



AAGL
MIGS
Fellowship

2020-2022 Fellowship Year Important Dates	June 26, 2019	Match Opens
	August 7, 2019	Rank Order List Entry Opens
	September 18, 2019	Quota Change Deadline
	October 2, 2019	Rank Order List Certification Deadline
	October 16, 2019	Match Day

FMIGS UPDATE

Letter from the President

Greetings to our FMIGS community- a community that gets larger every year! We've made it to the end of another academic year. As a program director, this time of year is filled with lots of emotions. I am incredibly proud of my graduating fellows and working hard to make sure they are celebrated and ready for solo practice (as I'm sure you are). And I am simultaneously preparing for an incoming first year fellow, busy updating our education calendar and assuring credentialing is in place. Transition is the theme. And, similarly, we are seeing several transitions in our larger FMIGS community.

As you have probably heard, ABOG announced that Focused Practice Designation of MIGS will be available in 2021! This is very exciting and due, in part, to all the work done by our Liaison committee. All of the fellowship programs are to be congratulated and thanked. Because the programs work so hard and are intent on maintaining standardization and a high benchmark for MIGS training, recognition by ABOG and ABMS was attained. Another change approaching is the way we implement our fellow case logs. The Board is actively working on a new system that will allow fellows easier tracking and logging. This effort is in response to the many concerns about case logging in the past. We thank you for your feedback, and we want the fellows and program directors to know that we've heard your concerns and are working to fix the issues.

Additionally, the Board would like to share that our new Charter updated the FMIGS membership, with voting rights, to include all fellowship program directors and APDs. Previously, significant voting items such as elections and changes to program requirements were voted on by the Board itself. These items will now be sent the full membership for vote. We encourage you to participate in this process as it makes us only stronger the more voices that are represented.



Dr. Amanda Yunker

FMIG President 2019-2020

Finally, I'd like to put a plug in for this summer's Fellow Bootcamp in Phoenix. The changes to the program design have been truly innovative, and I am so excited to see it in full effect in August. We are thrilled to have added the course specifically for fellowship directors and APDs on the first day. Thank you so much to Nicole Donnellan and Matt Siedhoff for their vision and work. Have a great summer! See you in August!

Amanda Yunker, MD



Fellows Surgical
Boot Camp



AUGUST 9–11, 2019
Barrow Neurological Institute
Open to Current FMIGS Fellows Only

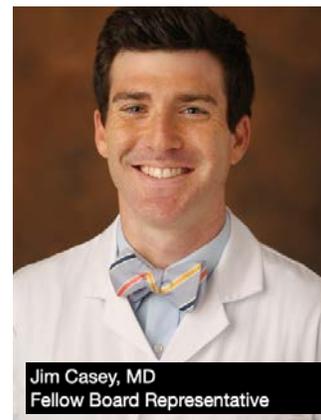


Fellows' Corner

Dear Fellows,

Congratulations to the new graduates and welcome to the all of the incoming first year MIGS Fellows! For the new fellows, starting another new step can often feel like an endless series of moves and changes, but it's finally here, and it's time for high volume advanced minimally invasive surgery. When you are settled, don't forget to think about starting research projects because these fellowship years will go by quickly. For the new second year fellows, remember to look on the Facebook page, and on ACOG job listing. Discussions on job search tips for success are also available from last year's Bootcamp lectures on the portable USB drives. Let me know if anyone needs a copy again. For the newly graduating fellows, I hope that you are taking a well-earned vacation.

Many advances are continuing for the MIGS fellowship in the coming year. The formal partnership within AAGL has continued to grow fellowship opportunities, with accredited international FMIGS programs in Mexico and Colombia joining our ranks. The new ACGME-based case logging system should be implemented soon and



individualized for our specific procedures. To help track progress regularly, a standardized evaluation system will be employed by program directors at every program with myTIPreport. Fortunately we will have a chance to go over these and additional program elements at the upcoming Fellow’s Bootcamp in Phoenix this August. Please bring any and all questions about fellowship, whether it pertains to big themes or day-to-day activities. We will have another formal chance to provide fellow feedback again at the fellow town hall meeting at AAGL in Vancouver this November. These opportunities allow us to discuss what is working well, what we need to improve, and to suggest what you would like to see happen in the upcoming year.

As always, if you have any questions, concerns, thoughts, or areas for improvement, I am always available and happy to discuss and bring ideas forward on our behalf.

