

The Obstetric Experience among Vascular Surgery Trainees

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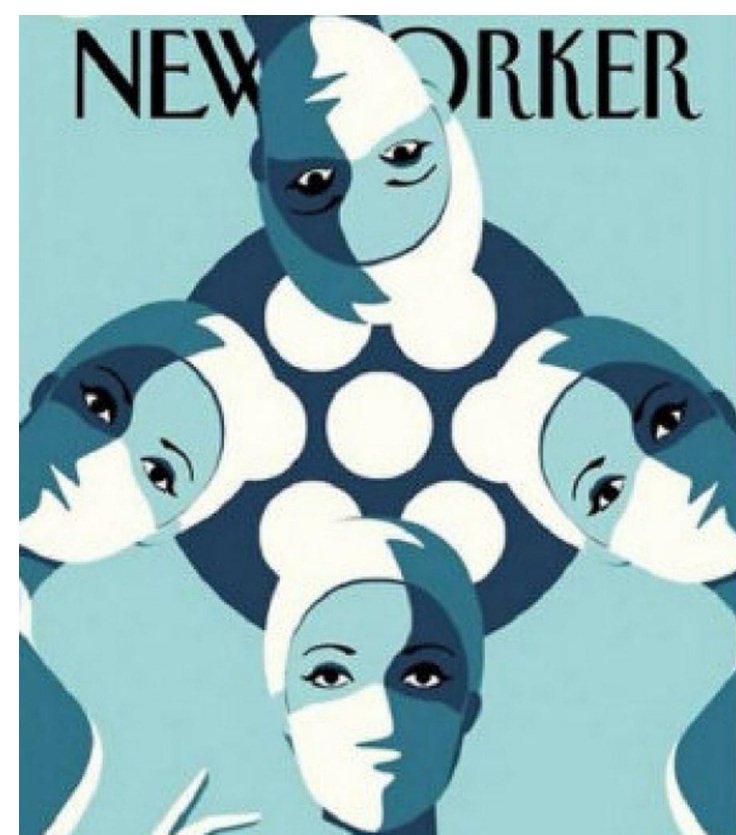
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Background

- Females compose of 1/3 of vascular trainees and less than 10% of practicing vascular surgeons in the U.S.
- Significant challenges have deterred many pursuing surgical career
- Vascular surgery poses unique risks during pregnancy, including long hours, physically demanding work, and radiation exposure.



Objectives

To analyze trainees' experience of pregnancy and parenthood in vascular surgery:

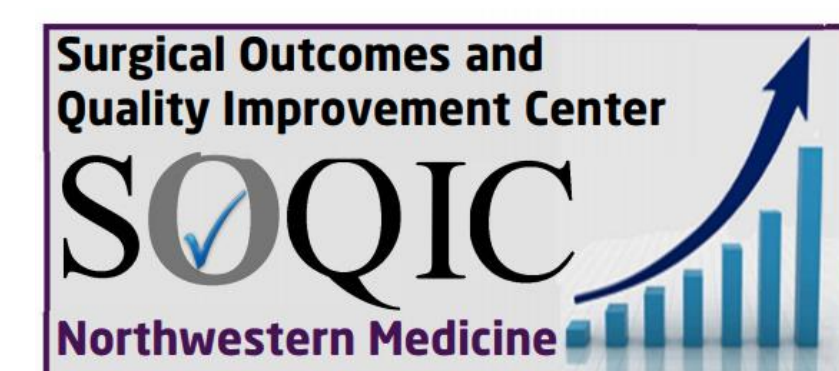
- Describe trainee perceptions and experiences of pregnancy and parenthood
- Examine the prevalence of obstetric complications and the associated learning environment factors
- Determine the impact of obstetric complications on trainees wellbeing

Methods

- Optional and anonymous survey after 2021 VSITE
- Perceptions of pregnancy and parenthood
- Prevalence of obstetric complications
- Trainee parents' wellbeing including burnout, thoughts of attrition, and suicidal thoughts
- Bivariate analysis and multivariable logistic regression were used to evaluate association for obstetric complications and wellbeing

