

The Balancing Act: How to Achieve Balance in Radiation Oncology Residency in the United States

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Personal	Professional	Self
<ul style="list-style-type: none"> • Faith • Wife • Mom of two, Bella (4) and Bennett (1) • Weekends spent with family • Home-owner • Friendships 	<ul style="list-style-type: none"> • Clinical obligations • Studying for exams (boards, mock orals, in-training) • Research (wellness, gender equity, breast cancer, sarcoma) • Leadership roles (SWRO, WRO) • Podcast (Time Titans) • RadOncQuestions Editor 	<ul style="list-style-type: none"> • HIIT training • Reality TV • Travel • Retail therapy

Disclosures: What I Balance



Outline

- I. US RO Residency Structure
- II. US Based Organizations
- III. Additional Balance Strategies
- IV. Questions?

US Radiation Oncology Residency Structure

US Radiation Oncology Residency Structure



During PGY1, residents spend time at another institution doing a transitional/preliminary year.

Residents join our program as PGY2s. This year is spent rotating among various disease sites including breast, prostate, lung, gastrointestinal, pediatric and central nervous system, among others.

Residents continue to expand and build on the clinical experiences of the first year and start to think about what types of research questions they will want to explore

The PGY4 year is spent working closely with faculty on research projects, as well as continuing didactic education classes.

The PGY 5 year is designed to facilitate consolidation of residents' clinical knowledge.

	Monday	Tuesday	Wednesday	Thursday	Friday
7-9 AM	Meetings	Meetings	Meetings	Meetings	Meetings
9-12 PM	Clinic	Clinic	Clinic	Clinic	Physics and Radiation Biology Lecture Series
12-1 PM	Meetings	Meetings	Meetings	Meetings	Meetings
1-5 PM	Clinic	Clinic	Clinic	Clinic	Clinical Didactics
5- Until PM	Treatment planning/Prepare for clinic and lectures	Treatment planning/Prepare for clinic and lectures	Treatment planning/Prepare for clinic and lectures	Treatment planning/Prepare for clinic and lectures	Treatment planning/Prepare for clinic and lectures

Typical Week of a RO Resident

Residency Structure Continued

ROTATIONS

- Follow 1-2 attending RO for 2-3 months covering 2 disease sites
- Clinical Sites: CNS, H&N, Breast, Thoracic, GI/GU, Sarcoma, Pediatrics, Heme/Lymphoma, Gyn

MEETINGS

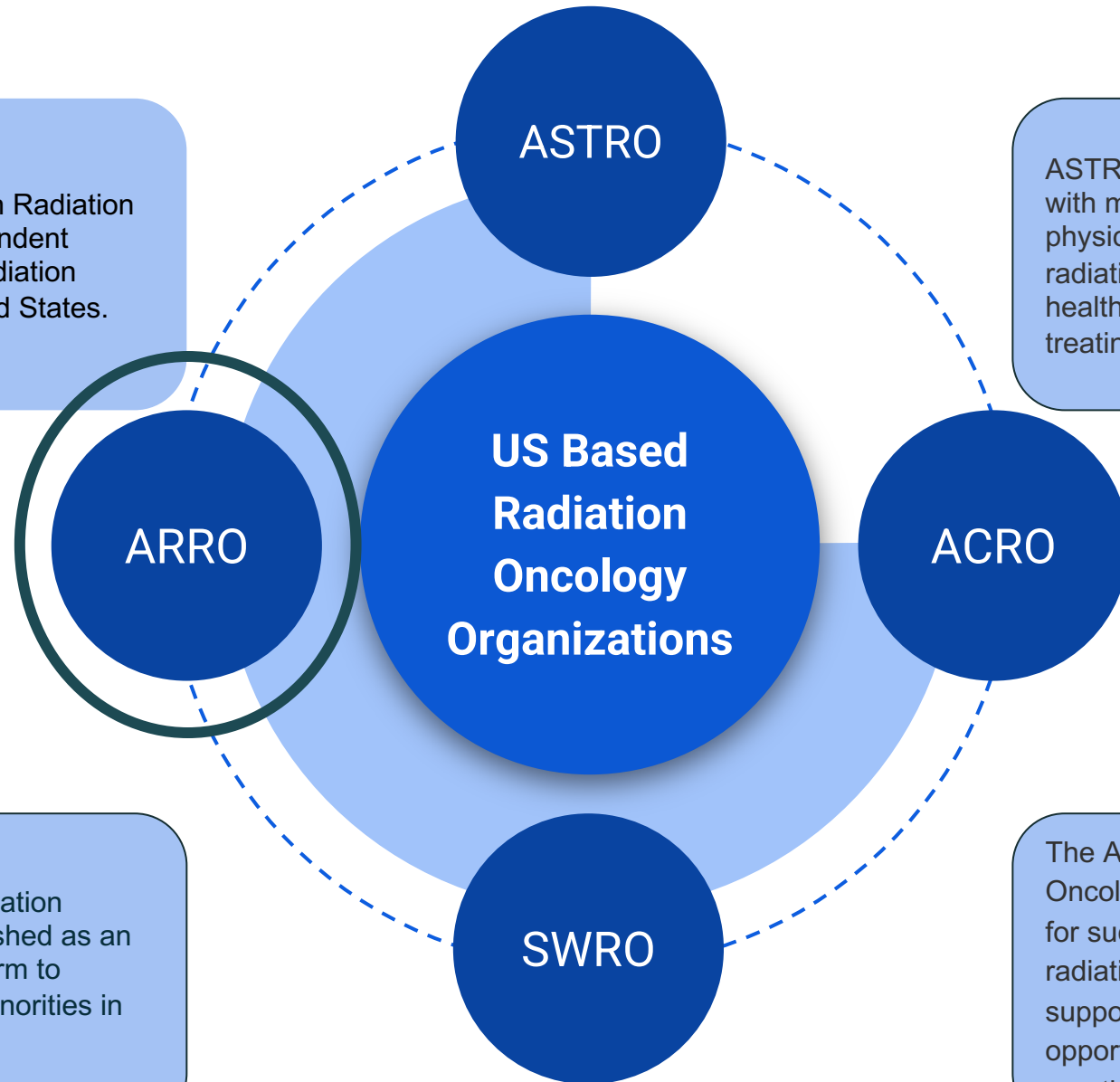
- Department research meetings
 - Grand Rounds
 - Journal Club