Best,

Jim Casey
jncasey1@carilionclinic.org
 (804) 380-1844



- In this Issue*
- ◆ President’s Corner
 - ◆ Save-the-date: FMIGS Bootcamp
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 - ◆ Program Directors Update
 - ◆ YAN Update
 - ◆ Save-the-date: Postgraduate Course
 - ◆ YAN Alumni Spotlight
 - ◆ FPRN Update
 - ◆ MIGS Front Page
 - ◆ JMIG SoMe Scholars
 - ◆ FMIGS Research
 - ◆ MIGS Job Postings

Program Directors Update

Hello PDs and APDs! Hope the summer is off to a great start. I have not heard any concerns about the block-release of applications this June, and I’m hoping this is the best kind of feedback. I know Claudia and Arcy are working to improve this process and it may be fine-tuned even more for next year.

The FMIGS Board has been working on updating policies and goals, and again, I encourage everyone to re-look at the changes in fellowship requirements and structures as listed



under Program Requirements on our fellowship page (at AAGL.org). Specifically, use of MyTipReport for evaluating fellows is now a requirement! Anyone still having trouble using this platform should reach out to Dr. Cara King, me, or any other FMIGS leader ASAP. Research requirements have been updated to more closely align with those of other surgical fellowships. Importantly, the FMIGS Board has had more interaction with our parent AAGL and there will now be reciprocation of representation between our boards. Our board has been charged with setting plans for the future direction of our fellowship. More details and conversation to be had at the bootcamp in August.

And with that, I look forward to seeing all of you at our Program Director portion of the Bootcamp! Please be in touch with any questions before then.

Best,
Gretchen

Young Alumni Network Update

The FMIGS Young Alumni Network are looking forward to our next event, which will be held during the AAGL Global Congress. On Saturday, November 9, 2019, YAN will be holding a full-day post-graduate course focused on patient care, education, research, and both personal and professional development. Didactic lectures will provide an in-depth and comprehensive outline of tools necessary to build the professional and personal life you've always dreamed of. Registration is now open! We look forward to seeing you there!



Megan Wasson, DO
Chair, FMIGS YAN Committee

YAN is also working hard to make this year's global congress more family friendly with improved lactation facilities and possibly child care opportunities. Stay tuned for more information when additional details are available.

Also, keep your eyes out for a survey regarding FMIGS Connect (the YAN mentor/mentee program). We want to ensure we are meeting the needs of the FMIGS fellows and YAN members. Your help in continuing to improve this program is greatly appreciated!

Megan N. Wasson, DO
Chair FMIGS Young Alumni Network Committee



Day1: Postgraduate Course Saturday November 9, 2019

YAN-600 CME

Building Successful Lives and Careers

CO-CHAIR

Noah Rindos, Megan N. Wasson



FACULTY

Amber Bradshaw-Whitear, Sarah L. Cohen, Nicole M. Donnellan, Suketu M. Mansuria, May S. Thomasse, James K. Robinson, Amanda C. Yunker

COURSE OBJECTIVES

At the conclusion of this activity, the participant will be able to: 1) Identify strategies to transition from trainee to trainer; 2) describe techniques to successfully advance academic and clinical career; and 3) integrate strategies for successful leadership.

COURSE DESCRIPTION

This course provides insight and practical strategies regarding patient care, education, research, and both personal and professional development. Completing an FMIGS fellowship provides the practical surgical tools to serve women with the highest level of minimally invasive gynecologic care. However, when fellowship and formal training is over, the hard work begins. Is it possible to navigate the complex world of health care while still progressing surgically, teaching, completing research, and maintaining a work/life balance? The answer is YES! This course is directed towards FMIGS graduates early in their career who are facing these unique challenges. Didactic lectures will provide an in-depth and comprehensive outline of tools necessary to build the professional and personal life you've always dreamed of.

