

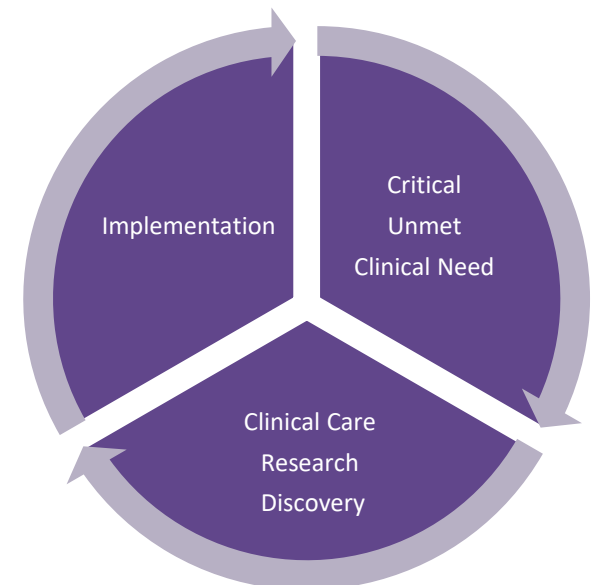


Welcome to the Northwestern Urology Residency Program



Department Philosophy

- Patient-centric, highly agile program
- Clinical questions and clinical need drive our programs and discoveries
 - Apply key basic science discoveries to “real life” problems
 - Improve the understanding of urologic subspecialties and the conditions we treat
- Strong partnerships with patients
 - “Partners in discovery”



Department Leadership



Sarki Abdulkadir, MD, PHD
Vice Chair for Urologic Research



Robert Brannigan, MD
Vice Chair of Clinical Urology
Chief of Male Reproductive surgery
& Men's Health



Ted Schaeffer, MD, PhD
Chair



Nelson Bennett, MD
Program Director



Amy Krambeck, MD
Chief of Endourology & Stone
Disease



Shilajit Kundu, MD
Chief of Urologic Oncology

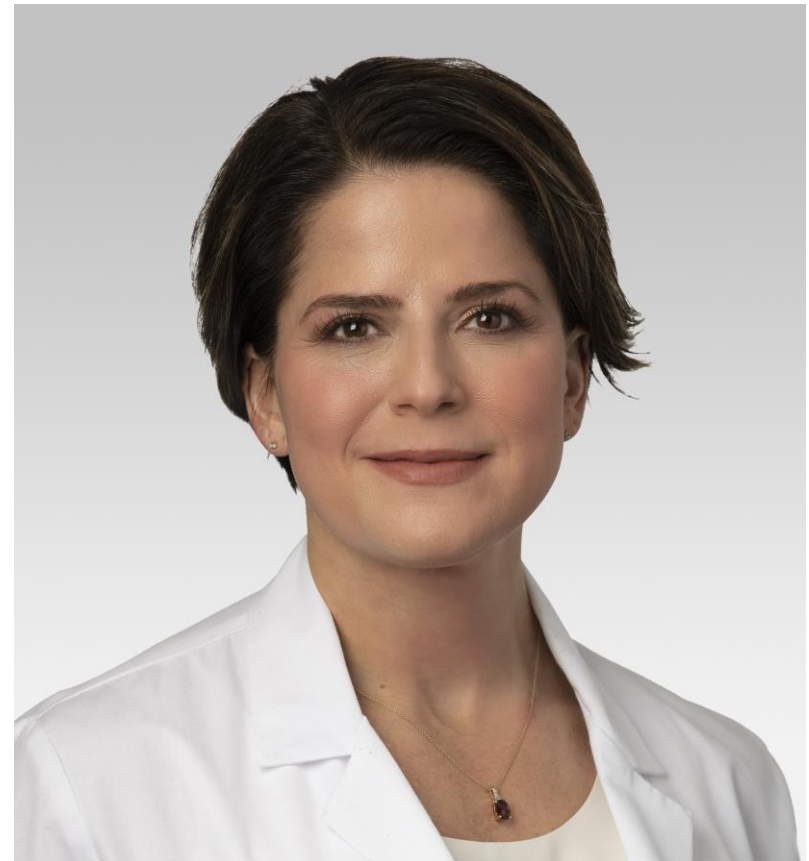


Joshua Meeks, MD, PhD
Associate Program Director

Recent Programmatic Expansion

Amy Krambeck, MD Director of Endourology and Stone Disease

- Clinical Expertise- BPH and Stone Disease
- Research Focus
 - Optimal surgical equipment, techniques, and protocols for the treatment of stone disease
 - Treatment of enlarged prostates in the setting of myogenic or weakened bladders.
 - Holmium Laser Enucleation of the Prostate (HoLEP) for the treatment of
 - symptomatic lower urinary tract symptoms
- Medical School: University of Missouri-Columbia
- Urology Residency: Mayo Clinic
- Endourology Fellowship: Methodist Institute for Kidney Stone Research
- 2009-2016: Endourologist, Mayo Clinic Department of Urology
- 2016-2020: Michael O. Koch Professor of Urology, Indiana University
- Joined Northwestern in January 2021



Recent Programmatic Expansion

Ashley Ross, MD, PhD Clinical Director of Polsky Urologic Cancer Institute

- Clinical Expertise- Prostate Cancer
 - Prostate Cancer Screening (Fusion biopsy)
 - Active Surveillance
 - Molecular Precision Medicine in Prostate Cancer
 - Focal therapy
 - Salvage cryoablation, salvage prostatectomy
- Research Focus- Clinical Trials (primarily industry sponsored phase I-III)
 - i.e. Provent, Harpoon PSMA, Proxalutamide, PROTEUS, Afuresertib + LAE001
- MD/PhD and Urology Residency at Johns Hopkins
- 2012-2016: Associate Professor Urology and Oncology, Director of Johns Hopkins Prostate Cancer Program
- 2017-2020: Texas Oncology / Texas Urology Specialists
- Mary Crowley Cancer Research Center, Executive Medical Director



