1. Training in fetal surveillance
   4.2. High-fidelity simulation training in obstetric emergencies
   4.3. Formal instruction in teaching methods

Optional training experiences (Foundations stage):

5. Clinical training experiences
   5.1. Infectious disease/sexually transmitted infection clinic
   5.2. Anesthesia
   5.3. Medical genetics
   5.4. Pathology
   5.5. Urology
   5.6. Psychiatry

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CORE OF DISCIPLINE (C)

This stage builds on the skills and knowledge of the Foundations stage to add the diagnosis and management of the breadth of obstetric and gynecologic patient presentations in progressively more complex situations with increasing autonomy. Trainees perform the core technical skills required for practice in Obstetrics and Gynecology, including the use of ultrasound, the performance of operative vaginal deliveries, complex cesarean sections, and vaginal, laparoscopic, and open abdominal procedures.

Required training experiences (Core stage):

1. Clinical training experiences
    - 1.1. Obstetrics across the breadth of the discipline
        - 1.1.1. Labour and delivery
        - 1.1.2. Triage
        - 1.1.3. Inpatient service
        - 1.1.4. Clinics
            - 1.1.4.1. General obstetrics
            - 1.1.4.2. Obstetrical medicine
            - 1.1.4.3. Maternal-fetal medicine
        - 1.1.5. Obstetrics in a community setting
        - 1.1.6. After-hours coverage
    - 1.2. Gynecology across the breadth of the discipline
        - 1.2.1. Inpatient service
        - 1.2.2. Consultative service to the emergency department and inpatient services
        - 1.2.3. Gynecology/gynecologic oncology operative experience
        - 1.2.4. Clinics
            - 1.2.4.1. General gynecology
            - 1.2.4.2. Gynecologic oncology
            - 1.2.4.3. Urogynecology
            - 1.2.4.4. Gynecologic reproductive endocrinology and infertility (GREI)
            - 1.2.4.5. Chronic pelvic pain and sexual health
            - 1.2.4.6. Pediatric and adolescent gynecology
        - 1.2.5. Gynecology in a community setting
        - 1.2.6. After-hours coverage
    - 1.3. Obstetrics and gynecology ultrasound
    - 1.4. Longitudinal clinics in Obstetrics and Gynecology
    - 1.5. Participation in interprofessional rounds, such as tumour board

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2. Other training experiences
    2.1. Formal instruction in
        2.1.1. The knowledge essential to the practice of Obstetrics and Gynecology
        2.1.2. Quality improvement and patient safety
        2.1.3. Communication of difficult topics: poor prognosis, disclosure of adverse events
        2.1.4. Conflict resolution
        2.1.5. Cultural, gender, and sexuality awareness
        2.1.6. Leadership
        2.1.7. Physician wellness
        2.1.8. Financial management

    2.2. Supervision of junior learners
    2.3. Participation in hospital committees (e.g., patient safety, QA/QI)
    2.4. Participation in and conduct of a scholarly project
    2.5. Participation in critical appraisal and presentation at journal club
    2.6. Simulation experience
        2.6.1. Obstetric emergencies and critical care
        2.6.2. Gynecologic surgical skills

    2.7. In-training examinations/OSCEs

Recommended training experiences (Core stage):

3. Clinical training experiences
    3.1. Clinics
        3.1.1. Colposcopy
        3.1.2. Menopause
        3.1.3. Vulvar disorder
        3.1.4. Family planning/abortion clinic (including medical abortion)
        3.1.5. Genetics clinic (including oncology)

    3.2. Gynecologic pathology
    3.3. Global health experience

4. Other training experiences
    4.1. Formal instruction in
        4.1.1. Leadership
        4.1.2. Wellness and resiliency

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Optional training experiences (Core stage):

5. Clinical training experiences
    5.1. Urology/male infertility clinic
    5.2. LGBTQ specialized clinic
    5.3. Sexual abuse/assault unit

TRANSITION TO PRACTICE (TTP)

The focus of this stage is consolidation of clinical, surgical, and administrative skills in preparation for practice in Obstetrics and Gynecology. Trainees demonstrate independent management of complex patients in all relevant care settings and patient-centred communication skills in difficult situations. This stage includes taking responsibility for administrative tasks, such as teaching, leading, and scheduling junior learners, and participating in QA and QI initiatives while still providing high quality patient care.

