



RANZCOG

Specialist training in obstetrics and gynaecology



What is O&G?

Obstetrics and gynaecology (O&G) is the medical specialty that encompasses the two subspecialties of obstetrics (covering pregnancy, childbirth, and the postpartum period) and gynaecology (covering the health of the female reproductive system – vulva, vagina, uterus, and ovaries).

O&G is an evolving specialty with continual development in the areas of pregnancy & birth, fertility treatment, ultrasound, minimally invasive surgery, molecular genetics, preventive medicine, cervical cytology, family planning and hormone replacement therapy.

O&Gs work with women and their whanau, and collaborate with many other health professionals, for example midwives, anaesthetists, paediatricians, radiologists and radiographers, physiotherapists, genitourinary physicians, surgeons, healthcare workers, scientists and technicians.



Why become an O&G?

A career in O&G can encompass a wide variety of different areas of medicine, making the specialty one of the most diverse areas of practice. O&G is often described as a mixture of medicine and surgery, and this can be a major attraction for many doctors.

If you choose a career in O&G, you'll be able to develop a wide range of interests and skills, whether performing cutting-edge surgery or solving complicated therapeutic problems.

Some of the areas involved in the day to day practice of an obstetrician and gynaecologist:

- labour and birthing suite
- operative gynaecology (including minimally invasive surgery)
- internal medicine
- endocrinology
- adolescent health
- oncology
- medical imaging

Working in women's health is a stimulating and rewarding career. Childbirth is an important event for any woman. Obstetricians are central to providing support and ensuring safety in maternity care. But O&G goes beyond childbirth, and if you choose this career, you will be focusing on improving women's health at all stages of their lives.

Women are at the centre of most health decisions in their whanau. For this reason, time and effort spent on improving women's health invariably improves the health of the whole community.

“ As a fifth-year medical student, O&G really grabbed me. It is a hands on “procedure based” specialty with a great mix of medicine & surgery. Patients are predominantly in the reproductive age group, generally healthy with a good chance of “cure” for their presenting problem. Often you are involved with women & their families at a special time in their lives.

RANZCOG FELLOW

How do I become an O&G?

The Fellowship of RANZCOG (FRANZCOG) Training Programme is the only way medical practitioners in Australia and New Zealand can become a specialist obstetrician/ gynaecologist.

Each year applications are invited for entry to the specialist training programme.

APPLICANTS MUST:

- hold an approved New Zealand or Australian primary medical degree
- hold full general medical registration with the New Zealand or Australian Medical Council
- hold permanent residency in the country they are applying to train in
- have completed postgraduate year two (PGY2) or above

The training year commences in February in Australia and December in New Zealand.

Further information on the application process can be found on the College website

<https://ranzcog.edu.au/Training/Specialist-Training/Applying>



Take the next step

Interested in becoming an O&G? Take the next step in your career by enrolling in the **Prevocational Pathway (PVP)**, which will give you a head start on entry to training. During the PVP you will learn foundation level obstetrics and gynaecology skills that help you prepare for entry into the FRANZCOG Training Programme.

The PVP provides core knowledge and skills through eight online modules and four training workshops, including:

- Fetal Surveillance;
- Neonatal Resuscitation; and,
- Basic Obstetrics Skills

ELIGIBILITY TO APPLY FOR THE PVP:

- **Australian applicants** – have completed the RANZCOG Certificate of Women's Health (CWH) or DRANZCOG and/or DRANZCOG Advanced training programmes.
- **New Zealand applicants** – be enrolled for the NZ University of Auckland Postgraduate Certificate in Health Sciences in Women's Health (PGCertHSc), or Postgraduate Diploma in Obstetrics and Medical Gynaecology (PGDipOMG), or NZ University of Otago Postgraduate Certificate in Women's Health (PGCertWHth), or Postgraduate Diploma in Obstetrics and Medical Gynaecology (PGDipOMG)

The PVP is eligible for points towards application scoring in the FRANZCOG Trainee Selection Process.

Please see our website for more details www.ranzcog.edu.au/pvp

“

What do I love about O&G? Caring for women, improving their lives; their sex lives, their physical lives, their children's lives. Mountain biking and skiing are my hobbies but my biggest smiles come after that first cry of a newborn after a stressful labour, or the thanks from a woman post hysterectomy for disabling heavy menstrual bleeding.

RANZCOG FELLOW

Training in O&G

Basic Training

The four years' Basic Training includes:

- Rotation through a minimum of three different hospitals, with at least 12 months in a tertiary hospital and six months in a rural hospital;
- Logged clinical work in obstetrics and gynaecology resulting in attainment of prescribed competency levels in specified procedures; and,
- Utilising the online resources via the RANZCOG e-learning platform, and attending workshops and training courses including surgical skills, ultrasound and fetal surveillance.