Recent Programmatic Expansion

Ziho Lee, MD

- Clinical Expertise- Reconstructive Surgery and Trauma/Advanced Urologic Oncology
- Research Focus
 - Surgical techniques and outcomes of robot-assisted urologic oncology reconstruction procedures
 - Surgical techniques and outcomes of robot-assisted radical prostatectomy
- Medical School: Sidney Kimmel Medical College at Thomas Jefferson University
- Urology Residency: Temple University Hospital
- Robotic Oncology and Reconstruction Fellowship Temple University (2019-2020)
- Urologic Trauma and Reconstruction Fellowship: University of Washington (2020-2021)
- Joined Northwestern in September 2021



Recent Programmatic Expansion

Channa Amarasekera, MD Director of Gay and Bisexual Men's Health Program

- Clinical Expertise- Men's health and Andrology
- Research Focus
 - Healthcare disparities in sexual minorities
 - Prostate cancer health outcomes in sexual minorities
- Medical School: Harvard
- Urology Residency: Northwestern
- Andrology Fellowship: Rush University Medical Center (Chicago)
- Joined Northwestern in August 2021



2023-24 Department of Urology Achievements

Programmatic Expansion

Gay and Bisexual Men's Urology Program

The New York Times

In Chicago, a New Approach to Gay and Bisexual Men With Prostate Cancer

A new clinic focuses on patients left grappling with the aftermath of treatment in ways that are rarely appreciated by doctors.



Mr. Curtin with Dr. Channa Amarasekera at Northwestern Medicine. Youngrae Kim for The New York Times

Meet the program director



Channa Amarasekera, MD, is a pioneer in the research of health outcomes in urology for men who have sex with men. He is committed to identifying and addressing

urologic healthcare disparities faced by members of sexual minorities.

Dr. Amarasekera earned his medical degree from Harvard Medical School. He completed residency training in urology at Northwestern University Feinberg School of Medicine, and a fellowship in sexual medicine and reconstructive urology at Rush University Medical Center.

2023-24 Department of Urology Achievements

Programmatic Expansion

Gender Pathways Program

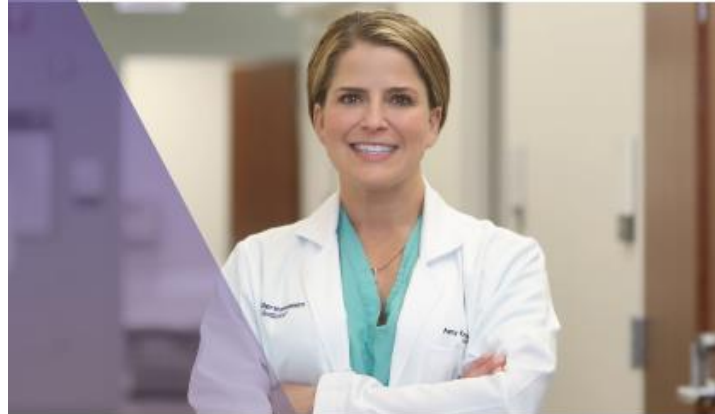


The Northwestern Medicine Gender Pathways Program is committed to providing gender-affirming care to transgender and gender nonbinary patients. Our multidisciplinary team of specialists offers a range of surgical, medical and mental health services. They are dedicated to helping people achieve their individualized transition-related goals.

2023-24 Department of Urology Achievements

Programmatic Expansion

Metabolic Stone Clinic



Metabolic Stone Clinic

At Northwestern Memorial Hospital

Northwestern Medicine Urology is now offering an integrated Metabolic Stone Clinic to deliver comprehensive care for patients with kidney stone disease. The clinic will also offer standardized management pathways for patients with urolithiasis in pregnancy.

2023-24 Department of Urology Achievements

Programmatic Expansion

Male Reconstruction and Robotic Reconstructive Surgery



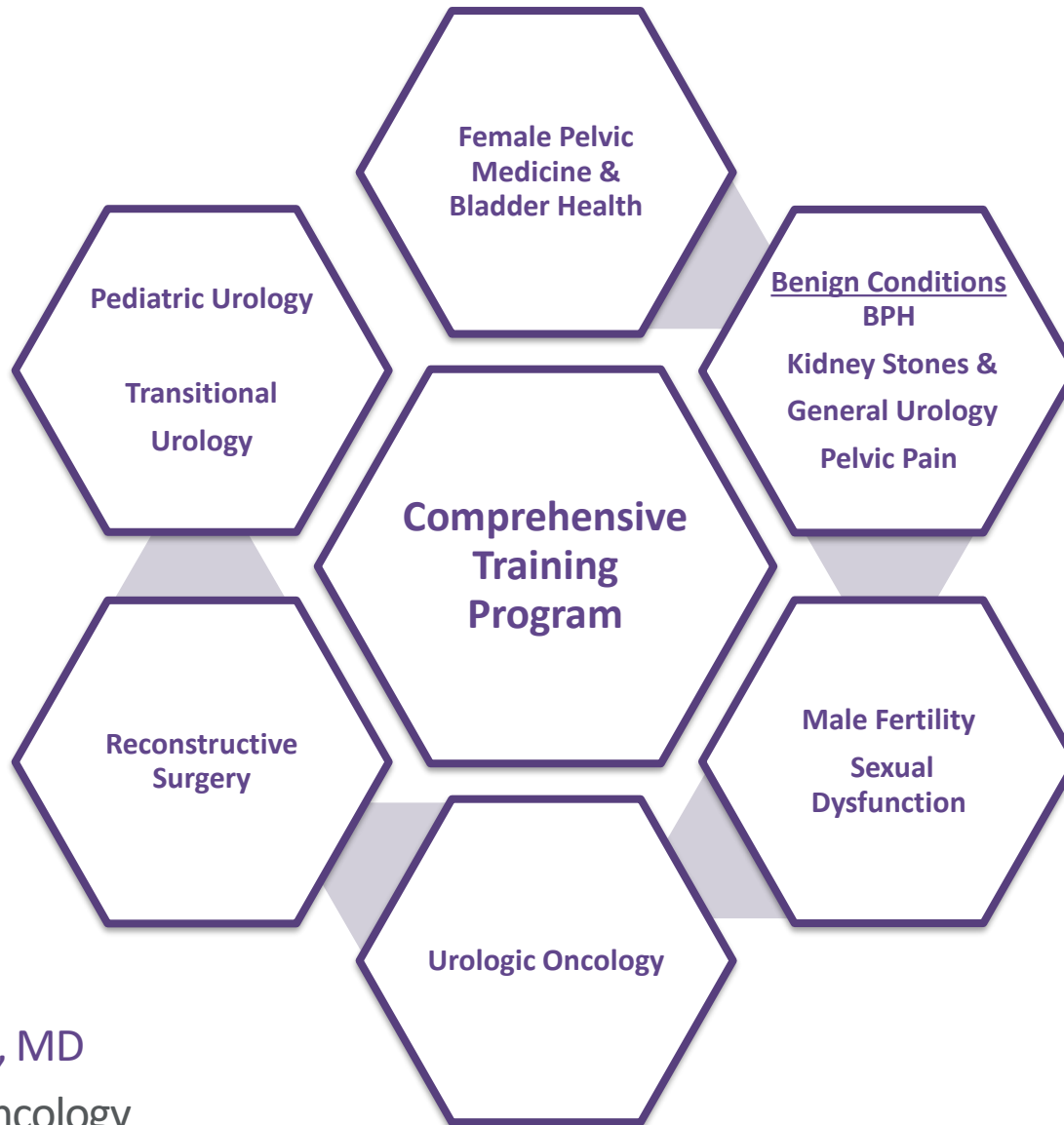
Advancing Complex Ureteral Reconstruction

