Goal: To provide concentrated experiences in women’s health spanning research, clinical training and community outreach.

Four Requirements:

Students must, within the month following completion of any of the four program components below, notify Ellen Martinak (martinak@mail.med.upenn.edu) in order to have credit applied toward Certificate.

1) Women’s Health Intensive Summer Experience

- Choose one of the following two options:
  
  A) Bridging the Gaps: Community Internship Program
     At a women’s health/ maternal child/related site ($3,000 stipend)
     For more information, please contact: Mary Ellen Bradley (mebradle@mail.med.upenn.edu) or www.BridgingtheGaps.info

  B) Women’s Health Research Project
     Find a mentor / Create a proposal / Obtain approval
     Potential mentors are listed on the FOCUS website (www.focusprogram.org [see Medical Student Fellowship]).
     For additional guidance about research opportunities and for approval of your project idea/proposal, please contact: Kurt Barnhart, MD, MSCE (kbarnhart@obgyn.upenn.edu)

To obtain credit for this component, within the month following completion of this 7 week intensive, please contact: Ellen Martinak (martinak@mail.med.upenn.edu)

2) Women’s Health Seminar Attendance

- Attendance at 12 seminars between 1st year and mid-December of 4th year (minimum requirement)
  
  Seminar requirements can be completed through attendance at Grand Rounds in the Departments of Obstetrics & Gynecology, Endocrinology, Medicine, Center for Research on Reproduction and Women’s Health and other departments/divisions focused on women’s health issues, as well as relevant FOCUS Lunchtime Seminars.
  
  For more information and to be placed on email list for notification of ObGyn Grand Rounds, please contact: Marion Rossi (mrossi@obgyn.upenn.edu).
  
  At the end of each semester, students must submit list of all seminars attended to Ms. Rossi including presenter, title, date, location (sponsored by) and brief description.

To obtain credit for this component, within the month following completion of 12 seminars, please contact: Ellen Martinak (martinak@mail.med.upenn.edu).
3) Elective in Women’s Health

1 month – Choose one of the following three options:

Requirement: Completion of Obstetrics & Gynecology clerkship

For more information and to make arrangements to participate in any of the electives below, please contact: Roz Levit (rlevit@obgyn.upenn.edu).

A. Penn Health for Women at Radnor

Coordinator: Dr. Ann Honebrink, Director of Penn Health for Women, and Dr. Allison Oler, internist

Description: Penn Health for Women is an interdisciplinary program dedicated to providing the highest quality health care to women of all ages. Comprehensive services are provided in one convenient location by a team of gynecologists, obstetricians, internists, pediatric & adolescent gynecologist, urogynecologist, reproductive endocrinologists, breast surgeon, psychologists, and nutritionist. Special programs including yoga, Pilates, weight control & sleep disorders. Close collaborative relationship with other available services on site such as radiology, dermatology, cardiology and GI.

Objective: To expose the student to multi-disciplinary, collaborative approaches to primary health care for women. Students will have an opportunity to participate in patient care with different team members as well as meet with the Director of Operations and Patient Services and the practice manager to gain an appreciation of management issues.

Goals:

- To understand the benefits of a multi-disciplinary approach to Women’s Health care
- To understand the components of appropriate preventive care for women
- To appreciate the administrative challenges and benefits of operating a multi-disciplinary ambulatory program

Availability: All months except July, August and October.

Please contact: Ann Honebrink MD to arrange rotation time. (610-902-2500, honebria@pahosp.com)

B. Women’s and Children’s Health Services at Pennsylvania Hospital

Coordinator: Dr. Jack Ludmir, Chair of ObGyn at Pennsylvania Hospital

Description: Women’s and Children’s Health Services (WCHS) is a not-for profit organization located on the Pennsylvania Hospital campus dedicated to providing health care services to women of all ages from our community and surrounding areas. Most of our patients are underserved and enjoy coming to WCHS because of our reputation for excellence in a caring environment. Health services include: family planning, prenatal care, colposcopy and adolescent gynecology. The care is provided by a team of physicians, nurses, social workers, and nutritionists. Recently, WCHS has been working together with “Puentes de Salud.” This is a voluntary organization of Penn medical students, nurses and physicians, providing routine gynecologic care and prenatal care to the growing community of Mexican immigrants in South Philadelphia who are otherwise unable to get access to health care.

Objective: To familiarize the student to gynecologic and obstetric issues faced by women from underserved and diverse populations. The student will have the opportunity to be an active participant in the care of these women, and have exposure to the challenges and dilemmas in providing health care to them.

Availability: Jack Ludmir, MD and Ms. Levit will work with you to arrange a four week flexible rotation.

Please contact: Jack Ludmir, MD (215-829-3934, jaludm@uphs.upenn.edu)
C. Family Planning

_Coordinators:_ Drs. Cori Schreiber and Steve Sondheimer, Director of Family Planning

_Description:_ Penn Family Planning and Pregnancy Loss Center provide a full range of contraceptive choices, option counseling, as well as medications and surgical abortion care.

_Objectives:_ To expose students to family planning service in the Title X Family Planning Program and abortion services in the Family Planning and Pregnancy Loss Program. Students will participate in patient care, as well as meet with counselors, lawyers, and others involved in the provision of abortion service in Philadelphia.

_Goals:_

- To understand each of the contraceptive choices available, including benefits, efficacy, counseling issues, and contraindications.
- To understand options counseling and its components.
- To understand the components of the Pennsylvania Abortion Control Act.
- To learn about abortion services in Pennsylvania and Philadelphia.
- To understand the components of medications and surgical abortion.

_Availability:_ Dr. Schreiber or Dr. Sondheimer with work with you and Ms. Levit to arrange a four-week flexible rotation.

Please contact: **Steve Sondheimer, MD** (215-662-3120, ssondheimer@obgyn.upenn.edu)

To obtain credit for this component, within the month following completion of the one month intensive, _please contact:_ Ellen Martinak (martinak@mail.med.upenn.edu)

4) Women’s Health Scholarly Pursuit Project

3 months*

_Find a mentor / Create a proposal / Obtain Approval_

For additional information about this program component or the FOCUS Fellowship, _please contact:_ Patricia Scott (pscott3@mail.med.upenn.edu)

For guidance about research opportunities and for approval of your project idea/proposal, _please contact:_ Susmita Pati, MD, MPH (pati@email.chop.edu)

*The six-month FOCUS Medical Student Fellowship in Women’s Health can be used to fulfill this requirement (see: www.med.upenn.edu/focus/StudentFellowships.shtml). A list of faculty with women's health-related projects and with prior interest in mentoring students is available on-line (note: this is for reference only and is not necessarily current).

To obtain credit for this component, within the month following completion of the scholarly pursuit project, _please contact:_ Ellen Martinak (martinak@mail.med.upenn.edu)