



CANADIAN OBSTETRICS
AND GYNECOLOGY
REVIEW PROGRAM™

PROGRAMME CANADIEN
DE RÉVISION EN
OBSTÉTRIQUE ET GYNÉCOLOGIE^{MC}

Success! Make it your story!

International Medical Graduates Session

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Keep a positive outlook

- ❖ As a candidate you have met specialty-specific training requirements in a program that the Royal College has recognized and approved
- ❖ Make your experience, including your life experience, work for you
- ❖ It should be just one more 'day at the office'



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Know your timeline

Important dates and venues

- Obstetrics & Gynecology – Written
MCQ based component of the exam that extends over two days
at Regional Examination Centres
- Obstetrics & Gynecology – OSCE,
Applied component of the exam that takes place in Ottawa
at La Cite Collegiale: 801 Aviation Pkwy, Ottawa, ON K1K 4R3

and

✧ All those special personal/family dates between now and then...



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Plan your study material

My 'must read' list

- SOGC Guidelines
- CDC website

Other resources

- Up to Date
- RCOG/NICE guidelines
- ACOG guidelines

- Textbooks
 - How to read a paper by Trisha Greenhalgh
 - Manual of an Obstetric Emergency Course: MOET, PROMPT, ALARM, ALSO etc

The list can expand, **remember** your time is limited by all your real life professional and personal ongoing responsibilities