Ziho Lee, MD

Urology, Northwestern Medicine



Training in all Urologic Subspecialties – New Faculty



Amanda Vo, MD
General Urology



Hiten Patel, MD
Urologic Oncology

2023-24 Department of Urology Achievements

Research

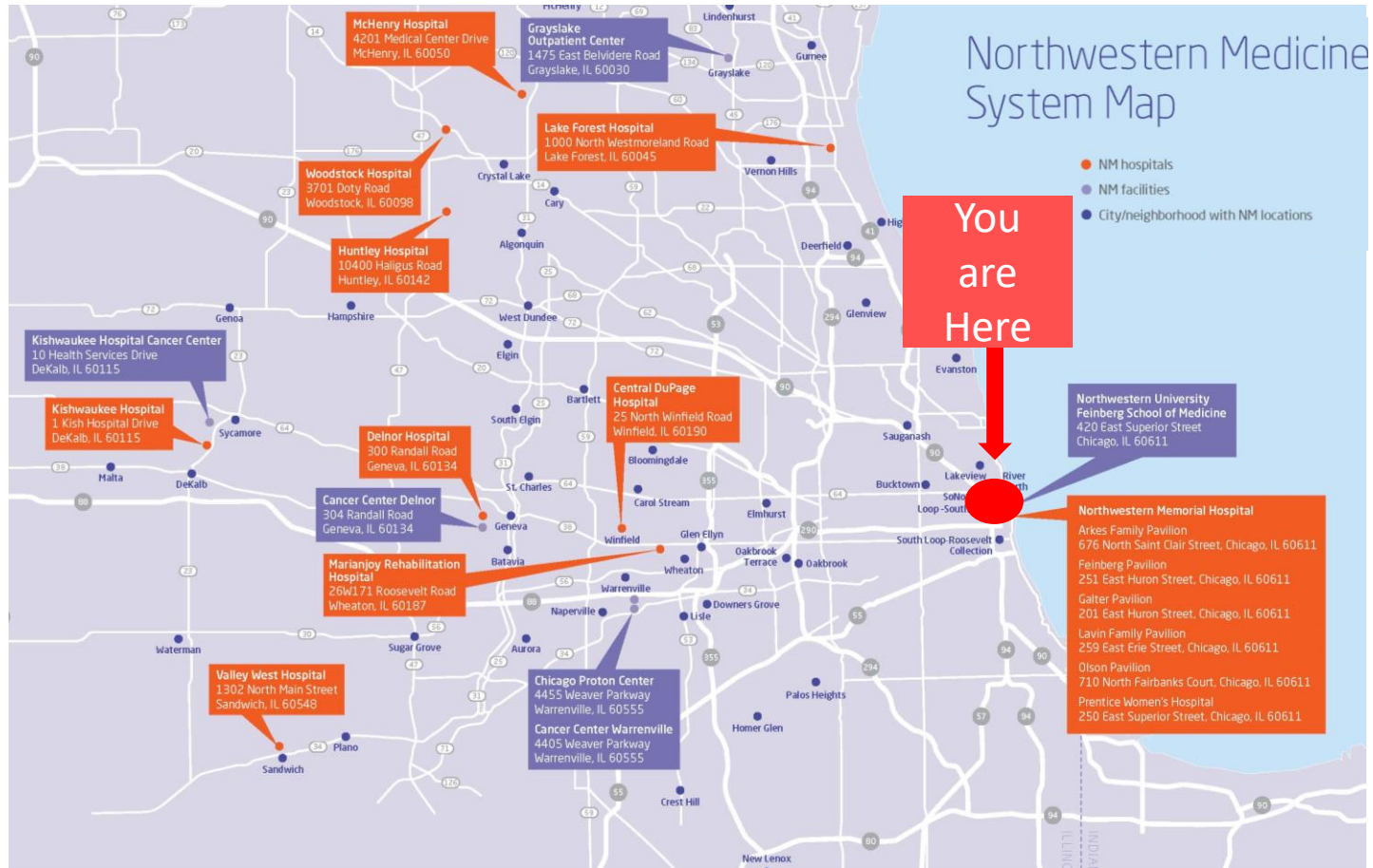
58 Presentations at AUA 2023

5 Best Poster Awards



Northwestern Medicine Enterprise

- 12 hospitals
- 36 locations
- 30,000 physicians, nurses and staff
 - 4,000 aligned physicians
 - 1,100 residents and fellows
 - 46 NM urologists
- 85,000 inpatient admissions and 2.2 million outpatient encounters