Acknowledgements & Disclosures

Northwestern Medicine and Surgical Outcomes and Quality Improvement Center (SOQIC) RDL was supported by the National Heart, Lung, and Blood Institute of the National Institutes of Health in partial stipend support under Award Number T32HL094293-12



Results

- Study cohort: 123 vascular surgery training programs
 - N= 510 trainees
 - N= 128 experienced pregnancy during clinical years
 - Female 52.8% vs. Male 30.2%

Figure 1. Perceptions of Pregnancy and Parenthood

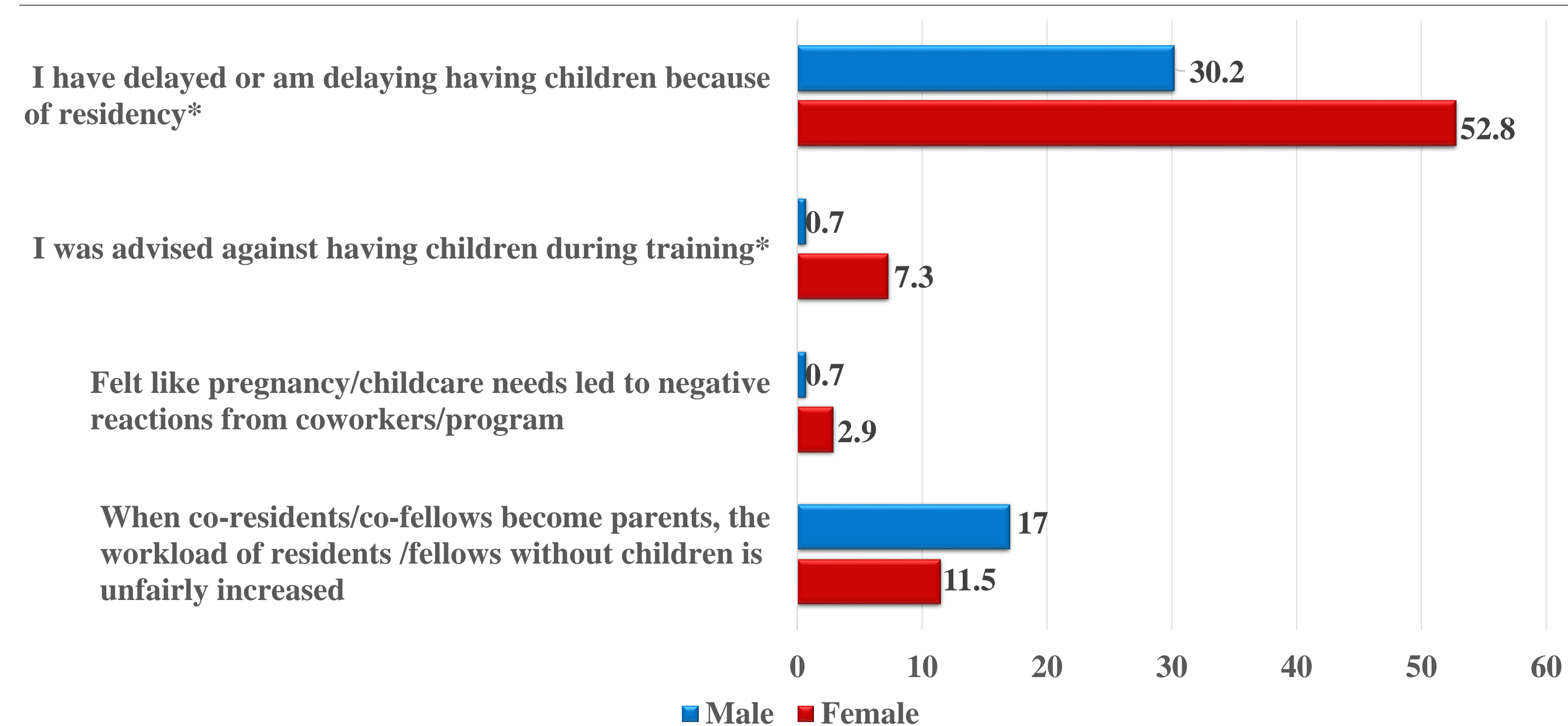
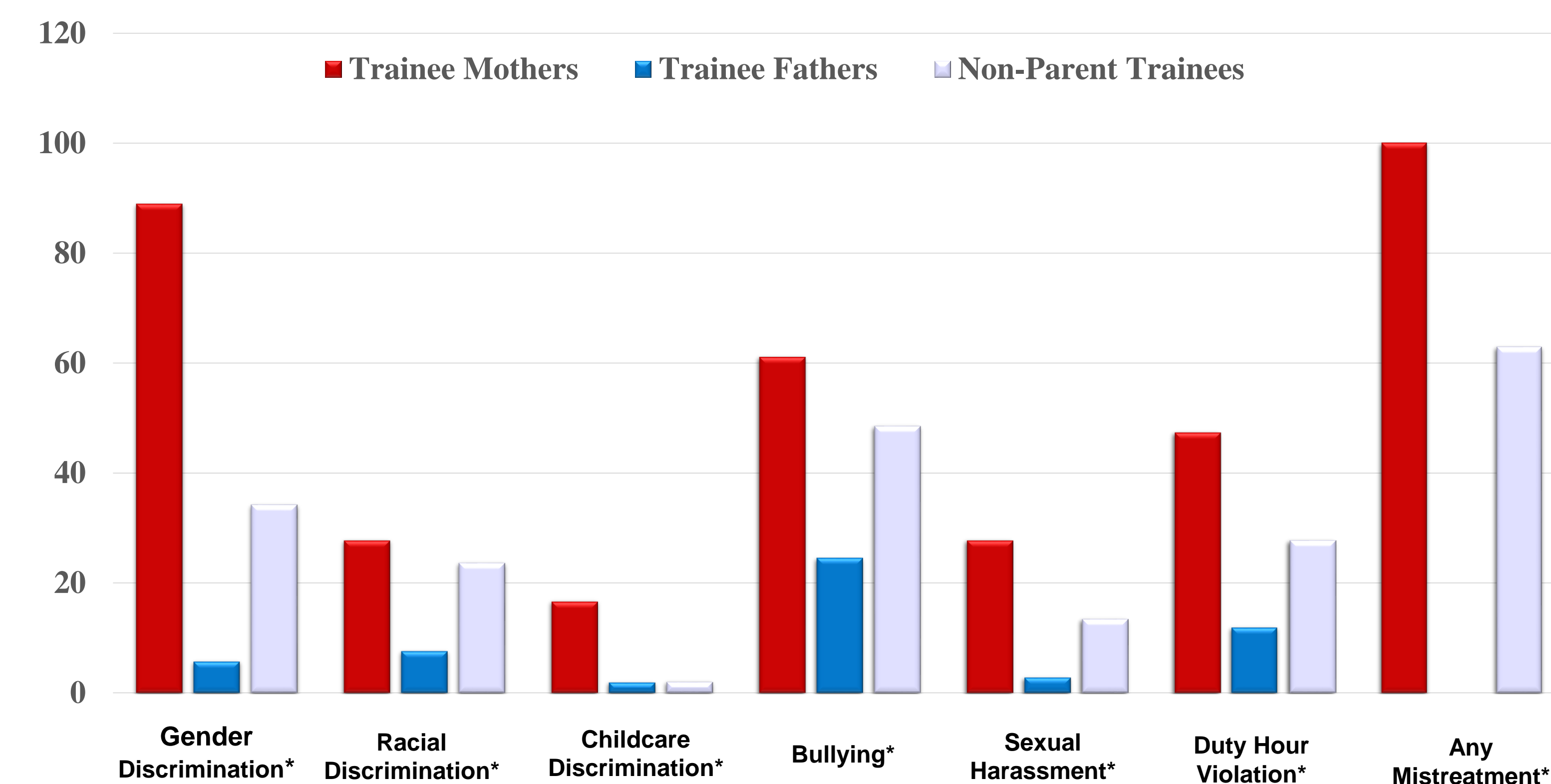