Advanced Training

Advanced Training follows Basic training and comprises the final two years of the FRANZCOG Training Programme. Advanced Training can be tailored to meet the needs and interest of the trainee and may focus on:

- Extending expertise in gynaecological surgery
- Developing expertise in provincial practice
- Developing research expertise and academic medicine
- Developing expertise in an area of special interest
- Developing expertise in practice in developing countries
- Subspecialty training (one or both Advanced Training years can be approved towards this pathway)

The FRANZCOG Training Programme is a competitive entry, six-year postgraduate hospital-based training programme comprising four years of Basic Training

and two years of Advanced Training. The Training Programme offers the flexibility to train part-time after Year 1.

Part-time Training

Fractional/Part-time training and Extended Leave

Following completion of first year of training, trainees can apply to train between 0.5 to 1.0FTE. Trainees may also interrupt their training to take extended leave of absence from the training programme for a maximum of two years. Trainees who undertake fractional (part-time) training or take extended leave, must remain within the maximum limits for time in training.

Academic Stream

Trainees can apply to undertake the FRANZCOG Academic Stream and take three years 'Research Leave' from training. After completion of an approved PhD in a discipline relevant to women's health, trainees may be credited with one year of Advanced Training.

Subspecialty Training

Subspecialty training

During Advanced Training, trainees can apply for training in one of the five RANZCOG subspecialty programmes:

- Gynaecological Oncology
- Obstetrical and Gynaecological Ultrasound
- Maternal-Fetal Medicine
- Reproductive Endocrinology and Infertility
- Urogynaecology

Subspecialty training is three years, and up to two years can count as Advanced Training.

O&G has always been it for me. I couldn't see myself doing anything else, but it was important for me to be a mother, and meet my responsibilities within my wider whanau, so for these reasons I was hesitant to apply for the training programme. RANZCOG have always supported me in achieving the balance of training and whanau, and for that I'm very grateful.

SIXTH YEAR RANZCOG TRAINEE



Obstetrics and gynaecology is a constantly evolving and fun speciality in which to work. O&G is a diverse discipline with medical and surgical aspects and a host of interesting pathology. Subspecialty areas provide scope for more concentrated practice and research. The care and management of a high-risk pregnancy can be challenging but rewarding when the outcome is a healthy mother and infant(s). Modern gynaecological interventions can profoundly improve a woman's quality of life.

THIRD YEAR RANZCOG TRAINEE

Career options in O&G

O&G is a wide-ranging specialty with an extensive training programme that opens lots of different career paths. If you choose O&G, you will have many opportunities for personal career development, both medical and surgical.

Specialists typically work in a public or private hospital, or a combination of both. Responsibilities range from day to day patient care to governance and management duties.

Where you go in O&G will depend on your interests and abilities. During Advanced Training you can choose which skills you want to develop or decide to undertake subspecialty training; alternatively, you may wish to pursue an academic direction. As a consultant, you could work across a range of clinical areas or choose to work purely in one field.

Approximately ten per cent of RANZCOG Fellows are subspecialists.

Whatever you decide to do, a career in O&G promises to be rewarding, varied, and challenging.





About RANZCOG

RANZCOG is dedicated to the establishment of high standards of practice in obstetrics and gynaecology and women's health. The College trains and accredits doctors throughout Australia and New Zealand in the specialties of obstetrics and gynaecology so that they can provide the highest standards of healthcare. The College also supports research into women's health and acts as an advocate for women's healthcare by forging productive relationships with individuals, the community, and professional organisations, both locally and internationally.

RANZCOG recognises Maori as tangata whenua and is committed to meeting the obligations of Te Tiriti o Waitangi. RANZCOG acknowledges that trainees and Fellows have an important role in addressing inequities of health and improving the health of Maori women and their whanau. RANZCOG offers indigenous health training programmes to develop clinician cultural safety and competency.



The Royal Australian and New Zealand College of Obstetricians and Gynaecologists

Excellence in Women's Health

AUSTRALIA

College House,
254–260 Albert Street
East Melbourne,
Victoria 3002, Australia.

t: +61 3 9417 1699
f: +61 3 9419 0672
e: ranzcog@ranzcog.edu.au
ranzcog.edu.au

NEW ZEALAND

Level 6 Featherston Tower
23 Waring Taylor Street
Wellington 6011
New Zealand

t: +64 4 472 4608
e: ranzcog@ranzcog.org.nz

SOCIAL MEDIA

 @RANZCOG

 facebook.com/RANZCOG

For further information on applying for the FRANZCOG Training Programme:
<https://ranzcog.edu.au/training/specialist-training/applying>

All information in this report is for general reference only. While every effort is made to maintain its currency and accuracy, this document reflects information available at the time of its preparation and currency should be determined having regard to other available information. Copyright of all information in this brochure resides with the College. RANZCOG reserves the right to make amendments to this document without prior notice.