7:00 am – 4:30 pm

Didactic: FMIGS Young Alumni Network (YAN)

AGENDA

7:00	Welcome, Introductions and Course Overview	N. Rindos, M. Wasson
7:05	Successfully Teaching Your Ob/Gyn Colleagues MIGS	A.C. Yunker
7:30	Can You Have It All? – Toeing the Line of Surgeon and Parent	A. Bradshaw-Whitear
7:55	From Mentee to Mentor – How to Be a Proactive Research Mentor	N. Rindos
8:20	Transitioning from Trainee to Trainer in the OR	N.M. Donnellan
8:45	Questions & Answers	All Faculty
8:55	Break	
9:10	Successfully Managing Pelvic Pain in the Office and OR	A.C. Yunker
9:35	Building Your Academic Portfolio-Preparing for Academic Promotion	N.M. Donnellan
10:00	Providing Constructive Feedback to Trainees	M. Wasson
10:25	Building a Successful Clinical Practice from the Ground Up	A. Bradshaw-Whitear
10:50	Questions & Answers	All Faculty
11:00	Lunch	
12:30	Welcome, Introductions and Course Overview	N. Rindos, M. Wasson
12:35	Managing Intraoperative Consults & Complications- Surgical and Legal Considerations	S.M. Mansuria
1:00	Incorporating Research into a Busy Clinical Practice	S.L. Cohen
1:25	Create Your Dream Job by Making Lemonade Out of Lemons	M.S. Thomasse
1:50	Trainee Focused Learning-Optimizing Teaching Based on Learning Style	J.K. Robinson
2:15	Questions & Answers	All Faculty
2:25	Break	
2:40	How and When to Push Your Surgical Envelope?	J.K. Robinson
3:05	Are You Selling Yourself Short? – Contract Renegotiation	S.M. Mansuria
3:30	Setting Your Patient Up for Surgical Success - Preoperative Optimization	M.S. Thomasse
3:55	Show Me the Money! – Funding Your Research Projects	S.L. Cohen
4:20	Questions & Answers	All Faculty
4:30	Adjourn (FMIGS graduation to follow)	



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(800) 554-2245 | (714) 503-6200

AAGL 2019 48th Global Congress on MIGS
November 9-13 Vancouver, B.C., Canada

2019.AAGL.ORG

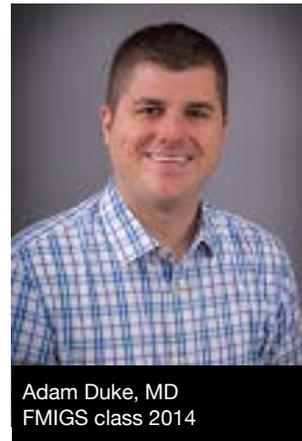


YAN Podcasts: *Alumni Spotlight*



Jessica Ritch, MD
YAN Committee - FMIGS class 2014

Excerpt from
spotlight piece by
Dr. Jessica Ritch,
member of the YAN
Committee,
interviewing
Dr. Adam Duke.



Adam Duke, MD
FMIGS class 2014

Adam Duke, MD - Graduated in 2014, University of TN Chattanooga MIGS Surgeon at Northwest Specialty Hospital in Post Falls, Idaho.

Q: Tell us about your journey since fellowship.

A: I started cold-calling practices in the area where my wife's family was. In the 1st year out, I was in a general OB/GYN practice that was 70-80% obstetrics. I left about 1 year later to start my own GYN-only practice at an outpatient surgery center.

Q: It's a brave step to take to go out on your own. Tell me about that process.

A: My wife (an ophthalmologist) was 6 weeks pregnant and she got called out for a facial trauma, and I at the exact same time was called out for a STAT abruption. This was 3 o'clock in the morning. We looked at each other as we left the house and both knew it wasn't sustainable. Going out on my own was scary. I created my own position because I was the only gynecologist there. The first month I only did 2 surgeries. But last year in my 2nd full year of practice, I did 470 surgeries. Word got out quickly about what kind of surgeries I can offer, and it has grown on since there with a 3 month backlog of surgeries.

Q: You mentioned you were the 1st gynecologist there. How did you approach them and get that started?

A: I started calling general surgeons that I had developed good relationships with in the endometriosis surgeries and reached out to them to see if I could get a practice started. One of the general surgeons was on the board of a small outpatient surgery hospital. He knew me and my skillset, and he approached the CEO of the surgery center and created this position for me. I had the option of being employed by the hospital, with their complete support for office space, staff, and equipment for the OR in order to set up a practice from scratch. I was fortunate to have my wife's salary to fall back on, but it was tight while I was getting my practice going due to student loans and the mortgage. But I feel very lucky now because I am making considerably more now than I did when I was doing OB. There seems to be this idea that "OB pays the bills", but I don't think that that is true. If you are willing to have a lean paycheck at first, it will pay off as you build up your surgery patients.