US Radiation Oncology Certifying Exams

RO	RO Biology/Physics Qualifying	PGY3/4
	RO Clinical Qualifying	PGY5
	RO Oral Certifying	Post-graduation

II. US- Based Organizations





The Association of Residents in Radiation Oncology (ARRO) is an independent organization that represents radiation oncology residents in the United States.

ASTRO is an international RO organization with more than 10,000 members who are physicians, nurses, biologists, physicists, radiation therapists, dosimetrists and other health care professionals who specialize in treating patients with radiation therapies.

The American College of Radiation Oncology (ACRO) is a professional society for success in the day-to-day practice of radiation oncology with the mission to support RO professionals by providing opportunities for career development and practice improvement.

The Society for Women in Radiation Oncology (SWRO) was established as an organization to provide a platform to promote women and gender minorities in the field of radiation oncology.

Resident Resources

Looking for information regarding educational resources, board certification, the job search, funding opportunities, and more? Look no further!



Educational Resources

Further your education by joining faculty leaders and your peers in the monthly Journal Club Webinar, reviewing case vignettes or learning more about scholarship opportunities.



Board Certification

Information about the American Board of Radiology's Qualifying and Certifying Examinations for Radiation Oncology Physicians



Career Center

This online career board offers employers and job seekers an easy-to-use and highly targeted resource for online employment connections.



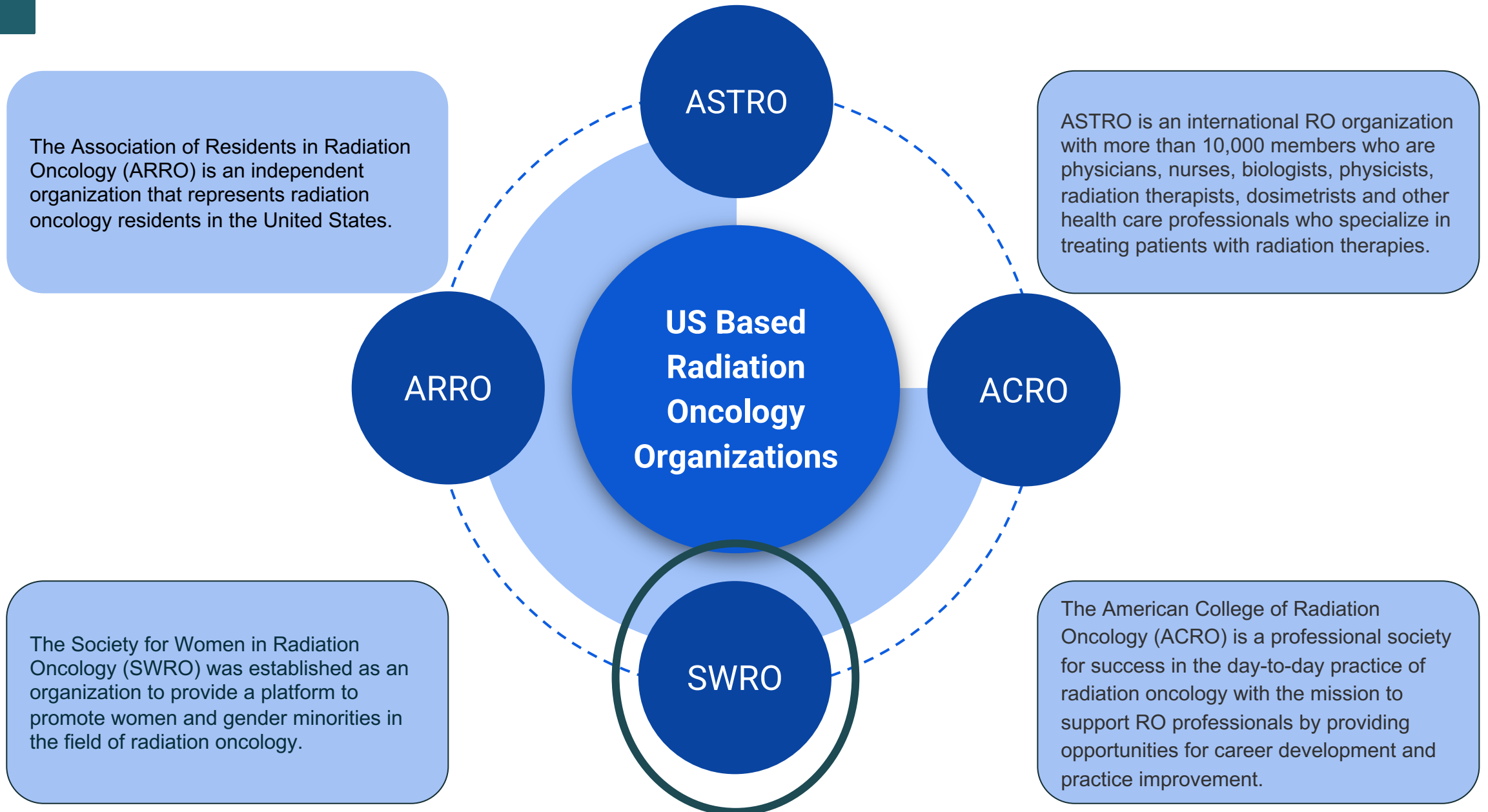
Association of Residents in Radiation Oncology (ARRO)

