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## Curriculum

The curriculum of the Family Planning Fellowship at the Icahn School of Medicine includes clinical training, training in education, research, and international health. Fellows can also pursue master's degrees and other opportunities during the training program.

### Clinical Training

Fellows train in surgical and medication abortion, management of failed and abnormal pregnancy, contraception, and sterilization with the family planning faculty. Our faculty includes the fellowship director and co-director and Family Planning faculty within the Mount Sinai Health System and at PPNYC.

Our fellows train to provide surgical abortion through 24 weeks gestation in locations throughout the Mount Sinai Health System.

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.

Mount Sinai and PPNYC offer a wide range of contraceptive options, including post-abortion long-acting reversible contraception (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 sterilization at Mount Sinai with family planning faculty.

### Training in Education

Family planning fellows train to be instructors. Our fellows teach residents and medical students in the clinics and operating rooms at various locations. At the Mount Sinai Adolescent Health Center (<https://www.mountsinai.org/locations/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.

### Research

Fellows design and execute a research project of their choice under the mentorship of the fellowship directors. Our 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 you have 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 throughout the Health System 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 and Clinical Interests of Directors

Britt Lunde, MD (<https://icahn.mssm.edu/profiles/britt-lunde>), Program Director, practices at Mount Sinai Hospital and provides services at PPNYC. Clinical interests include abortion for medically or surgically complex patients, as well as long acting contraception. Her research interests include postpartum and adolescent contraception.

Laura MacIsaac, MD (<https://icahn.mssm.edu/profiles/laura-macisaac>), Associate Director, provides clinical family planning services at Mount Sinai Beth Israel. She has created and led family planning training programs in several academic medical centers in New York City. She was among the first recipients of the Ryan Residency Training Grants for Family Planning and has won national as well as medical school teaching awards. She served on the expert working group of the U.S. Medical Eligibility Criteria for Contraceptive Use in 2010 and the U.S. Selected Practice Recommendations for Contraceptive use in 2013.

### Master's Degrees

The Icahn School of Medicine at Mount Sinai offers several master's degree programs including a Master of Public Health and Master of Science in Clinical Research. Fellows may also elect to pursue master's level classes and degrees through other New York City programs, including the Mailman School of Public Health at Columbia University and the New York University College of Global Public

Health. Fellows choose their master's degree program based on their professional and research goals.

The Icahn School of Medicine's programs in Master of Public Health (MPH) and Master of Science in Clinical Research (MSCR) hold classes on the medical school campus, near the fellows' office and family planning clinical facilities. MPH 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. The MSCR program 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 Health

ISMMS has a wealth of international opportunities for fellows. The Division of Global Health in the Department of Obstetrics, Gynecology, and Reproductive Science 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 have included Liberia, Sri Lanka and Colombia.

## Additional Opportunities

**We offer additional opportunities in advocacy, policy, and service, didactics, collaboration, and mentorship.**

### Advocacy, Policy, and Service

Our location within New York City and affiliation with PPNYC offers many opportunities for advocacy, policy, and service work. Fellows are encouraged to pursue their interests in these areas.

Current and past fellows' advocacy, policy, and service work as:

- Physicians for Reproductive Health Leadership Training Academy
- NYC Department of Health and Mental Hygiene lecture series on contraception to school-based health center providers
- Icahn School Medical Students For Choice program panelists
- Lectures to PPNYC Advanced Practice Clinicians
- Moonlighting at PPNYC

### 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 morbidity and mortality 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 Department of OBGYN and with other clinical departments within the Icahn School of Medicine. The Family Planning faculty collaborates 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, 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.

### Mentorship

In addition to the fellowship director and co-director, our fellows benefit from the mentorship of Adam Jacobs, MD (<https://icahn.mssm.edu/profiles/adam-r-jacobs>), Director of the Division of Family Planning at Mount Sinai Hospital; Rachel Masch, MD (<https://icahn.mssm.edu/profiles/rachel-masch>), Division of Family Planning at Mount Sinai Beth Israel; and Ila Dayananda, MD, Chief Medical

Officer of PPNYC. Elizabeth Howell, MD (<https://icahn.mssm.edu/profiles/elizabeth-a-howell>), Vice Chair of Research for the OBGYN Department, also provides additional key research support.

Additional program highlights:

- Access to the strong, supportive and vibrant New York City family planning community
- Invited to participate in quarterly Grand Rounds and other events hosted by Physicians for Reproductive Health
- The opportunity to lecture locally and nationally on family planning topics
- Opportunities to work with PPNYC education, mobile medical unit, and public affairs divisions

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## Contact Us

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