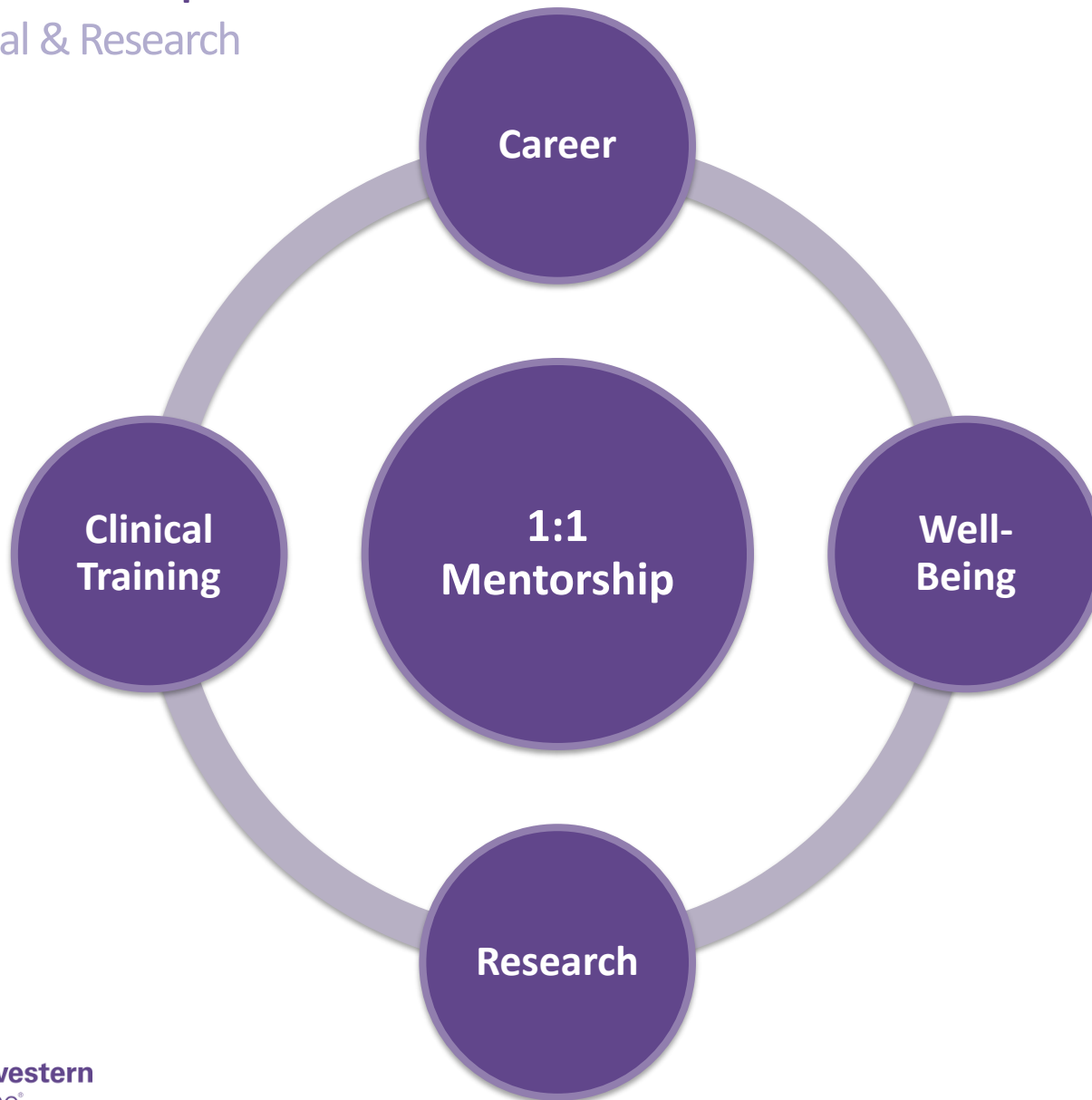
Nelson Bennett, MD
Residency Program Director

Unique Features of Northwestern Urology Residency

- **Urology training begins in year one since July 2006**
 - Format adopted by ACGME for 2019**
 - Now all Urology programs begin in PGY1 year**
- **Personalized, integrated and flexible curriculum**
 - 6 months of resident-driven elective rotations
 - ANY specialty
 - National and international away electives
 - Subspecialty experience with fellowship-trained faculty
- **Clinical training combined with laboratory/clinical research**
 - Fully-funded research year
 - Dedicated research mentor for each resident
 - Statistical, database construction/maintenance, and editorial support
- **American Urological Association and Chicago Urologic Society memberships**
 - Expenses paid by department for residents with abstracts accepted to AUA meeting
 - Residents attend CUS monthly meetings Nov-April

