Icahn School of Medicine at Mount Sinai
Fellowship in Family Planning
2016

Program Overview

The Icahn School of Medicine at Mount Sinai Fellowship in Family Planning is proud to be the 28th fellowship site. Unique aspects of the Family Planning Fellowship at Sinai include:

- An ethnically, racially, and economically diverse patient population;
- High clinical volume, including high volume of D&E procedures through 24 weeks’ gestation;
- Training in both hospital and outpatient settings, including training at Planned Parenthood of New York City, one of the largest and oldest Planned Parenthood affiliates in the United States;
- Training in abortion care for women at 24 to 26 weeks with maternal or fetal indications for termination;
- Training in adolescent reproductive health at the Mount Sinai Adolescent Health Center, the largest provider of outpatient adolescent health services in the United States;
- Productive and successful research programs at the Icahn School of Medicine and Planned Parenthood of New York City;
- Strong departmental support for family planning with integration of family planning services into general gynecologic care;
- Close collaboration between Ob/Gyn, Family medicine, and Pediatrics;
- Global Health opportunities within the Ob/Gyn department;
- Choice of pursuing a Masters in Public Health or a Masters in Clinical Research;
- Four of the Family Planning faculty members are Family Planning Fellowship graduates.

Clinical Training

Fellows train in surgical and medication abortion, management of failed and abnormal pregnancy, contraception, and sterilization with the family planning faculty. Faculty include the Fellowship Director, the Associate Fellowship Director, the Director of the Division of Family Planning at Mount Sinai Hospital, the Director of the Division of Family Planning at Mount Sinai Beth Israel, and the Chief Medical Officer of Parenthood of New York City (PPNYC).

Abortion Training

Fellows train to provide surgical abortion through 24 weeks’ gestation. Routine abortions through 24 weeks are performed in the Mount Sinai Hospital and Mount Sinai Beth Israel ambulatory surgical centers and at PPNYC. Abortions for patients at significantly increased risk of surgical or medical
complications are performed in the main operating room at Mount Sinai Hospital. Fellows train in the management of early pregnancy failure and pregnancy of unknown location in the outpatient health center at Mount Sinai, where both MVA and medication are offered. Fellows train in medication abortion in the outpatient health center at Mount Sinai Hospital. In collaboration with the Division of Maternal Fetal Medicine and family planning faculty, fellows train to provide labor induction abortion up to 26 weeks’ gestation for pregnancies complicated by fetal anomalies and maternal indications on labor and delivery. Ultrasound training takes place at Mount Sinai and PPNYC. In the second year of fellowship, fellows train for two months in the management of the surgical abortion service at Mount Sinai Beth Israel.

**Call Schedule**

Fellows take overnight in-house call twice per month to provide attending level coverage of labor and delivery.

**Generalist Duties**

Fellows have attending privileges with the rank of clinical instructor at Mount Sinai. In addition to required L&D call, fellows may choose to participate in general gynecology cases staffed by the family planning faculty. Additionally, fellows may elect to provide emergency gynecology coverage for the resident service, taking night and weekend home call, with family planning faculty acting as back up.

**Teaching Opportunities**

Family planning fellows train to be trainers. Fellows teach residents and medical students in the clinics and operating rooms at Mount Sinai Hospital and Mount Sinai Beth Israel. At the Mount Sinai Adolescent Health Center, fellows train Pediatric Adolescent Health fellows in LARC provision. At PPNYC, fellows train to serve as consultants to advanced practice clinicians for medication abortion and contraceptive services.

**Contraceptive Training**

Mount Sinai and PPNYC offer a wide range of contraceptive options, including post-abortion LARC placement. Fellows train with family planning faculty in a dedicated contraception clinic at Mount Sinai specializing in LARC placement and contraception for medically complicated patients. Fellows train in laparoscopic and hysteroscopic sterilization at Mount Sinai with family planning and generalist faculty from the Ob/Gyn Department.

**Clinical Training Sites**

Fellows train at the Mount Sinai Medical Center, Planned Parenthood of New York City (PPNYC), and Mount Sinai Beth Israel. The Mount Sinai Medical Center Campus is comprised of several buildings located between 98th Street and 102nd Street on the Upper East Side, bordering East Harlem. Academic
offices of the Family Planning division, including office space for the family planning fellows, are also located on campus. Mount Sinai Beth Israel is located on 1st avenue and 16th street. PPNYC has centers in Manhattan, Brooklyn, the Bronx, Queens and Staten Island; fellows train in the Manhattan Center in the NOHO neighborhood.

**Research Opportunities**

Fellows design and execute a research project of their choice under the mentorship of the fellowship director or associate fellowship director. The fellowship directors guide the fellow in developing, conducting, analyzing and presenting their research. The fellowship directors meet two to three times per month with the fellows to discuss ongoing studies. If a fellow has a research interest outside of the areas of expertise of the fellowship directors, the fellow may conduct the research in collaboration with another member of the Mount Sinai network faculty or PPNYC staff while under the mentorship of the fellowship directors. Pending project approval, fellows may conduct research in the Mount Sinai network (including Mount Sinai Hospital, the Adolescent Health Center, and Mount Sinai Beth Israel) and PPNYC. Research may be conducted on a wide range of topics, including abortion, contraception, adolescent health, sexuality education, and global health. Fellows have protected time for research.

**Research/Clinical Interests of Directors**

Dr. Dean has oversight of multiple ongoing research projects at PPNYC. Her research interests focus on surgical and medication abortion and intrauterine contraception. She has authored chapters on intrauterine devices for UpToDate and Contraceptive Technology and lectured nationally on LARC methods and abortion. She has trained over one hundred residents, fellows and attending physicians from the United States and abroad in surgical abortion through 24 weeks gestation.