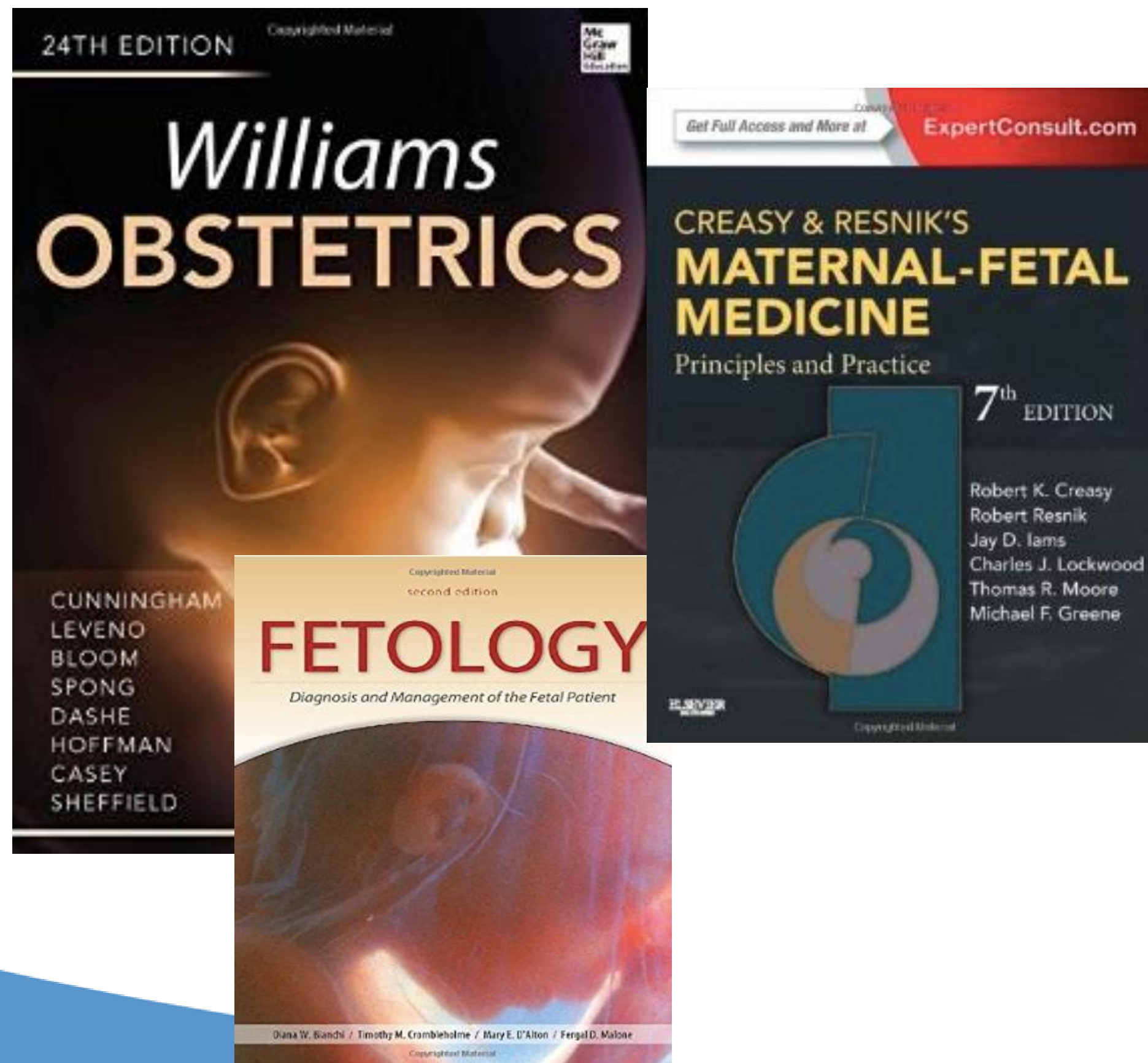


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