



# 3rd Annual Professional Development Program for Women General Surgery Residents

AUGUST 10–12, 2023



Don't miss this Unique Networking Opportunity designed for Women General Surgery Residents!

## August 10–12, 2023

Tudor Arms Hotel Cleveland  
10660 Carnegie Ave.  
Cleveland, OH 44106  
Phone: 216.455.1260

### COURSE DESCRIPTION

This is a 1½ day course which will provide a high-level overview of many topics related to professional development for surgeons in early training. Specifically, there will be a strong emphasis on challenges that disproportionately affect women trainees, and strategies for navigating those challenges. Faculty will consist of a dynamic and relatable group of surgeons from across the country who are experienced in these areas. Attendees will have the opportunity to interact with the faculty in a friendly and casual environment both at the conference and at the accompanying events, while also meeting their peers and colleagues from around the country.

### LEARNING OBJECTIVES

*After completing this educational activity, the participant will be able to:*

- Gain understanding of challenges pertaining to women surgeons in training and strategies to address those challenges
- Have an introduction to the concept of professional development, including some strategies for being a successful resident, planning future career directions, and learning how to give a well-received presentation
- Network with peers and expert surgeons from around the country in a fun and relaxed environment

### TARGET AUDIENCE

Women General Surgery Residents – PGY-1 and PGY-2

### REGISTRATION

**\$100 registration fee.** Register online at [www.ccfcmc.org/2023Women](http://www.ccfcmc.org/2023Women). Preregistrations are required and accepted online until 9 a.m. ET, July 7, 2023. Note: This event has sold out previously – early registration is highly recommended.

In case of cancellation, a full refund will be made if canceled by June 30, 2023. No refunds will be issued after July 7, 2023.

### HOTEL

Reservations at the Tudor Arms Hotel Cleveland will be made for attendees for the evenings of Thursday, August 10 and Friday, August 11. Please note that attendees will be sharing rooms with another attendee. We will make every effort to accommodate room sharing requests made during the registration process. The cost of the attendees' hotel room (including taxes) will be expensed to the program master account. Attendees will be responsible for any additional charges to the room. All meals and entertainment provided during the course will also be covered.

### TRANSPORTATION

Attendees will be responsible for making transportation arrangements to/from Cleveland. The closest airport is Cleveland Hopkins Airport which is an approximate 30 minute drive to the hotel. Please note that the course will end by 12 p.m. on Saturday, August 12.

### TRAVEL STIPEND

All out-of-town participating attendees will be eligible for up to \$200 travel stipend to help with transportation-related costs. Reimbursement details will be distributed just prior to the course start.

QUESTIONS? Contact Cheryl DiMattia, Education Coordinator, [dimattc@ccf.org](mailto:dimattc@ccf.org)

## FACULTY

### ACTIVITY DIRECTOR

**Ajita Prabhu, MD**  
Associate Professor  
of Surgery  
Cleveland Clinic Lerner  
College of Medicine



Staff Surgeon, Digestive  
Disease & Surgery Institute  
Cleveland Clinic

### KEYNOTE PRESENTERS

**Kyla Terhune, MD**  
Vanderbilt University  
Nashville, TN

**Hope Jackson, MD**  
The George Washington University  
Washington, DC

### GUEST FACULTY

**Kaela Blake, MD**  
University of Tennessee  
Knoxville, TN

**Anita Chiu, MD**  
Kaiser Permanente  
Dublin, CA

**Jillian Ciocchetti, MD**  
St. Joseph Hospital  
Denver, CO

**Ivy Haskins, MD**  
University of Nebraska  
Omaha, NE

**Amy Hildreth, MD**  
Wake Forest University  
Winston-Salem, NC

**Charlotte Horne, MD**  
Penn State Health  
Hershey, PA

**Heidi Miller, MD**  
Maine Medical Center  
Portland, ME

**Arielle Perez, MD**  
University of North Carolina  
at Chapel Hill  
Chapel Hill, NC

**Melissa Times, MD**  
MetroHealth System  
Cleveland, OH

### CCF FACULTY

**Luke Beffa, MD**  
**Kristen Conrad-Schnetz, DO**  
**Chelsea Feng, MD**  
**Maysoon Gamal-Eldin, MD**  
**Alexis Harvey, MD**  
**Arielle Kanters, MD**  
**Cathleen Khandelwal, MD**  
**Jeremy Lipman, MD**  
**Benjamin Miller, MD**  
**Camila Ortega-Estrella, MD**  
**Breanna Perlmutter, MD**  
**Clayton Petro, MD**  
**Robert Simon, MD**  
**Rickesha Wilson, MD**