Educational Resources

- ARRO favorite resources: Tons of educational resources for residents to use while studying for clinic and the qualifying examinations
- ARROCase: Peer-reviewed educational cases created by residents highlighting key aspects of treatment of different disease sites.
- ARRO Webinars: Including treatment planning, contouring, disease-site specific lectures, and high-yield reviews for the qualifying exams.

Board Preparation Resources

- ASTRO Radiation and Cancer Biology Study Guide/Practice Examination
- ASTRO Core Physics Curriculum
- ARRO Recommendations for Preparation for the Initial Certification Examinations in Radiation and Cancer Biology (RCB) and Medical Physics (MP)L Textbooks, inline review courses, in person review course, online question banks





Communications

Advocacy

Physics

Research

Mentorship

Diversity, Equity & Inclusion

Events & Outreach

Objectives

SWRO aims to achieve its mission of improving gender equity and inclusion in radiation oncology through the following four domains:

1. Advocating for empowerment of women and gender minorities through provision of educational sessions and applicable resources
2. Building community through social media campaigns, informal virtual networking events, and in-person socials at major conferences
3. Providing mentorship for women and gender minorities at all stages of training in both medical physics and physician roles as well as increase awareness of radiation oncology in the STEM pipeline.
4. Serve as a collaborative hub for research on gender and inclusion issues within radiation oncology and the medical field.

III. Additional Balance Strategies

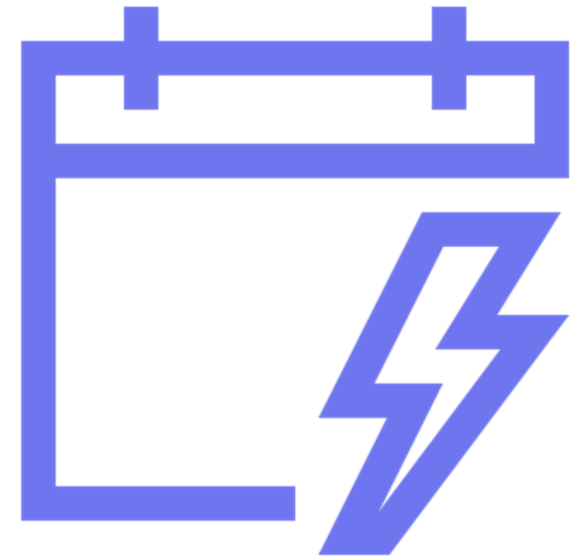
What
We
Think
Balance
Looks
Like



What B
alance
Actually
Looks
Like

Try your best!

- Day to Day
 - Mindset
 - Structure and scheduling
- Long-term philosophies
 - Prioritization
 - Project management
- Parenting hacks



Set Daily Priorities



Clinical tasks relating to that day



Clinical tasks in preparation for the next day



Studying – didactics or upcoming exams



Research

First, eat your frog!



- Complete the hardest item on your to-do list first
- Example
 1. Exercise before work
 2. Study before research

Let no minute be wasted!

15-minute tasks	30-minute tasks	60-minute tasks	Deep work
Read a manuscript	Treatment plan review	Edit a manuscript	Writing a manuscript
Triage e-mails	Prep tomorrow's clinic	Contours	Planning a project
Check-in on friends/family	Offline review	Meet with mentor/mentee	Board studying
	Exercise	Lecture Prep	Grant Writing



Questions?

