The function of education is to teach one to think intensively and to think critically. Intelligence plus character— that is the goal of true education.

Martin Luther King, Jr.

CDR Jay Allard, MC, USN; Residency Program Director
Lt Col Trimble Spitzer, MC, USAF; Associate Program Director
LCDR Tara McCluskey, MC, USN; Intern Associate Program Director
**Mission Statement**
Our mission at the Naval Medical Center Portsmouth, Department of Obstetrics and Gynecology, is to improve the quality of life for active duty women and dependents in the United States Navy and within the Department of Defense by providing compassionate, high quality patient care and by advancing knowledge through research, education, and advocacy. We do so in an environment of collaboration, humility, integrity and respect.

**Department Vision**
We will transform our department to support excellence in patient-centered care, service and advocacy for women’s reproductive health beyond existing structures and boundaries.
We will provide a comprehensive educational experience motivating our medical students, graduate students, and residents to be lifelong learners in the field of women’s health.
We will recruit, develop and retain departmental members to promote individual and collective success in the Department of Obstetrics and Gynecology, Naval Medical Center Portsmouth

**Residency Program Mission**
To train outstanding obstetricians-gynecologists capable of caring for the full spectrum of women’s health related issues within the Department of Defense and beyond, becoming leaders in our field.
NMCP serves over 45,000 Tricare beneficiaries, including active duty, dependent spouses, dependent children, and retirees. The Women’s Health Clinic maintains approximately 4.5 to 5K appointments per month and includes patients from a broad age range and wide assortment of medical concerns. NMCP Women’s Health Department offers obstetrics, gynecology, subspecialty clinics (Maternal Fetal Medicine, Urogynecology, Gynecology Oncology, & Reproductive Endocrinology and Infertility), and contraceptive clinics, including a long-acting contraceptive (LARC) clinic. Residents and students participate in each of these experiences.

NMCP’s main Operative Room has 17 ORs in addition to 3 ORs dedicated to obstetrics on Labor and Delivery and residents benefit from a robust surgical service. NMCP performs approximately 300-350+ obstetrical deliveries and 150 gynecological procedures per month.

NMCP is a 1.02 million square foot facility, located in the Hampton Roads region of southeastern Virginia.

This area is home to the Navy’s Atlantic Fleet and the Naval Station Norfolk, the largest Naval base in the world.
**Demographics**

- Joint service residency program: U.S. Navy and Air Force
- 23 OBGYN Residents
  - 3 Air Force, 2-4 Navy per class year
- 41 Full Time Staff
  - 13 generalist OB/GYN physicians
  - 1 genetics counselor
  - 3 Maternal Fetal Medicine staff
  - 2 REI staff
  - 3 Gyn Oncologists
  - 3 Urogynecologists
  - 16 advance practice nurses (Midwives, NPs)

**Residency Program Educational Goals**

**PREPARE** Navy and Air Force obstetrician-gynecologists to excel in practice as general obstetrician-gynecologists, fellows, and sub-specialists.

**ENSURE** that residents are proficient in the six domains of physician competency as defined by the Accreditation Council for Graduate Medical Education.

**INSTILL** confidence in graduates to practice independently in isolated duty stations as general obstetrician-gynecologists and/or in an operational capacity.

**INTRODUCE** residents to concepts relevant to the Humanitarian Assistance and Disaster Relief efforts of the Department of Defense and, whenever possible, involve residents in actual international missions.

**PRODUCE** obstetrician-gynecologists that are able to function as managers of the health care team in clinical roles and as future leaders of military Obstetrics and Gynecology.

**PROVIDE** a foundation for educational excellence, fostering an environment for trainees to continuously improve their own knowledge and skills, and to become highly effective teachers.
2018-19 Intern Core Curriculum

<table>
<thead>
<tr>
<th>9 Months of Obstetrics and Gynecology</th>
<th>3 Months of external NMCP rotations</th>
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</thead>
<tbody>
<tr>
<td>• 4 months Obstetrics</td>
<td>• ICU</td>
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<tr>
<td>• 2 months General GYN Surgery</td>
<td>• Emergency Medicine</td>
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<tr>
<td>• 2 months GYN Oncology</td>
<td>• Pediatrics (NICU/ Newborn Nursery)</td>
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<td>• 1 month Specialty Clinics</td>
<td>• Orthopedics</td>
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<tr>
<td>Reproductive Endocrinology &amp; Infertility</td>
<td>• Primary Care</td>
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<td>Urogynecology</td>
<td>• Breast Clinic</td>
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<td>Genetics</td>
<td>• Ambulatory Care</td>
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<td>Ultrasound</td>
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Resident Call is based on a night float system to maximize patient safety and resident learning. We follow RRC guidelines and respect work hours while maximizing resident education.

