



# Family Planning Resources in Surgical Residency Training

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## Background

- The number of female medical school matriculants is now greater than male matriculants<sup>1</sup>
- Over 45% of surgical residents are female with over 35% of Otolaryngology-Head and Neck Surgery residents being female<sup>2,3</sup>
- Female surgeons are significantly more likely to use assisted reproductive technology when compared to non-surgeon counterparts<sup>4</sup>
- Female surgeons are also significantly more likely to experience pregnancy loss and/or have major pregnancy complications when compared to non-surgeon counterparts<sup>4</sup>
- Unpredictable work demands, lack of support from colleagues, and the impending need for childcare have all been reported as significant sources of stress during pregnancy<sup>5</sup>
- To our knowledge, no study has fully investigated family planning resources and policies available to surgical residents at individual institutions
- We aim to better understand family planning policies and resources available to surgical residents at institutions across the country so that we may identify areas for improvement

## Methods

91 Surgical GME offices

Parental leave

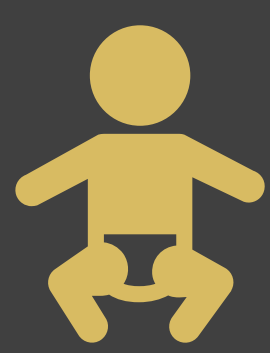


Lactation Support



25 question survey

Fertility and family planning



Childcare Support



121 Otolaryngology-Head and Neck Surgery Residency Programs

## Results

- All surveyed programs offer paid parental leave
- Range of 1-12 weeks for both parents



- 37% offer at least partial insurance coverage for fertility treatments
- 26% offer formal or informal family planning education or educational resources



Total Responses: 35 (17%)



- 40% offer on-site childcare
- 1 program offers subsidized pricing to surgical trainees
- 6 programs offer partnerships with local childcare centers



- 83% offer dedicated lactation rooms for surgical trainees
- 77% offer protected time for pumping or breastfeeding

## Conclusions

- Family planning resources available to surgical residents vary largely by institution
- Although surgical residents are offered paid parental leave, the amount of leave given varies significantly by institution
- Surgical trainees appear to have adequate access to dedicated lactation rooms and other resources
- Most surgical training programs do not offer insurance coverage for fertility treatments and do not offer family planning educational resources
- There is room for significant improvement in access to childcare for surgical residents as well as financial assistance with childcare
- This study identifies several areas for improvement in access to family planning resources for surgical residents

## References

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