Required training experiences (TTP stage):

1. Clinical training experiences
    1.1. Labour and delivery experience
    1.2. Inpatient service in Obstetrics and Gynecology
    1.3. Consultative service to the emergency department and inpatient services
    1.4. Operative experience in Gynecology
    1.5. Longitudinal clinics in Obstetrics and Gynecology
    1.6. After-hours coverage for Obstetrics and Gynecology

2. Other training experiences
    2.1. Supervision of junior learners
        2.1.1. Orientation
        2.1.2. Teaching
        2.1.3. Scheduling clinical responsibilities and formal teaching sessions

    2.2. Completion of scholarly project
    2.3. Participation in hospital committees (e.g., patient safety, QA/QI)
    2.4. Leading team-based simulation
    2.5. Formal instruction in
        2.5.1. Practice management
        2.5.2. Billing and ethical billing practices
        2.5.3. Medical liability and risk management

Recommended training experiences (TTP stage):

3. Clinical training experiences
    3.1. Clinics
        3.1.1. Reproductive endocrinology and infertility
        3.1.2. Urogynecology
        3.1.3. Gynecologic oncology

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3.1.4. General obstetrics and gynecology
3.1.5. Pediatric gynecology
3.1.6. Maternal-fetal medicine
3.1.7. Colposcopy
3.1.8. Vulvar disorders
3.1.9. Chronic pelvic pain and sexual health
3.1.10. Obstetrics and gynecology ultrasound
3.1.11. Obstetrics and gynecology in a community setting
3.1.12. Global/underserviced women's health environment

4. Other training experiences
   4.1. Participation in provincial and/or national societies and/or committees
   4.2. Orientation to the requirements of continuing professional development (CPD) and Maintenance of Competence
   4.3. Formal instruction in being a mentor

Optional training experiences (TTP stage):

5. Clinical training experiences
   5.1. Additional clinical training across the breadth of Obstetrics and Gynecology specifically designed for the individual trainee's future career plans

CERTIFICATION REQUIREMENTS

Royal College certification in Obstetrics and Gynecology requires all of the following:

1. Proof of attestation in Surgical Foundations[2]
2. Successful completion of the Royal College examination in Obstetrics and Gynecology
3. Successful completion of the Royal College Obstetrics and Gynecology Portfolio.

NOTES:

The Obstetrics and Gynecology Portfolio refers to the list of entrustable professional activities across all four stages of the residency Competence Continuum and associated national standards for assessment and achievement.

Proof of attestation in Surgical Foundations is required for a resident to progress formally into the Core stage of training in Obstetrics and Gynecology. Some residents may "reach ahead" to start working on elements of the Core stage in Obstetrics and Gynecology, but they must present proof of the Surgical Foundations attestation to their program before they can be formally promoted into the Core stage of Obstetrics and Gynecology.

[2] See the Surgical Foundations standards on the "Information by Discipline" page of the Royal College's website.

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MODEL DURATION OF TRAINING

Progress in training occurs through demonstration of competence and advancement through the stages of the Competence Continuum. Obstetrics and Gynecology is planned as a 5-year residency program. There is no mandated period of training in each stage. Individual duration of training may be influenced by many factors, which may include the resident's singular progression through the stages, the availability of teaching and learning resources, and/or differences in program implementation. Duration of training in each stage is therefore at the discretion of the faculty of medicine, the competence committee, and the program director.

Guidance for postgraduate medical education offices

The stages of the Competence Continuum in Obstetrics and Gynecology are generally no longer than

*Transition to Discipline – 4 blocks**

Foundations of Discipline – 22 blocks

Core of Discipline – 33 blocks

Transition to Practice – 6 blocks

Total duration of training – 5 years

**One block is equal to 4 weeks*

Guidance for programs

The Royal College Specialty Committee in Obstetrics and Gynecology's suggested course of training, for the purposes of planning learning experiences and schedules, is as follows:

2-4 blocks in Transition to Discipline*

18-22 blocks in Foundations of Discipline

24-33 blocks in Core of Discipline

6 blocks in Transition to Practice

**One block is equal to 4 weeks*

Credit for training in the United States of America

Those who have completed four (4) years of residency in Obstetrics and Gynecology in Accreditation Council for Graduate Medical Education (ACGME) accredited programs in the United States of America may fulfil the requirements above if they also complete one (1) of the following:

1. One (1) year of American Board of Obstetrics and Gynecology (ABOG) accredited clinical fellowship in Gynecologic Oncology, Maternal-Fetal Medicine, or Gynecologic Reproductive Endocrinology and Infertility, or urogynecology/reconstructive pelvic surgery

or

2. Current ABOG certification as a Diplomate in Obstetrics and Gynecology

This document is to be reviewed by the Specialty Committee in Obstetrics and Gynecology by December 31, 2027.

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