Mentorship

Clinical & Research



Our Residents: Our Priority

PGY-1



PGY-2 & PGY-3



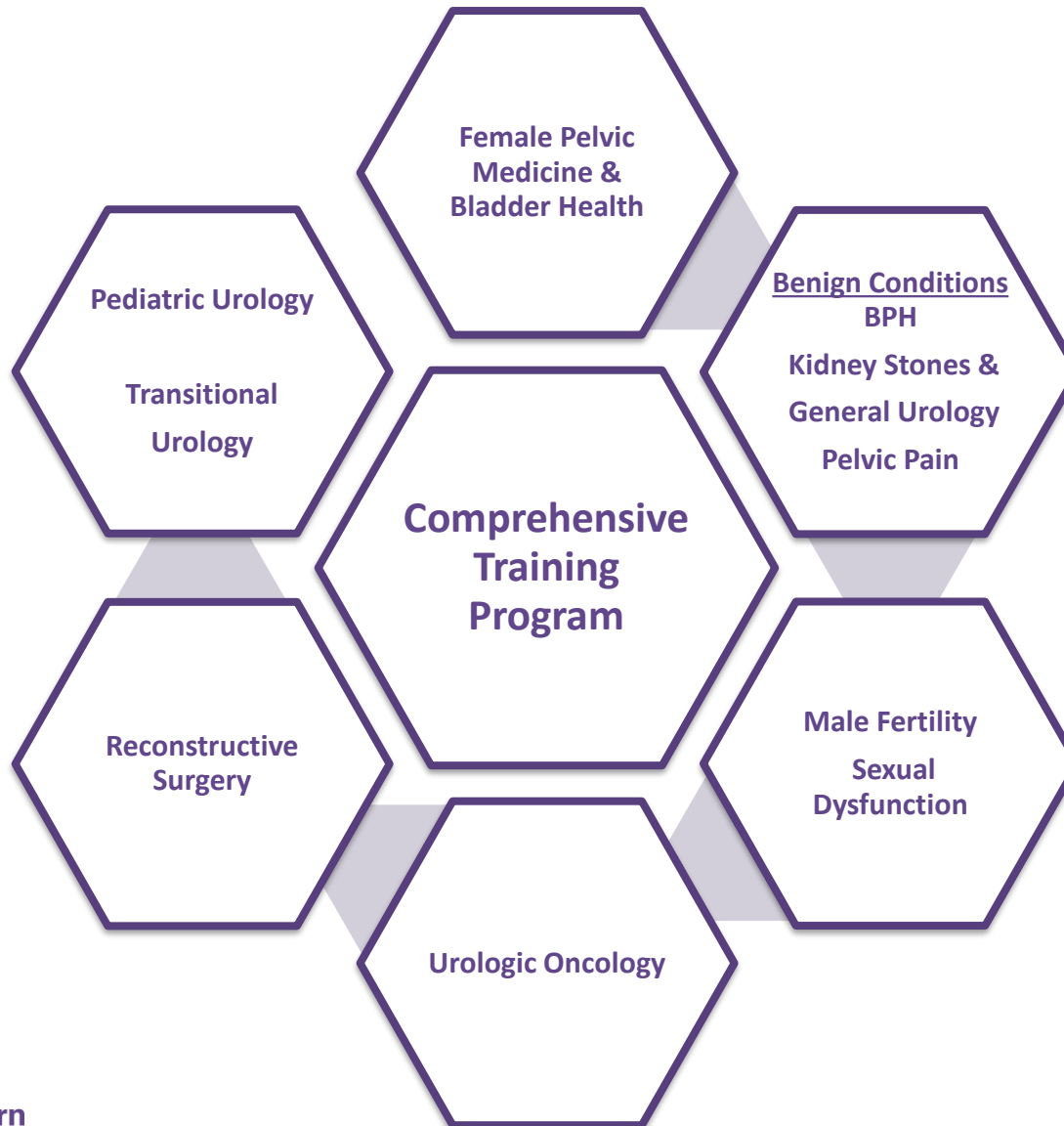
PGY-4 & PGY-5



PGY-6



Training in all Urologic Subspecialties

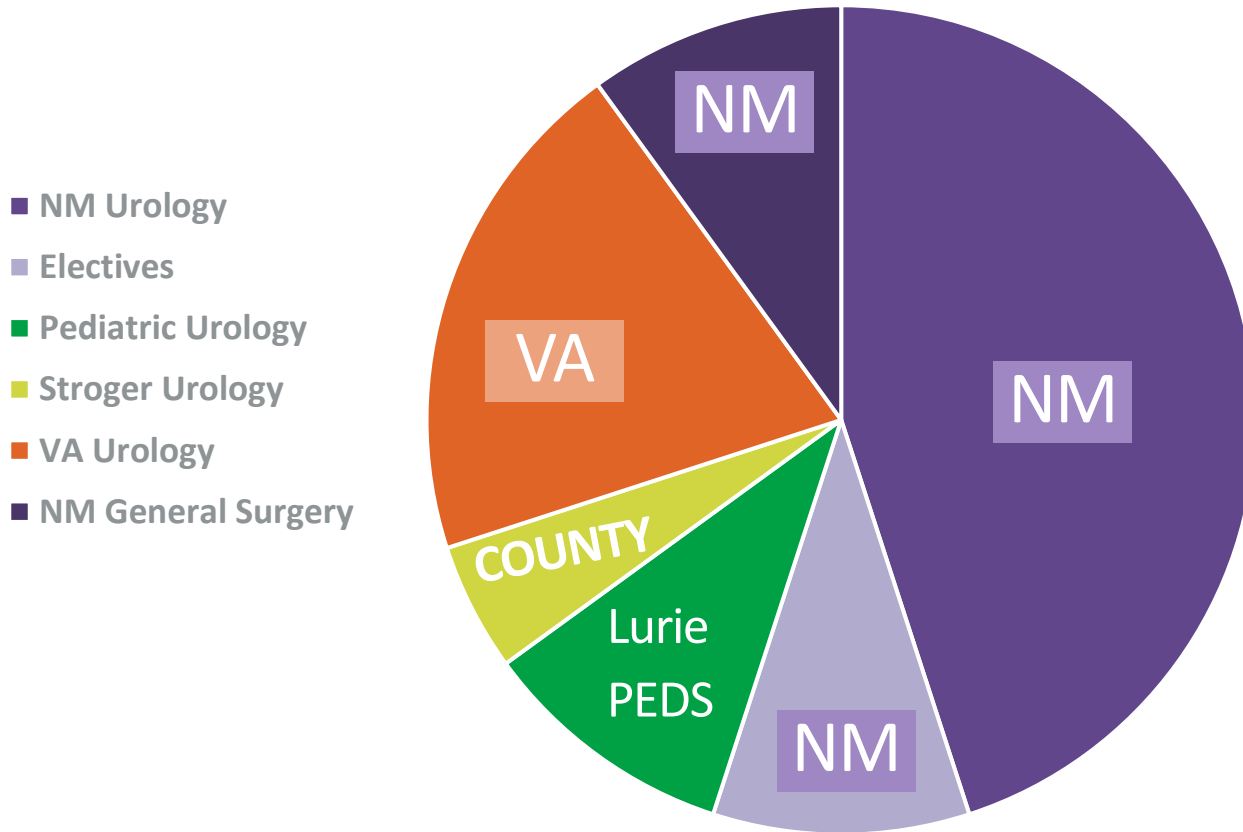


Clinical Training

- Supervised and mentored by dedicated faculty
- High operative volume at all institutions
- Intro to Advanced Urology rotation as PGY3
- Residents care for adult and pediatric patients with all types of urologic conditions
- Multi-disciplinary clinics
- APPs who help residents