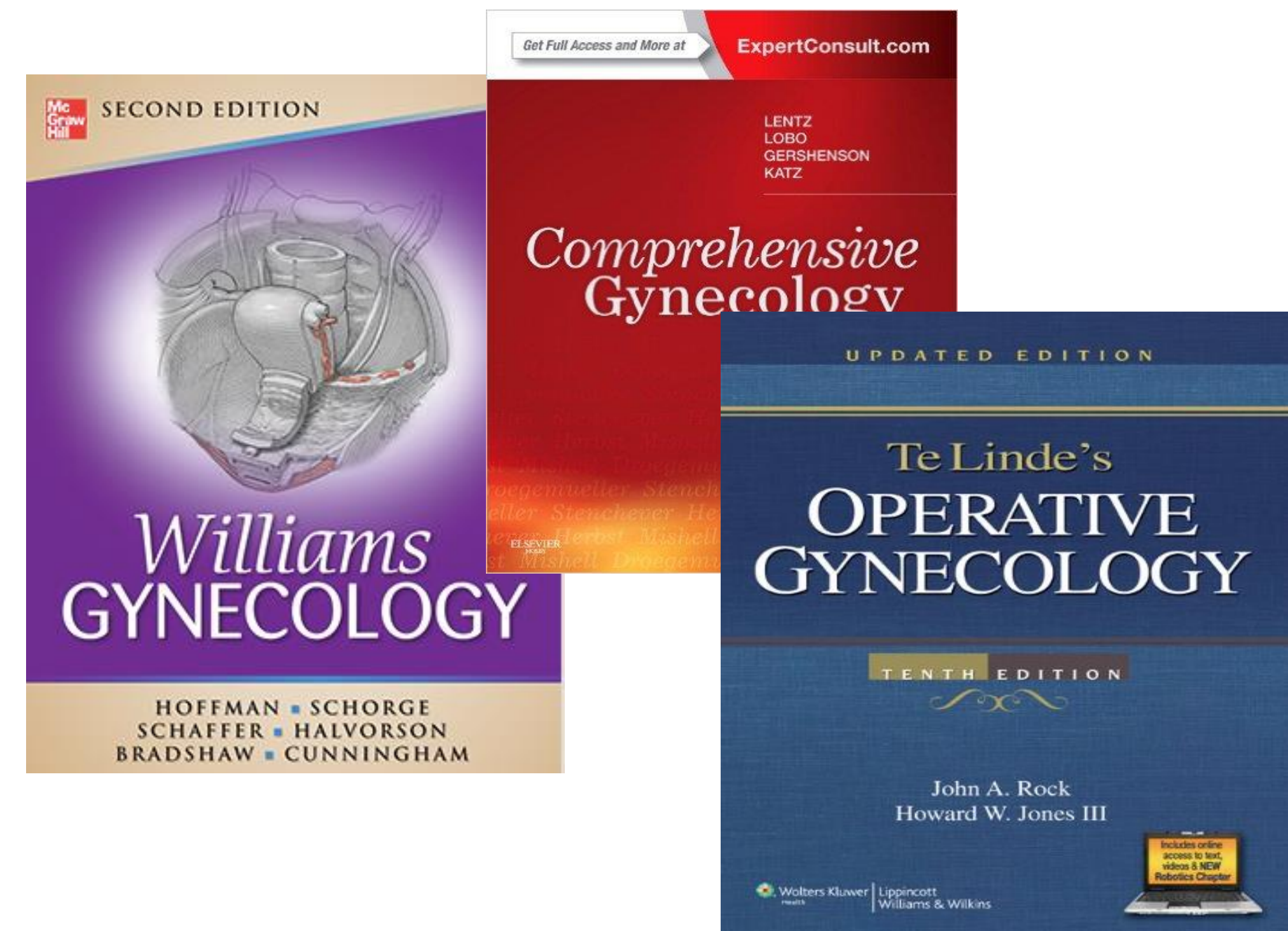
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Standard Textbooks