2 Gyn services - operate 2-3 days/wk
1 REI service - operates once a week
1 Gyn/Onc service - operates 2 days/wk

Thursday - half day dedicated to Graduate Medical Education
Didactics, Resident presentations
Specialty & sub-specialty staff lectures
M&M, Pre-op conference
Monthly Peds/Ob conference
Dedicated resident academic workspaces

The Women’s Health Department has recently renovated its academic workspaces, now located on the 3rd Floor of Bldg 3 at NMCP. OBGYN Residents have offices/cubical spaces with personal computer and printer access 24/7.

Current NMCP OBGYN Research Projects

• Cytokine and chemokine expression in endometrium of women with PCOS
• Teratospermia and fertility
• Multicenter (Urogyn) Interstitial cystitis study
• CMV in pregnancy
• Pyelonephritis in pregnancy
• Overactive bladder study
• Pet therapy as it relates to pregnancy wellbeing
• Prevention of gestational diabetes
• Twin pregnancy dating study
Research: “A Culture of Inquiry”

OBGYN Residents take part in a structures research curriculum that’s purpose is to create a culture encouraging scholarly activity throughout your career. Our goal to graduate competent clinicians, scientists & educators in the field of OBGYN.

As a direct result of this initiative, department and resident research activity has grown >500% since prior to it’s initiation in 2015. There is regular dedicated time on the academic calendar for research meetings and writing. Residents are divided into research teams by areas of potential interest and led by core faculty. Clinical Investigation Department (CID) are involved with lectures and instructions on topics including “Clinical Statistics”, “Preparing a study for the IRB”, “Quality Improvement Projects- How To”, etc…

| 2018 ACOG Armed Forces District meeting NMCP OBGYN resident presentations Honolulu, HI |
| QBL vs EBL: determining need for transfusion and hct drop |
| Opioid use after Cesarean |
| Pyelonephritis in Pregnancy: Does Fever Matter? |
| What is the optimal method to date a twin pregnancy? |
| Double Trouble: Gastrochisis in Monochorionic twins |
| Utilization of Military Walk-in Contraceptive Clinics |
| Severe teratospermia does not impact intrauterine pregnancy rates |
| Intrauterine Insemination: Resident vs Attending? |
| Second Trimester Fetal Loss in a Patient with Hyperemesis Gravidarium Complicated by Refeeding Syndrome |
| Send the Placenta: A Case of Multifocal Chorangiomatosis |
| Use of Transdermal Unopposed Estradiol in Medical Management of AUB Secondary to Leiomyomata |
| Offspring Gender Rates in Active Duty Fighter Pilots and Flight Officers |
| Combination of Higher Oxytocin Rate and Tranexamic Acid on Postpartum Hemorrhage Severity |
| Obstetric Hemorrhage Outcomes by Risk Stratification at a Large MTF |
| Retinal detachment case report |
| Penicillin Resistance in Group B Streptococcus From Routine Obstetric Screening |
NMCP’s Healthcare Simulation and Bioskills Training Center provides state of the art simulation-based medical training available to residents and faculty throughout the year. Training modules include standardized patients, task trainers, high fidelity mannequins and virtual reality trainers in our Simulation cancer and tissue training in our Bioskills Center.

The resident simulation curriculum includes quarterly simulation sessions involving the use of standardized patients, low-fidelity and high-fidelity virtual laparoscopic and robotic task trainers to develop surgical skills, and high fidelity mannequins to develop teamwork skills in patient care scenarios.

