

WOMEN'S HEALTH AREA OF CONCENTRATION

The Area of Concentration in Women's Health is designed to give participants longitudinal exposure to gender specific care and serve as a springboard for leadership skill development. Participants will get first hand exposure to health issues that are unique to, more common in, and present differently in female and gender minority patients. Scholarly activities will be targeted to foster academic achievement, confidence, and professional presence.

AIMS

By the end of the four-year program, participating students will be able to:

1. the biological basis for major sex and gender differences in disease prevention, presentation, and management
2. Diagnose, assess, and manage medical illness that is unique to the female reproductive system and genitourinary tract
3. Counsel female and gender diverse patients in family planning, prevention strategies, healthy behaviors, personal safety, and social determinants of health
4. Serve as an advocate for female and gender diverse patients
5. Demonstrate understanding of self and gender specific attributes that contribute to and facilitate leadership and professional development

REQUIREMENTS

Students may enter the AOC any time before the start of MS2 year. Most often, students enter during the winter of MS1 year.

Participants must complete the following requirements for successful completion of the WH AOC and to earn a graduating certificate.

Activity	Requirement
Women's Health Noon Conference (933W Montefiore)	30 sessions/4 years
Monthly Meeting- AOC	20 sessions/4 years
Leadership Journal Club	8 sessions/4 years, encouraged but not required
WH Service Requirement (Women's shelter, PALS, community outreach)	Yes
WH Service Reflection Paper	Yes
Ambulatory WH Focus	TBD
WH elective (MS4)	Yes
UPSOM Scholarly Work with WH focus	Yes

Students will be required to maintain their own log of AOC activities. The date, time, session Description (title/speaker) should be documented. The log should be copied and brought to each meeting with the AOC Mentor. Progress regarding completion of AOC requirements will be discussed at each Mentor meeting.

Research project: Although it is highly encouraged, the student’s longitudinal research project (as required by the University of Pittsburgh School of Medicine) does not have to be within the field of women’s health. Students should complete *some form* of scholarly work with a women’s health focus that can be decided upon by the track directors, track participant, and research mentor.

TIMELINE

MS1	Attend AOC sponsored information session Submit AOC application online to Student Affairs Meet with AOC Director Identify AOC WH Mentor Attend required AOC activities Complete service requirement
MS2	Meet with AOC Mentor in fall/spring semesters Attend required AOC activities Record AOC activities in AOC log 30-minute presentation at monthly meeting Complete service requirement Submit reflection paper on WH service experience
MS3	Meet with AOC Mentor in fall/spring semesters Attend required AOC activities Record AOC activities in AOC log Complete WH ambulatory focus
MS4	Meet with AOC Director in fall Semester Meet with AOC Mentor in fall/spring semesters Attend required AOC activities Record AOC activities in AOC log Complete one women’s health elective (in MED or OBGYN) Complete UPSOM Research Project/WH scholarly project Review AOC experiences with AOC Mentor and AOC Director to ensure requirements for graduation have been met

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FACULTY/MENTORS (CAN FIND FACULTY PROFILES ON UPMC WEBSITE)

Director: Sarah Tilstra	tilstrasa@upmc.edu
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