## AGENDA

### Thursday, August 10, 2023

6:30 PM **Cocktail Reception**

7:00 PM **Dinner Presentation**  
Surgery Side Hustles: Gaining Personal  
Satisfaction Outside of the Hospital  
*Jillian Ciocchetti, MD*

### KEYNOTE PRESENTATION

**Leading Yourself**  
*Kyla Terhune, MD*

9:00 PM **Adjourn**

### Friday, August 11, 2023

6:15 AM **Registration / Breakfast**

7:00 AM **Introduction to Course**  
*Ajita Prabhu, MD*

### SESSION I: EXCEL

7:10 AM **Deliberate Practice**  
*Ajita Prabhu, MD*

7:30 AM **The Best Residents: Pearls for  
Success at Every Level**  
*Alexis Harvey, MD*

7:50 AM **How to Own the ABSITE**  
*Kaela Blake, MD*

8:10 AM **Using Video to Up Your Operating Game**  
*Chelsea Feng, MD*

8:30 AM **Panel Discussion**  
*Session I Faculty and Cleveland Clinic  
Chief Resident Breanna Perlmutter, MD*

8:50 AM **Networking Activity**  
*Arielle Perez, MD*

9:10 AM **Break**

### SESSION II: STRATEGIZE

9:30 AM **BREAK-OUT SESSIONS**

– **Practice Models** (academic/private)  
*Luke Beffa, MD, Jillian Ciocchetti, MD,  
Benjamin Miller, MD*

– **How to Choose and Pursue Fellowships**  
*Melissa Times, MD, Rob Simon, MD,  
Jeremy Lipman, MD, Arielle Perez, MD*

– **Getting Started in Research**  
*Ivy Haskins, MD, Clayton Petro, MD,  
Arielle Kanters, MD*

– **Developing Leadership Skills**  
*Amy Hildreth, MD, Hope Jackson, MD,  
Kyla Terhune, MD*

12:00 PM **Lunch**

### SESSION III: GROW

1:00 PM **Teaching to Learn and Learning  
to Teach**  
*Robert Simon, MD*

1:20 PM **Mentorship – Finding One and  
Being One**  
*Heidi Miller, MD*

1:40 PM **Winning at M & M**  
*Charlotte Horne, MD*

2:00 PM **Panel Session**  
*Session II Faculty and Cleveland Clinic  
Chief Residents Maysoon Gamal-Eldin,  
MD and Camila Ortega-Estrella, MD*

2:20 PM **Networking Activity**  
*Clayton Petro, MD*

2:40 PM **Break**

### SESSION IV: NAVIGATE

3:00 PM **Cultivating Agency**  
*Cathleen Khandelwal, MD*

3:20 PM **Building Your Village – Networking**  
*Ajita Prabhu, MD*

3:40 PM **Panel Session**  
*Session IV Faculty*

4:00 PM **Break**

6:00 PM **SOCIAL/NETWORKING EVENT**

### Saturday, August 12, 2023

### SESSION V: ACKNOWLEDGE

7:00 AM **Breakfast**

7:30 AM **Stats of the Union: What is the Current  
Status of Women in General Surgery?**  
*Rickesha Wilson, MD*

7:50 AM **Complications and the Toll they Take**  
*Arielle Perez, MD*

8:10 AM **Book Club: Self Betterment Takes Effort**  
*Kristen Conrad-Schnetz, DO*

8:30 AM **Managing Your Finances**  
*Jillian Ciocchetti, MD*

8:50 AM **Panel Session**  
*Session V Faculty*

9:30 AM **Break**

### SESSION VI: SUCCEED

10:00 AM **Manage Your Energy, Not Your Time**  
*Anita Chiu, MD*

10:20 AM **The Top 3 Things I Learned in my  
First Year of Practice**  
*Kaela Blake, MD*

10:40 AM **KEYNOTE PRESENTATION**  
**#WeGotThis: Cultivating Confidence,  
Diminishing Doubt & Embracing Our  
Excellence in Surgery**  
*Hope Jackson, MD*

11:40 AM **Adjourn**



## TESTIMONIALS



“The topic selection was fantastic. The lectures and breakout sessions were engaging. The lunch and social events were a great way to network, as were having staff scattered around the room to interact with the residents attending.”

*“Very thoughtful presentations that were informative, actionable, relevant. The course was also casual which made it feel more comfortable to learn.”*

**“It was a very well organized event with active participation from all levels.”**

*“A friendly, casual setting; really smart design of the conference with short talks and opportunities to ask the speakers questions intermittently, in panels, which fostered great discussions; opportunities to socialize and talk with the other attendees and speakers.”*

**“Relevant topics to residents.”**

“Overall concept, presentations, organization, opportunities to network and talk, very personal experience, faculty that was invested in resident’s education. Overall one of the best conferences I have ever attended.”