Obstetrics & MFM



Gynecology, general & operative

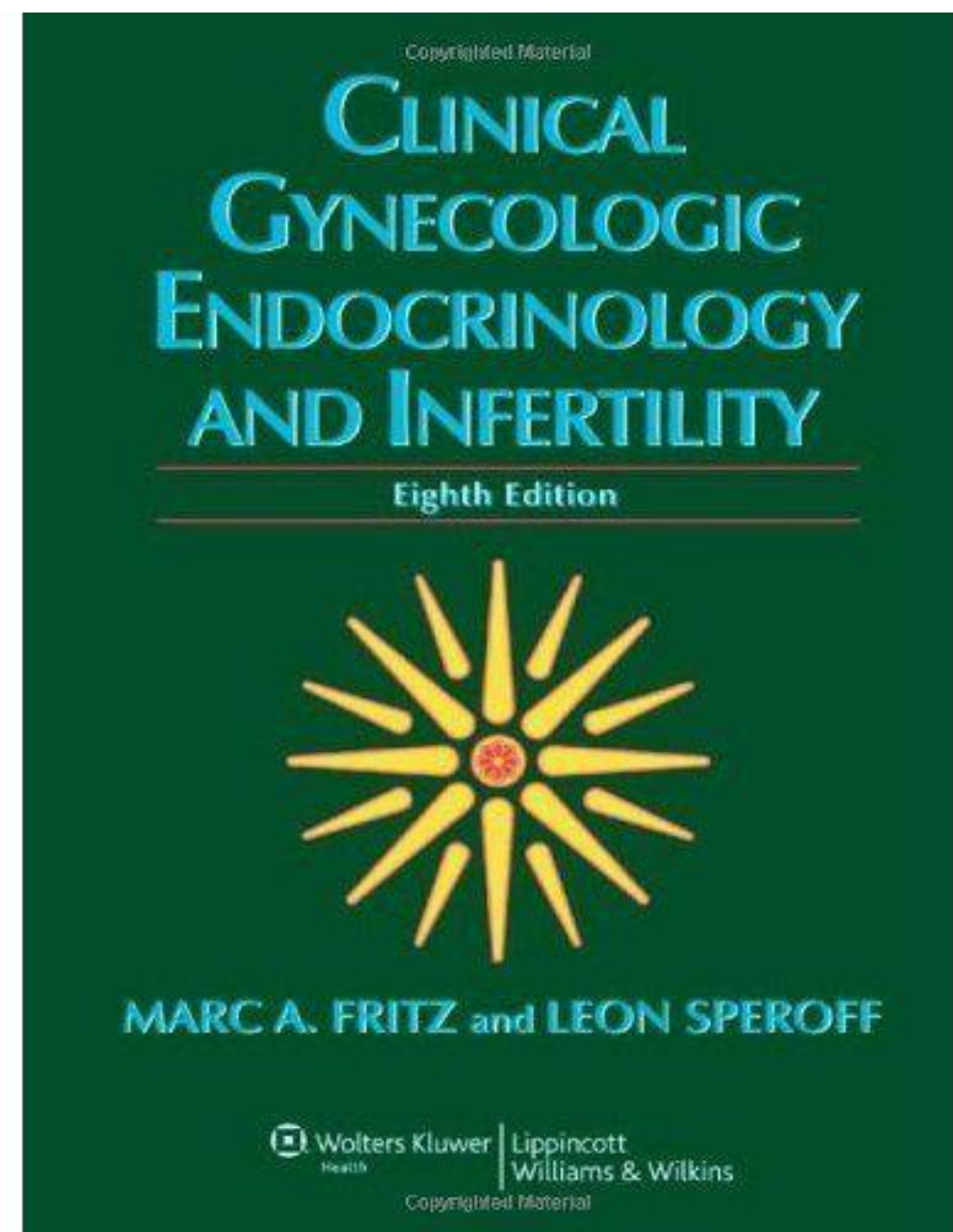


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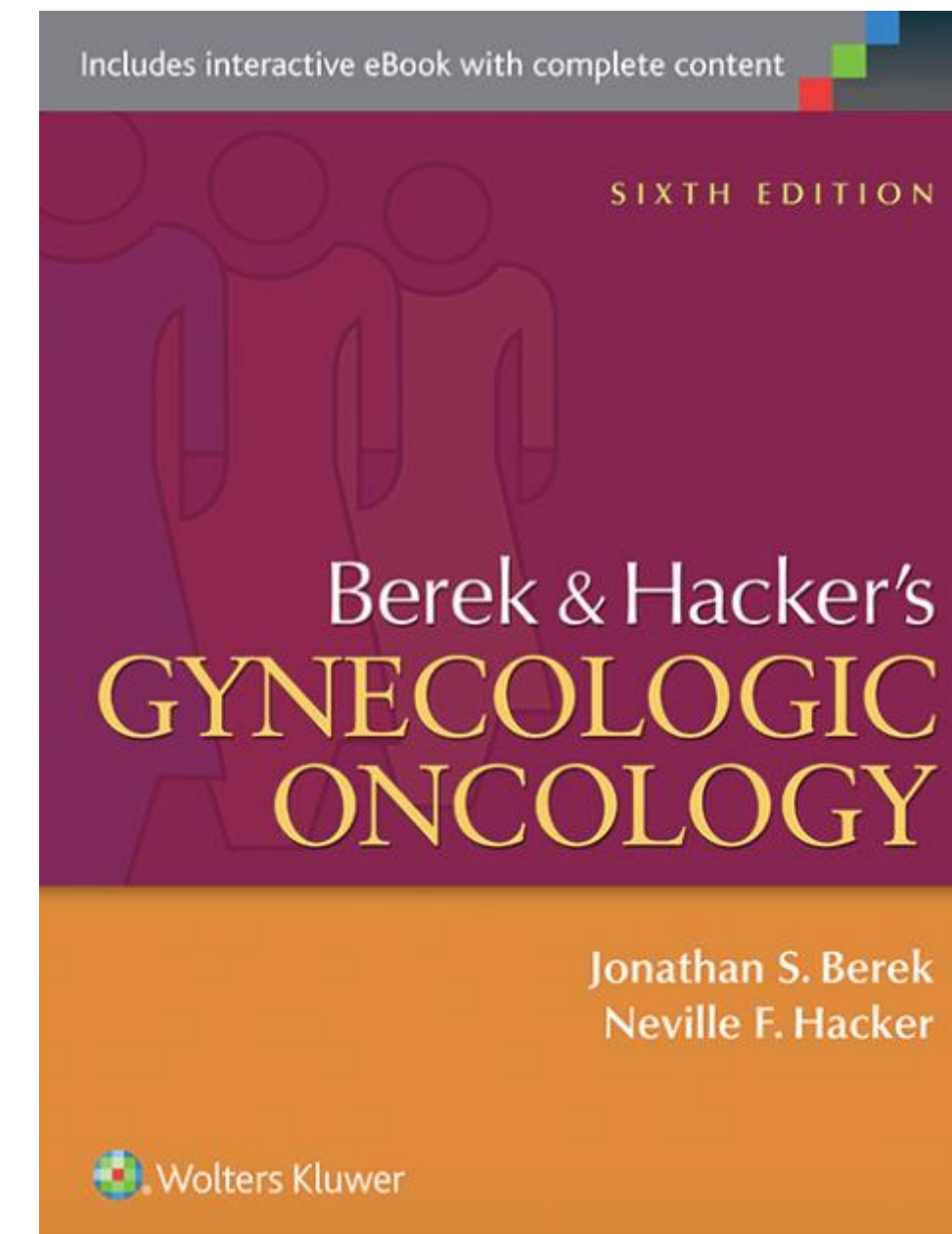
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Standard Textbooks