Dr. Lunde practices as a specialist in family planning and as a general obstetrician/gynecologist. Clinical interests include abortion for medically or surgically complex patients, as well as long acting contraception. Dr. Lunde has recently expanded postpartum contraception at Mount Sinai Hospital to include placement of LARC in the immediate postpartum period and has an ongoing clinical study following women with IUDs placed at time of cesarean section.

**Current Faculty Projects**

- Dilapan® versus Laminaria for cervical preparation before D&E (Dayananda, Dean)
- Knowledge of, attitudes towards, and exposure to family planning services among New York City medical students (Dean, Lunde, Jacobs)
• Misoprostol dose and timing before surgical abortion at 13 to 16 weeks’ gestation: a randomized trial (Dean, Dayananda)
• Reasons for early discontinuation of the contraceptive implant in adolescents: a qualitative study (Lunde)
• The effect of post-abortion intrauterine device insertion on immediate post-operative recovery: a retrospective cohort study (Dayananda, Dean, Lunde)
• Transgender New Yorkers: perceptions and utilization of sexual health services at Planned Parenthood of New York City (Dean, Dayananda)
• Ultrasound surveillance of IUDs placed immediately postpartum (Lunde)
• Utility of routine IUD string check appointments (Dean, Lunde)

Past Fellows’ Research Topics

• Topical Heat for Pain Control in First-Trimester Surgical Abortion: A Randomized Controlled Trial (Pesci)
• Emergency contraception use in school-based health centers before and after implementation of long-acting reversible contraception services: A mixed methods study (Fink)

Masters Degree Options

Mount Sinai offers two masters programs: a Master of Public Health and Masters of Science in Clinical Research. Fellows choose their masters degree program based on their professional and research goals.

Mount Sinai offers an accredited Master of Public Health (MPH). The classes are held on the medical school campus, near the fellows’ office and family planning clinical facilities. Specialty track options include General Public Health, Health Promotion and Disease Prevention, Occupational and Environmental Medicine, Global Health, Outcomes Research, Biostatistics, Epidemiology, and Health Care Management. Degree requirements for all of these tracks include 42 credit hours, completion of a 150 hour practicum, and completion of a Master’s thesis. The fellowship research project or the fellowship international rotation can be used to meet the thesis requirement.

Mount Sinai also offers a Masters of Science in Clinical Research (MSCR), which focuses on training in clinical and translational research for health science professionals interested in developing a career in research. This program requires 38 credit hours, including completion of a Masters’ thesis, and a grant writing course that involves writing a grant for an NIH K award or other similar career development grant. The fellowship research project can be used to meet the thesis requirement.
International Opportunities

Mount Sinai has a wealth of international opportunities for fellows. The Division of Global Health in the Ob/Gyn Department, with two full time faculty members, supports active clinical and research sites in Colombia, Dominican Republic, Liberia and South Africa.

Fellows are also encouraged to contact outside institutions for collaboration based on their specific interests in international work.

Past Fellows’ International Rotations:

- Liberia (Pesci)
- Sri Lanka (Fink)

Didactics

Fellows attend and occasionally present at weekly family planning didactics with other members of the Mount Sinai Hospital Division of Family Planning, including the fellowship directors, the division director, and any residents and medical students on rotation with family planning. These meetings include journal club, chapter review, and medical guidelines review. Fellows attend weekly departmental M&M conferences and grand rounds.

Fellows also have the opportunity to attend and present at the periodic Physicians for Reproductive Health Family Planning Grand Rounds. These lectures, conducted several times annually, are attended by faculty, fellows, residents and students as well as researchers and activists from a variety of New York City Family Planning programs and institutes.

Collaborations

The Family Planning fellows have the opportunity to collaborate with other divisions within the Ob/Gyn Department and with other clinical departments within the Icahn Medical School. The Family Planning faculty collaborates currently with the following divisions and departments on clinical care, research, and training of residents, fellows and medical students: Maternal Fetal Medicine, Global Health, Department of Pediatrics - Division of Adolescent Medicine, Department of Medicine - Immunology Institute, and Department of Family Medicine and Community Health. Fellows have the opportunity to train and collaborate with faculty from other Mount Sinai Health System hospitals, including Mount Sinai Beth Israel.
Our location in New York City gives fellows geographic access to many national organizations dedicated to family planning. These include Planned Parenthood Federation of America (PPFA), Gynuity Health Projects, Physicians for Reproductive Health, the Population Council, and the Guttmacher Institute. Fellows may have the opportunity for collaboration with and exposure to the family planning research and advocacy conducted by these organizations, depending on the fellow’s areas of interest and the ongoing activities at these organizations. Interested fellows are encouraged to participate in the Physicians for Reproductive Health leadership training course during their second year of fellowship.

**Mentorship**

In addition to the fellowship director and associate director, fellows benefit from the mentorship of Dr. Adam Jacobs (Director of the Division of Family Planning at Mount Sinai Hospital), Dr. Laura MaclIsaac (Director of the Division of Family Planning at Mount Sinai Beth Israel), and Dr. Ila Dayananda (Chief Medical Officer of PPNYC). Dr. Elizabeth Howell (Vice Chair of Research for the Ob/Gyn Department) also provides additional key research support.

**Additional Program Highlights**

- Fellows have access to the strong, supportive and vibrant New York City family planning community;
- Fellows are invited to participate in quarterly Grand Rounds and other events hosted by Physicians for Reproductive Health;
- Fellows have the opportunity to lecture locally and nationally on family planning topics;
- Fellows may have opportunities to work with PPNYC education, mobile medical unit, and public affairs divisions.