Figure 2. Mistreatment for Parents vs. Non-Parent Residents



* Indicates p<0.05

Figure 3. Wellness Outcomes among Trainee Parents

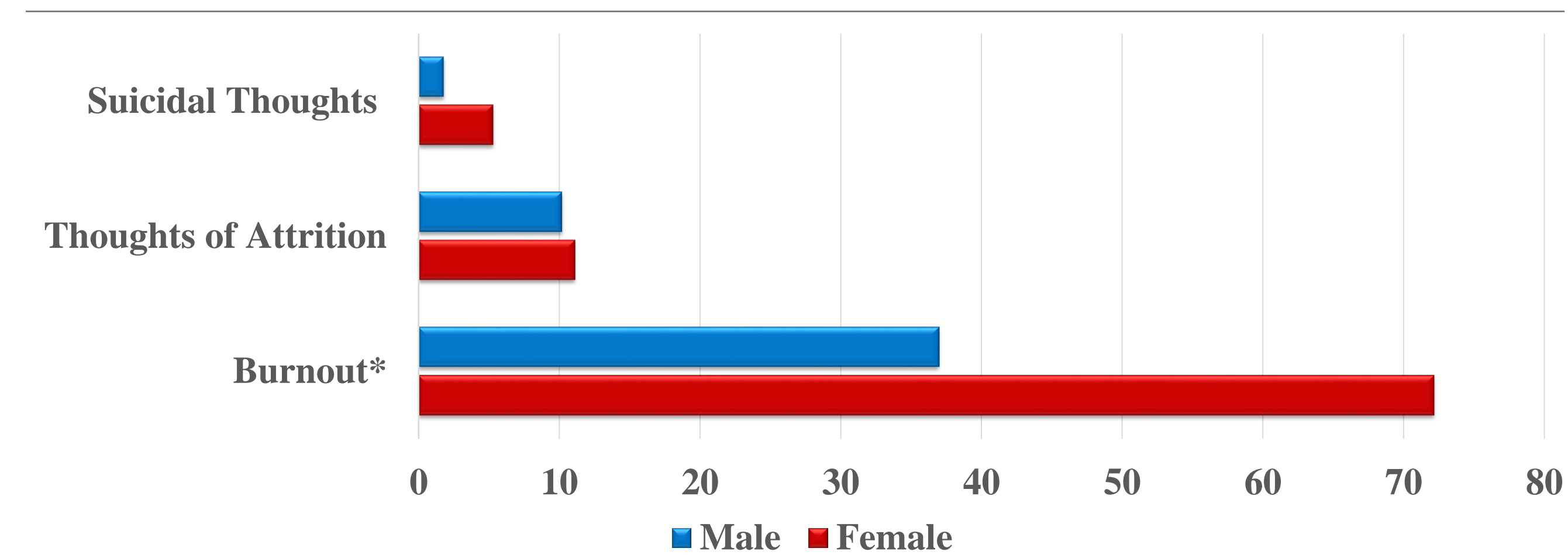


Table 1. Factors Associated with Burnout

	Exclude Mistreatment & Duty Hour Violations*	Include Mistreatment & Duty Hour Violations*
Gender		
Male	Ref	Ref
Female	3.5 (1.1 – 11.0)	0.6 (0.1 – 2.4)
Obstetric Complications	1.35 (0.6 – 2.9)	1.4 (0.6 – 3.3)
Duty Hour Violations	---	17.3 (2.7 – 109.2)
Any Mistreatment	---	3.8 (1.4 – 10.1)

*Includes adjustment for resident & program characteristics

Limitations

- Timing of survey
- Cross-sectional analysis demonstrates association, not causation
- Recall bias
- Mistreatment measure and 80 hour violations were of the current academic year while pregnancy may have occurred in previous clinical years

Conclusions

- Female trainees experienced more external pressure related to family planning decisions
- Trainee mothers experienced more mistreatment than trainee fathers which is associated with burnout
- Improving parental support for trainees is necessary to maintain a diverse workforce wellness, and maternal-fetal health