Training Sites



Training Sites



Northwestern Memorial Hospital

Call: Night Float 1 month in PGY2, 3, 4

- General Surgery (PGY1) – 6 months
- Urology (PGY1-PGY6) – 34 months

#1 Hospital in Illinois
894 beds
Level I trauma center



Jesse Brown VA Medical Center

Call: Home call, shared with University of Chicago residents

- PGY1, 2, 3 & 6 – 11 months
- VA: 3.3 miles

Serves 62,000 veterans
200 beds



John H. Stroger Jr. Hospital of Cook County

Call: Home call, shared with Stroger residents

- PGY5 – 3 months

County: 3.1 miles

464 beds
Level I adult and
pediatric trauma center



Ann & Robert H. Lurie Children's Hospital of Chicago

Call: Home call, shared with residents from other Chicago programs

- PGY1 & PGY 3

288 beds
Level I pediatric surgery
center

Electives

Resident Selected

PGY2 & PGY3 (2 months)

- Plastics
- Colorectal
- Radiology
- Pathology
- Radiation oncology
- Medical oncology

PGY5 (3 months)

- **Either on campus or away**
- National
 - Children's Hospital of Philadelphia-Pediatric Urology
 - Indiana Urology
 - Cincinnati Children's Hospital- Pediatric and Adolescent Gynecology
 - Vanderbilt Urology
 - UT Southwestern
- International

Clinical Training

Call Schedules

Training Site	PGY1	PGY2-3	PGY4 (Lab)	PGY5-6
Northwestern Medicine	VA and Lurie interns: Sat-Sun DAYS at NM	<ul style="list-style-type: none"> - Night float - 24 h call rotation Sat-Sun (2/mo) - Backup Sat-Sun days 	1 month night float	Backup call
VA	N/A	<ul style="list-style-type: none"> - 1-2 weekends/month - Q2-4 home call M-F 	N/A	<ul style="list-style-type: none"> - Q2 Backup Call - 2 wknd/mo
Lurie	N/A	Q3 home call	N/A	
Stroger	N/A	N/A	N/A	<ul style="list-style-type: none"> - Primary home call - 1 wknd/mo - Q3 M-F

Educational Opportunities

Didactic Conferences – Protected time for residents

- **Conferences (Thursday PM)**

- GU Oncology Conference
 - Multi-disciplinary oncology conference
 - Reconstructive urology case conference
- Resident Teaching Conference
 - Topic-based lectures
 - Board review
 - AUA Clinical Practice Guidelines
 - Journal club

- **Conferences (Friday AM)**

- Urology Grand Rounds
 - Presented by Northwestern Urology faculty
 - Resident case presentations
 - Guest speakers
 - Research Development Working Group
 - Morbidity and Mortality Conference
- Pre-operative Conference
- Site-specific didactics (i.e. pediatric urology during Lurie Children's rotations)

Educational Opportunities

Simulation

Northwestern Simulation

- State-of-the-art simulation education center
- Residents have 24-hour access to simulation lab
- Laparoscopic trainer, TURP trainer, Mimic robotic trainer

Robotic trainers

- VA
- Lurie
- Northwestern



Resident Simulation Labs (1-2 Full days)

- 2024: Open pelvic & open scrotal surgery
- 2023: Ureteroscopy (rigid and flex), HOLEP, TURP
- 2022: Percutaneous access for treatment of large complex kidney stones
- 2021: Pediatric Urology skills
- 2020: Female pelvic anatomy, prolapse repair, slings, urethral bulking agent
- 2019: Laparoscopic skills training

Educational Opportunities

Local and National Meetings

Chicago Urological Society

First Wednesday November-April

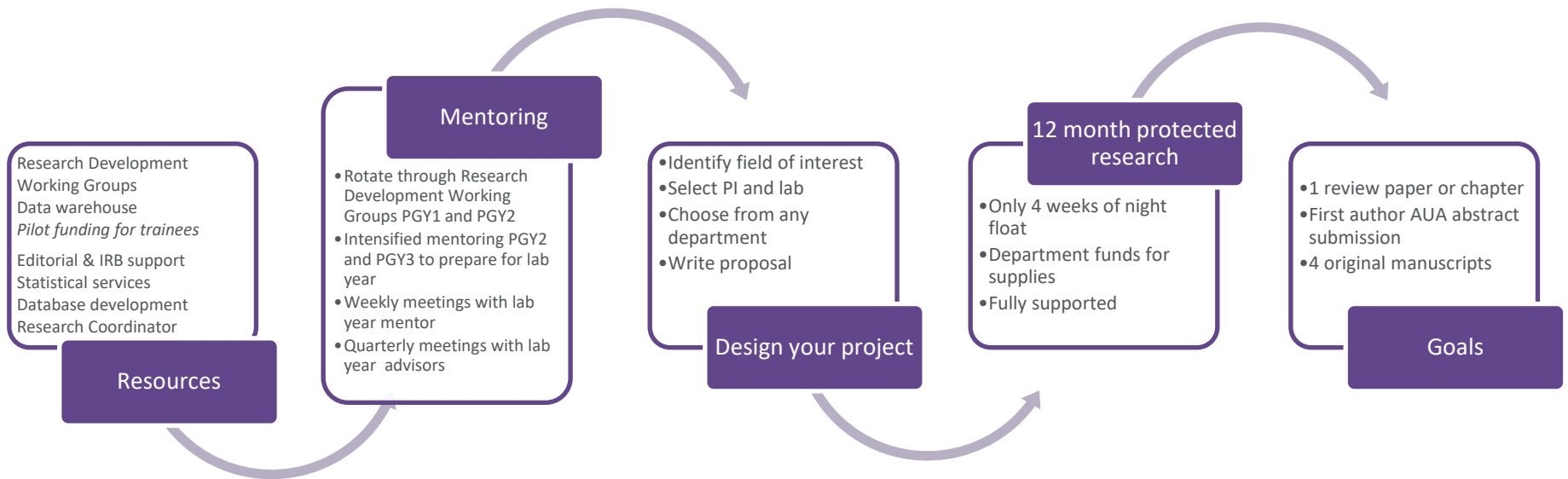
Resident time protected to go to every meeting

AUA Annual Meetings

All research residents attend the national meeting

Residents who have abstracts accepted attend the meeting

How do I do Research ?