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Online Resources

- UpToDate
- Clinical Practice Guidelines
 - SOGC:
 - <http://sogc.org/clinical-practice-guidelines/>
 - ACOG:
 - [http://www.acog.org/Resources And Publications](http://www.acog.org/Resources%20And%20Publications)
 - RCOG:
 - <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/>
 - ASRM:
 - <http://www.asrm.org/Guidelines/>



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How to create your revision material

Create/collate your own bank of questions

- Treat every guideline/chapter/article you read as a possible source of questions
- MCQs – basic science such as biology, physiology, pathophysiology, pharmacology, and epidemiology/statistics facts contained in guidelines lend themselves to MCQs
- OSCE - any interaction with a patient/relative/neighbor can generate a possible scenario for an APPLIED exam station



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How to create your revision material

Use the SOGC guidelines effectively for your revision:

- Read carefully the first time to create your own LIST of MCQs
- The guideline introduction will contain important info on the basic science/pathophysiology related to the guideline topic
- Recommendation points are crucial and likely to represent points in an OSCE station



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“Practice makes perfect”

Set up practice time for questions; real time practice

- each MCQ sitting takes you through 100 to 110 questions in 3hrs
- each OSCE/applied station is 15'

If you have a list of 50-60 MCQs you should be timing yourself to max 90'

It is easy to recite lists with students and even your kids timing you

It is important to time yourself; exam-manship is a skill;

knowledge is not the only thing you need to see yourself through the exam



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“Practice makes perfect”

Vary your study approach and environment

- At the office, at your desk, during a drive, doing chores, at your favorite coffee spot
- Practise with a partner: students -medicine or any other healthcare professional, residents of OBGYN or Family medicine at any level of training
- Keep your eye on the timer
- Have/write a planned approach to topics:
 - OBS, by trimester or maternal/fetal aspects prenatally -at delivery- postnatally etc.
 - Gynecology, by investigations, surveillance, treatment, others to involve etc.



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“Practice makes perfect”

- Treat every patient encounter as a possible applied examination scenario: consider the knowledge aspects as well as the communication aspects of the interaction
- Interactions with other healthcare professionals can be another practice opportunity as well as an applied exam scenario
- Treat everyday situations as an opportunity to practice skills of prioritization, time management , co-ordination of teams
- Involving and mobilizing other experts and resources – place yourself outside your local practice and consider other professionals that you may involve in the plan of care

Organization, teamwork, professionalism, communication and decision-making skills form part of the Medical Expert that the exam process is aiming to identify



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Keep yourself going - reward yourself!



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“Practice makes perfect”

Practice with others vs practice by yourself

- try practising with others but if it doesn't suit you, **let it go**
- consider practising with students – residents - colleagues



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Keep yourself going - active learning!



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Plan for days of success

MARK: Dates and venues

PLAN: the details

- Book your tickets and accommodation
- Plan your outfit
- Pack light

...add some comfort and relaxation to it all!



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- 🌀 Know your timeline
- 🌀 Know your material
- 🌀 Take one day at a time
- 🌀 Motivate-bribe-reward yourself

On the day:

Be yourself!



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Good luck!



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