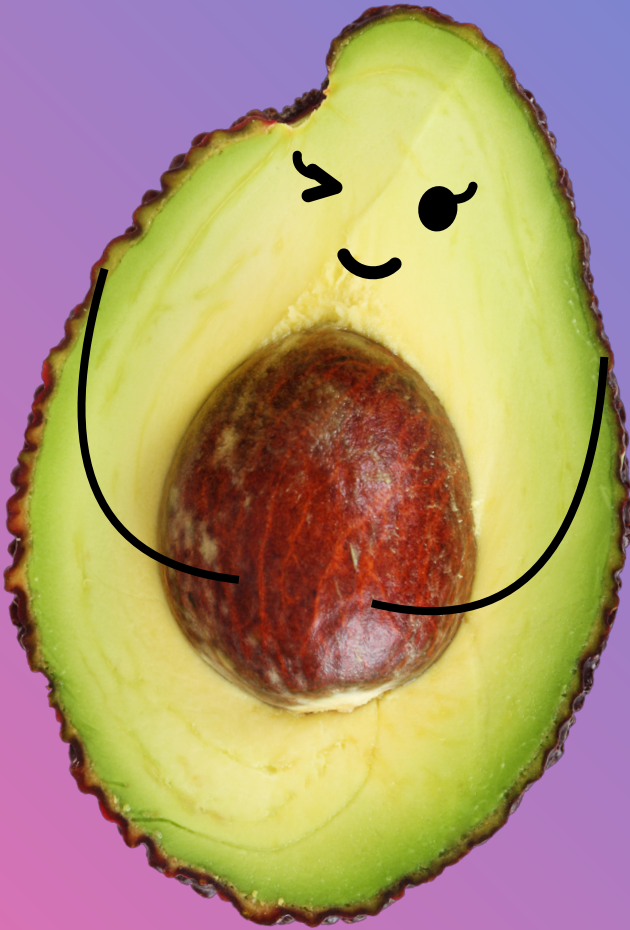


HEY, BABY!

WHAT TO EXPECT WHEN YOU'RE EXPECTING—AS A RESIDENT



Resident + Parent

Whether this is your first or your fifth child, you are embarking on an amazing new chapter of your life...and you're a resident, which comes with its own challenges.

As your residency family, we are here to support you through this process. Below you will find a guide to department, RRC and institutional policies regarding family leave as well as some practical tips and advice gathered from prior resident parents to hopefully ease the transition of the next several months.

Congratulations! We're looking forward to celebrating with you in the future!

First Things First...



The Big Announcement

While you may not be ready to make your pregnancy "Facebook Official," it is really important for your residency leadership to know as soon as possible.



Anticipated Leave

Early notification allows us to best accommodate your leave, ensure fair swaps with your classmates, and provide consistent departmental staffing.



Paperwork

There is also a fair amount of paperwork, documentation, and daycare waitlisting involved, so the sooner you get started, the smoother the transition will be!



Arranging for Maternity/ Paternity Leave

The GME allows for up to **6 weeks of total leave time**: 4 weeks subtracted from your annual vacation time, and 2 weeks of paid leave. Based on RRC requirements, if you take more than 6 weeks of leave, you will need to extend your residency training.

1. Arrange a meeting with **residency leadership** to discuss and plan your leave.
2. Arrange a meeting with the **chief residents** to discuss block schedule changes.
3. Contact the **GME office** to complete the FMLA form. Refer to the GME "Leave, Benefits and Support" [website](#) or call them (855-394-1905) for further details or to discuss your options and rights.

Child Care: It Takes a Village

Possibly one of the most angst-ridden processes of being a new parent and an EM physician is finding child care. Not many people keep such crazy hours and have to have back-up plan at a moment's notice. Here are some suggestions to hopefully ease the frustration:

- ◆ Put your name on the Barnes and WashU [daycare](#) waitlist as soon as you know you are pregnant... no, seriously, like right now.
- ◆ Ask other residents, attendings, nurses, techs, paramedics, or anyone with a crazy work schedule for recommendations.
- ◆ Arrange for back-up child care, and a back-up for your back-up.
- ◆ Don't be afraid to enlist the help of friends and family.

Scheduling & Logistics

Get ready to get organized!

- ◆ Figure out in advance what FMLA/leave paperwork you need.
- ◆ Know how much time you can take off with and without pay and with and without extending your training. (See box on the left)
- ◆ Don't be afraid to extend your training time if needed.
- ◆ To avoid scheduling conflicts, talk to your residency leadership early on about parental leave.
- ◆ If possible, take as much call as you can during pregnancy so your schedule will be lighter afterwards.
- ◆ Schedule OB appointments super early or super late in the day. If you tell your OB's office staff you are a resident, they are generally pretty accommodating.