Q: Do you mind sharing with us what your compensation structure looks like?

A: Strictly RVU based. I make 55 per work RVU. I do 2 days of clinic and 2 days of OR, and end at 3 o'clock each day for childcare responsibilities. We don't have an ER, so there is no coverage needed there. I cover my own patients.

Q: In order to fill those days in the OR, you must have a pretty good referral network. Can you tell us how you went about promoting your practice?

A: When we moved to the area, no one was doing pelvic pain. I went around to the various practices and let them know that my specialty was in excisional endometriosis surgery. 50% of my referrals are word of mouth. My practice exploded, though, when I became a listed surgeon in Nancy's Nook. I went from doing 1 endometriosis surgery per week up to 3-5 surgeries per week. Nancy's Nook was probably more responsible for my growth than anything else.

Q: It sounds like you have a really great set-up. Are there any cons to your practice?

A: Yeah, I feel really lucky that I have the most amazing job. Work-life balance was huge for us when we were considering starting a family. I never envisioned doing a MIGS fellowship for this purpose, but now I see that having a GYN-only surgical practice gives me the latitude to customize my work week in a way that is best for my family. The only downside I would say is that because I'm in solo practice, I can never really "turn off". I take all of my own patient phone calls, even while on vacation. My wife and I really enjoy backpacking, but we can't go anywhere where there isn't cellphone coverage. We are constantly looking at the Verizon coverage map.

Q: Sounds like you've done an amazing job. Any final insights or advice?

A: I talked with one of the current 2nd year fellows who was seeking mentorship regarding starting at a job in a rural area. I advised them that they should really nail down what the expectations of the obstetrics component will be if that is going to be a part of your practice. Also, if you are joining a practice with generalists, be sure to ask if your partners feel comfortable managing surgical complications. Your first job doesn't have to be your forever job! Don't force yourself to stay in a position that you're not completely happy with. You are in control of your own career. Doing a MIGS fellowship, you have a unique set of skills that will allow you to customize your practice. Take advantage of it!



Check out the full interview
on Spotify

<https://anchor.fm/jessica-ritch/episodes/FMIGS-YAN-1-Adam-Duke-e3vga8>



Fellows' Pelvic Research Network Update

The FMIGS/SGS subgroup of the Fellows' Pelvic Research Network (FPRN)[®] is continuing to grow! We would like to welcome our newest members of the Steering Committee; Dr. Jordan Klebanoff, Dr. Olga Muldoon, and Dr. Whitney Ross who will be joining Dr. Chetna Arora for the 2019-2020 chapter. There are currently five ongoing FPRN studies. Dr. Carolyn Piszczek is leading a study evaluating the use of social media in women with pelvic pain and Dr. Jessica Sisto is assessing sexual function and satisfaction after hysterectomy in women who have sex with women. Dr. Nisse Clark is investigating outcomes of Essure removal for the treatment of device-attributed symptoms and Dr. Cynthia Arvizo is evaluating treatment outcomes after uterine artery embolization for management of uterine arteriovenous malformation. Dr. Patricia Mattingly is examining the impact of FMIGS training on myomectomy route and outcomes.

All studies are recruiting fellows to serve as a participating site and coauthor. Please check out our FMIGS-SGS-FPRN website (<http://www.sgsonline.org/fprn>) where you can find more information on our studies along with the contact information for the principle investigators. If you're not a FMIGS fellow but you're interested in serving as participating site and coauthor, you may be eligible. We will be introducing the FMIGS-SGS-FPRN at Bootcamp and will announce the deadline for proposal submission prior to AAGL 48th Global Congress on MIGS, November 9-13th in Vancouver, B.C. Canada. Ideal projects are those that would benefit from multisite participation; retrospective chart reviews or short duration prospective trials that can be completed in one to two years.

We want to thank all of you for making this chapter a success! The FPRN would not be possible without the mentorship from our senior advisory board and the support and funding provided by SGS and AAGL.

Chair: Leigh Rosen MD
Secretary: Chetna Arora MD

Treasurer: Jessica K Shields DO
Webmaster: Cynthia Arvizo MD



Watch video podcasts interviewing the authors of JMIG articles
A JMIG Collaboration
Starting July 2019



**JMIG would like to welcome to our 2019-2020
JMIG Social Media (SoMe) Scholars!**



Alyssa Small



Peter Movilla



Cristóbal
Rodríguez Valero



Emad Mikhail

There is still space for JMIGjc hosts! Sign up now!