Residents are also involved in interprofessional simulation drills on labor and delivery and in other patient care areas.
Resident Wellness

Dedication to professional excellence includes a commitment to your personal well-being and using time in training to develop a balance that works for you. To this end, we like to celebrate all that Hampton Roads has to offer. Trainees live in Portsmouth and the surrounding areas of Norfolk, Chesapeake and Virginia Beach. With the lowest cost of living of any of the Navy’s three largest MTFs, some trainees opt to purchase a home during their time in our program. Whether you choose to live a 5 minute walk away in Old Town Portsmouth, the Ghent area of downtown Norfolk, or on the beach in Virginia Beach, you can be assured there are plenty of options for you and your family.

Before beginning the academic year, senior residents typically host an informal Hail & Farewell for new interns and their families, which allows trainees to meet and mingle with current residents in a fun and lighthearted setting.

In keeping with recently updated ACGME requirements, the program also provides formal curricular elements focused on physician well-being. 1 hour of dedicated resident wellness time is incorporated into Thursday GME at least twice monthly. This time is organized by residents and often includes outdoor activities, yoga, or other group activities unrelated to medical training. Trainees also receive yearly formal lectures on burnout in academic medicine, and trainee well-being is formally assessed by program leadership. Our institution provides faculty and trainees support through a provider wellness program in addition to what is done within each department.
Our Leadership Team

Our Department Chair, CAPT Timothy Sayles, is board certified in Obstetrics and Gynecology. He is a graduate from the program and highly invested in maintaining the tradition of training the best OBGYN Physicians at NMCP. His guidance for the department has three priorities: 1) Patient care—first and foremost, we focus on providing the highest quality of patient care; 2) Resident education and development as physicians and military officers; 3) Staff development as Physicians, Nurses, Corpsmen, and support staff. With this focus, the OBGYN Residency at NMCP continues to grow.

Our Program Director, CDR Jay Allard, is board certified in Obstetrics and Gynecology and Gynecologic Oncology. Dr Allard completed residency and fellowship training at the National Capital Consortium, Walter Reed Military Medical Center. He received the 2013 National Faculty Award from the American College of Obstetricians and Gynecologists Council on Resident Education in Obstetrics and Gynecology and maintains an active involvement in research.

Lt Col Trimble Spitzer is the Associate Program Director and board certified in Reproductive Endocrinology and Infertility and Obstetrics and Gynecology. She is also the Residency Research Director and Flight Commander for the NMCP-Langley Air Force Providers. Dr. Spitzer is currently involved in translational research in partnership with UCSF related to endometrial tissue profiles, NMCP.2019.0003 “Identification of signatures of endometrial diseases by single-cell ‘omics’ approaches”. Dr. Spitzer completed her OBGYN residency at George Washington University and REI fellowship at the University of California, San Francisco.

CDR Tara McCluskey is the Intern Associate Program Director and a board certified OBGYN. Dr. McCluskey completed residency training at the National Capital Consortium, Walter Reed Military Medical Center. She has been actively involved with the American College of Obstetrics & Gynecology, Armed Forces District, holding national positions such as Navy Section Chair, Vice Chair, and Secretary/Treasurer as a Junior Fellow. Dr. McCluskey works closely with the residency intern chief in coordinating schedules and optimizing the OBGYN intern experience.

Major Andrew Thagard is our department’s Medical Student Liaison and board certified in Maternal-Fetal Medicine and Obstetrics & Gynecology. He functions as the local clerkship director for the third year medical students from the Uniformed Services University and Eastern Virginia Medical School and assists the fourth year students during their rotation and application process. His remaining time is dedicated to providing high risk obstetric care to our DOD patients and their dependents and research with a focus on preterm labor/fetal neuroinflammation, ultrasound, and opioid use in pregnancy. Dr. Thagard graduated from medical school at the University of Florida, completing his residence training here at NMCP and fellowship training at Madigan Army Medical Center in Tacoma, Washington.

In 2013, CDR Joy Greer returned to NMCP as a Female Pelvic Medicine and Reconstructive Surgeon and faculty member of the obstetrics and gynecology residency program. She is a Certified Healthcare Simulation Educator and the Deputy Director for the Healthcare Simulation and Bioskills Training Center and Simulation Lead Faculty for the residency program. Dr. Greer's research interests include the impact of pelvic floor disorders in the military beneficiary population and simulation in Obstetrics and Gynecology. She has been awarded a $1.57 million grant investigating the impact of simulation and teamwork training on postpartum hemorrhage rates.
Residents are the Center of our Program!