Research Development Working Groups

- Disease- based groups of faculty, trainees and students

- Infection & Inflammation
- Endourology & Stone Disease
- Male reproductive Surgery & Men's Health
- Reconstruction & Neurourology
- Urologic Oncology

- Every other month at grand rounds

- Discuss research ideas
- Present research proposals
- Discuss data collection and analysis plans
- Assign project roles and tasks



Benefits – McGaw

- 2023-24 ---> PGY-1 Salary: \$70,460 PGY-6 Salary: \$85,792
 - Salary increases
- Medical insurance and Ancillary coverage: Medical, Dental, Vision, prescription drug, FSA,
- 401(k) – tax-deferred saving plan
- Disability and life insurance
- Vacation: 3 weeks PGY-1, 4 weeks PGY \geq 2
- Sick time: 10 days per year
 - Excused time for Doctor/dentist appointments
- Family benefits:
 - Paid maternal and parental leave
 - Childcare/daycare assistance
 - Two on-site daycare centers

Benefits – Department

- Travel to AUA and NCS meetings (with accepted abstract)
- Travel to specialty meeting – case-by case basis
- 5 paid interview days
- Funded lab year – salary and research support funds
- Statisticians
- Loupes, Books
- AUA membership
- Resident workrooms – research and hospital work rooms
- Snacks, fridge in resident workroom
- Freedom Pay for food at NM vendors – some places 24/7 (Panera, Burrito Beach, L'Appetito, Pizza Studio, Protein Bar, Starbucks, Subway)

Career Paths Following Graduation

32 Graduates (past 10 years)

Private Practice
10 (31%)

Academic practice
3 (9%)

Fellowship
19 (59%)

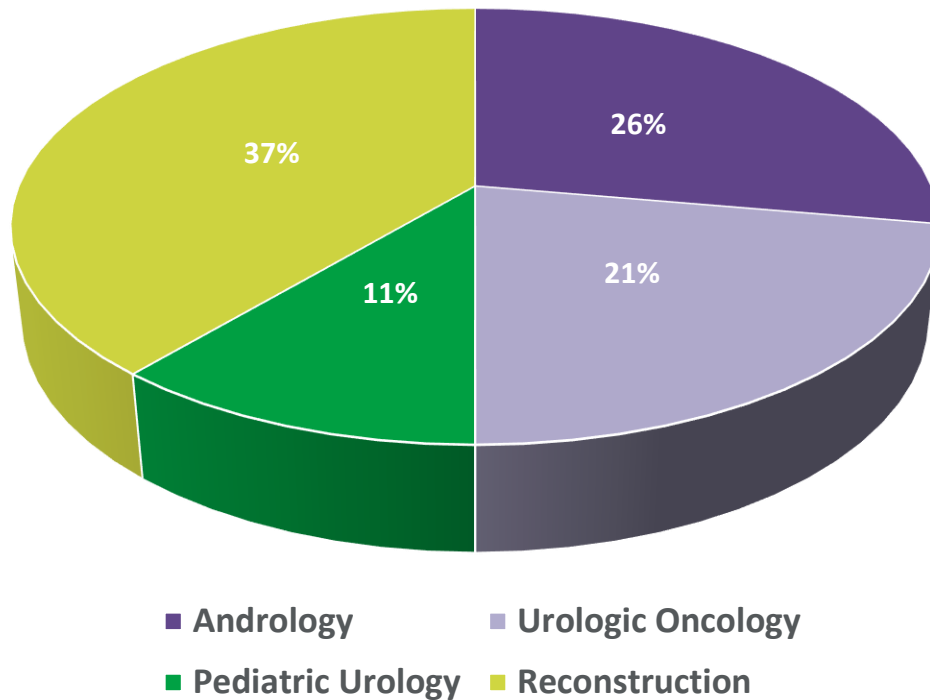
Academic
Practice
8 (42%)

Private
Practice
8 (42%)

Currently in
Fellowship
3 (16%)

Alumni Fellowship Training

Alumni Fellowship Training Past 10 Years



Fellowship Programs

- Baylor (Andrology)
- Children’s Hospital of Philadelphia (Peds)
- Cleveland Clinic (FPMRS)
- MD Anderson (Oncology)
- Memorial Sloan-Kettering (Oncology)
- University of Miami (Andrology)
- Michigan (Oncology)
- UCSF (Reconstruction)
- UCLA (FPMRS)
- USC (Oncology)
- UT Southwestern (Reconstruction)

Graduated Resident Performance

- 2023 Graduates

- Lauren Cooley: Private Practice – Atlantic Urology Clinics, Myrtle Beach, SC
- Matthew Hudnall: Fellowship – Urology Oncology/ Robotics – City of Hope, CA
- Jeremy Lai: Joined NM Central DuPage/Delnor Hospital (General Urology)
- Minh Pham: Academic Practice – UNC (General Urology)

- 2022 Graduates

- Anuj Desai: Fellowship – USC Minimally Invasive Urology; Private Practice in Atlanta, GA
- Oliver Ko: Fellowship - USC Minimally Invasive Urology; Private Practice in Phoenix, AZ
- Amanda Vo: Joined NM Hospital (General Urology)
- Adam Weiner: Fellowship – UCLA Urologic Oncology

- 2021 Graduates

- Mehul Patel: Fellowship – Andrology – University of Miami, Private Practice Atlanta, GA
- Adarsh Manjunath: Private Practice – Wellstar Health, Atlanta, GA
- Emmy Yura: Private Practice – Uropartnerns, Mount Prospect, IL
- Jason Cohen: Private Practice – Cayuga Health, Ithaca, NY



Health and Safety



Mentoring Culture

- Open door communication
 - Program Director
 - Chair
 - Mentors
- Several wellness events per year
 - Faculty and Residents
 - Dinners through the year
 - Chicago Bulls, Chicago Blackhawks games



Diversity and Inclusion

- Goal: Create a medical campus environment of belonging and inclusion for all
- Feinberg School of Medicine Initiatives
 - Goal: Raise awareness, expand engagement and promote discovery
 - Underrepresented Residents and Fellows Forum
 - Diversity and Inclusion Council
 - Feinberg OutList and AllyList
 - Women’s Health Research Forum
 - Community partnerships
- Department of Urology Initiatives
 - Diversity Committee & webpage
 - LGBT Safe Space Training
 - Health education, screening and outreach to at-risk communities and underserved populations

The Washington Post

Democracy Dies in Darkness

Opinions

I’m Northwestern’s president. Here’s why safe spaces for students are important.