**Host a JMIG Twitter Journal Club in 4 easy steps:
#JMIGjc**

- 1) Email the JMIG Social Media Editor: Dr. Mireille Truong jmigsocialmedia@gmail.com
 - 2) Send your top 3 preferred months to host
 - 3) Select an article
 - 4) Post thoughts/questions the 3rd Wed and Thurs of the month selected with hashtag #JMIGjc
-



Mireille Truong, MD
JMIG Social Media Editor

FMIGS Research Committee Update

Welcome to our new fellows!

All fellows are expected to complete an independent research project during their fellowship. This can be an original data-driven project, a meta-analysis or a systematic review using the PRISMA format.

If you need help getting started, planning your analysis, organizing your data, or writing up your results, consider the [FMIGS Research Mentor Chatline](#). This valuable tool links fellows to a research expert (typically FMIGS faculty with research expertise) to answer your research questions. Complete this [form](#) to get started.

Fellows are also expected to complete at least one course in clinical research, research design, biostatistics or epidemiology during their fellowship (unless you have already completed graduate coursework on these topics).

If you don't have access to graduate coursework in one of these topics, consider one of the Online Courses listed on the [FMIGS website](#).

This [Stanford online course](#) on Statistics in Medicine and this [John Hopkins online course](#) on Design and Interpretation of Clinical Trials are both excellent and free!

Many other helpful online research resources can also be found on the [FMIGS website](#).

Good luck with your research projects! Please feel free to reach out to Nisse Clark if the FMIGS Research Committee can be of help: nvclark@gmail.com.

Sincerely,

The FMIGS Research Committee

Nisse Clark, MD MPH, Committee Chair

Sarah Cohen, MD MPH

Laura Glaser, MD

Susan Khalil, MD

Kimberly Kho, MD

Rosanne Kho, MD

Georgine Lamvu, MD MPH

Amanda Yunker, DO (ex-officio)

MIGS Job Postings



Minimally Invasive & Complex Gynecologic Surgeon Opportunity in Grand Rapids, MI

The Women’s Health Department at Spectrum Health is seeking to add a full-time Minimally Invasive & Complex Gynecologic Surgeon to their high volume Gynecology Division.

Our inspired expert team partners with women to achieve their best life through compassionate, personalized and innovative care. This position has no obstetric responsibilities. We welcome a patient-centered, collaborative physician with a strong desire to teach residents and medical students. The ideal candidate would have completed a MIGS fellowship or be very seasoned in their experience and surgical skills.

As an employed physician in the Spectrum Health Medical Group you would receive:

- Competitive 2-year salary guarantee
- 403(b) & 457(b) plans with company contributions
- CME funds and one professional membership paid
- Licensure monitoring and renewals
- Health, Vision and Dental plans
- 30 days of Paid Time Off
- Relocation assistance

System & Community Highlights:

- Spectrum Health was named **one of the nation’s 15 top Health Systems** and in the **Top Five among the largest health systems by Truven Health Analytics™ for 2017**
- Located just 35 minutes from the shores of Lake Michigan, the Grand Rapids metropolitan population is 750,000 with a primary population service area of 3 million.
- Grand Rapids boasts top-rated public and private schools and 15 colleges/universities
- Vibrant downtown, award-winning restaurants and breweries, multiple cultural venues and events, professional sports and Art Prize, the world’s largest art competition.
- **Business Insider** named Grand Rapids the #1 place that millennials are flocking to in the U.S. to begin a career, buy a home and start a life.

Contact :

Christine Powers, Physician Recruiter

Office Phone: 616 486 6737

Email: Christine.powers@spectrumhealth.org

More information:

Spectrumhealth.org

Shmg.org

Experiencegr.com

We are an Equal Opportunity Employer and do not discriminate against any employee or applicant for employment because of race, color, sex, age, national origin, religion, sexual orientation, gender identity, status as a veteran and basis of disability or any other federal, state or local protected class.

Spectrum Health is the largest health care system in West Michigan and the largest employer.



31,000
employees



4,200
Employed physicians and advanced practice providers



230+
Ambulatory services



14
Hospitals, including Helen DeVos Children’s Hospital