

Is FPMRS the right choice for me?

Here are some things to consider as you decide if a Female Pelvic Medicine and Reconstructive Surgery (FPMRS) Fellowship is right for you. An accredited FPMRS Fellowship involves a three year commitment after an Obstetrics and Gynecology residency or a two year commitment after completing a Urology residency.

Some residency programs provide more FPMRS exposure and training than others. Because the fellowship application process occurs during the third year of residency, it can be difficult for some residents to have the requisite exposure to this field prior to the application deadlines. If you think you might be interested in FPMRS during or at the start of your residency we suggest you consider an FPMRS elective or externship and recommend getting involved in research (preferably in FPMRS but any research experience is helpful). We also recommend attending the American Urogynecologic Society (AUGS) annual meeting as this provides broad exposure to the field in general and also allows networking opportunities. Applying for an AUGS resident scholar (<http://www.augs.org/p/cm/ld/fid=92>) can provide funding to attend AUGS. A complete outline to help facilitate goal setting during residency can be found here ([insert hyperlink to fellowship guide](#)).

Regardless of where you are in your training or career, answering these questions may help you decide if FPMRS is right for you:

- Do you enjoy gynecology based problems?
- What age group do you like to interact with and counsel? Urogynecologists treat patients of all ages but tend to see a more elderly population.
- Do you enjoy surgery? Urogynecology is a surgical subspecialty and a fellowship in FPMRS provides more surgical experience and expertise.
- Do you want to expand your knowledge of pelvic floor disorders (PFDs)?
- Do you enjoy research? For this young subspecialty, a great deal of research is still needed to advance the knowledge base of FPMRS including basic science, translational and clinical research.

Many career options are available after completing fellowship including academic or private practice. Some graduates choose to continue practicing general obstetrics and gynecology or general urology while others only see referrals. We encourage you to seek exposure to our field so that you can determine if this is the right career choice for you.