Most Read Opinions

1 **Opinion**
Here's the real reason
Republicans 'must' pass tax
cuts for the rich



2 Can we talk about the gender
pay gap?



3 **Opinion**
The Trump authoritarian cult



4 **Opinion**
A... ..



Resident Wellness: An Institutional Priority

- Residency training is fundamentally stressful
- Rate of depression among residents is 22% to 35%
- Physicians in practice have a substantially elevated risk of suicide compared to the general population

Northwestern is committed to ensuring that residents remain physically and mentally healthy

- **Institutional goal to create a supportive culture to improve resident wellness and to proactively address mental health issues faced by residents**
 - Providing resources to our department to improve educational experience
 - Increase awareness of depression risk during training
 - Destigmatizing depression through education
 - Resident Wellness Inventory and Wellness Toolbox containing self-appraisal tools
 - Wellness liaison provides confidential mental health evaluation and treatment to residents

Resident Wellness: An Institutional Priority

Housestaff Wellness Program: Meridian Health

- Available to housestaff through a direct line 24/7
- Resource for wellness or mental health concerns
- Maintains trainee confidentiality
 - Nothing communicated with the program, faculty, or institution

Wellness = FUN (A Department Priority)

- Open door communication
 - Program Director
 - Chair
 - Mentors
- Wellness Events





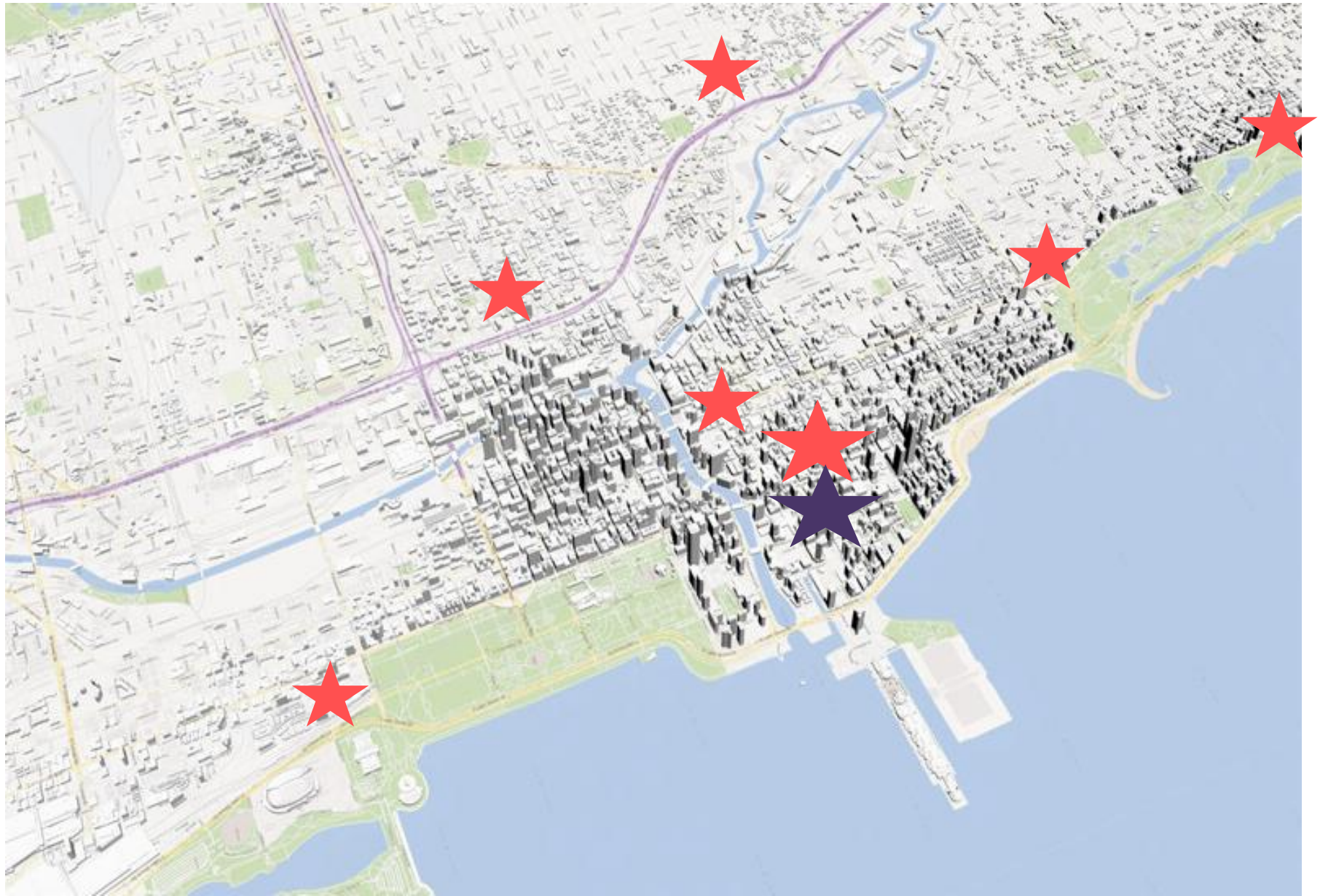
Resident Life

Northwestern Urology Residents

Life in Chicago



Resident Neighborhoods



Life in Chicago





Thank you!