Day to Day Survival While Pregnant

We know you're not disabled, but there are some considerations when it comes to being pregnant and accomplishing your ADWs (activities of daily working.)



Food

- Always have snacks.
- Drink plenty of water—especially in 3rd trimester.
- Saltines and peanut butter are a balanced meal
- NEVER assume you'll be able to get to the cafeteria.
- Bring extra prenatal vitamins with you to work in case you forget to take them in the morning or in case you are too sick in the morning to take them.
- Coffee is OK—it really is.
- B6 and unisom at night, zofran during day.



Dress

- ✿ Compression stockings. We can't say this enough!
- ✿ Good radiology lead if you have to be in the room.
- ✿ Size up your scrubs as that belly grows. It's not a bad thing.
- ✿ Comfy shoes. Take them off and prop up your feet while documenting.
- ✿ Wear a mask when examining stinky patients so they don't see you gag
- ✿ Glove and mask for every rash until you know what it is
- ✿ Get a support belt early in pregnancy help with that pelvic or back pain.



Self Care

- ❖ Find your person. Luckily we don't live in the '60s and someone in your department has done this before.
- ❖ DO NOT think that what you do/need/ask for is being selfish.... remind yourself: it's for your baby not for you and that's that!
- ❖ Remember what it's like and pay it forward to future pregnant residents that you work with.
- ❖ Sometimes you just have to do the minimum required to graduate



Other Tips & Tricks

- * Listen to your body. It knows what's going on more than you do.
- * Lemon essential oil for smells definitely helped keep me from throwing up multiple times.
- * If most folks in your department have the same insurance, ask around about the best pump, pediatricians, etc.
- * aeroflowbreastpumps.com is probably the easiest way to figure out and order whatever breast pump is covered by your insurance. You can also get discounts on accessories and spare parts!
- * A hands-free breast pump is a must!
- * Towards the end of your pregnancy, if you have to go talk to a woman who is in the ED for fetal demise/spontaneous Ab, be sensitive. See if someone else can see that patient for you. They are hurting.
- * Keep alcohol wipes in your pocket, NEJM published an article this year or late 2017 that inhaling isopropyl alcohol acts faster and better than taking zofran for nausea.
- * Carry hand sanitizer or use the stuff in the pumps around the hospital frequently, getting a cold/flu during pregnancy is the worst.
- * Wipe down keyboards/microphones with disinfectant wipes.
- * Let others help you. Most people have your best interest in mind.
- * Sit for procedures.
- * Attendings aren't too important to see patients or do procedures. You don't have to be the hero all the time.
- * Don't feel guilty about putting your co-residents at a "disadvantage" or having them "do your work" if you need a break while pregnant or while pumping. Most of them are fine with it and those that aren't will be down the road when they have their own kids.
- * Learn how to accept small gifts for your baby from staff/friends - you don't have to eat it or wear it but if they brought it for your baby it's probably because you mean a lot to them.
- * Find all lactation rooms and refrigerators before you deliver. (There is a lactation room with a refrigerator, a sink, and a computer for charting in the ED up the back ramp by the nursing admin offices. Ask the Com Center charge nurse for a key.)
- * You are tired already, you may as well be pregnant!
- * Try to have good relationships with your peers from day one.

"Your job is to love on your baby."

When I sheepishly admitted to my pediatrician that I couldn't remember anything about child development and asked his suggestion for what I should be reading, he looked me straight in the eye and said "Don't read anything. Your job is to love on your baby. Leave the milestones to me."

Between your medical training, popular books, the internet, and the well-intentioned (if not always solicited) advice of family and friends, there is an endless rabbit hole of pregnancy and parenting resources out there. These are just some suggestions, but take it all with a grain of salt—and remember what my pediatrician said!



Apps & Books

Most of the apps are free with the option to buy an upgraded or "pro" version.

The Wonder Weeks: Based on the research of Dutch behavioral biologist Dr. Frans Plooij, this app is a disturbingly accurate guide to a baby's first 10 age-linked changes or "leaps" in development. You can even download customized calendar reminders that alert you when to when your baby might be making a leap! There is also an actual book that goes into more detail and is an easy read.

Tinybeans: A good way to privately share photos and

videos without having to post on Facebook.

Baby Sleep Sounds: An awesome assortment of white noise, lullabies and soothing animations. It might also help you get some sleep too!

On Becoming Babywise: If you're obsessed with schedules, don't read this book. Otherwise, it's a good guide to help you understand the mysteries of getting your baby to go the f*** to sleep.



Facebook Groups

These are closed groups, but all you have to do is ask one of your fellow doctor moms to invite you!

EM Physician moms: "Group of PMG's who happen to be ER doctors! We are here to support each other in work and life.

Clinical and life questions/vents welcome!"

Dr. MILK: "Physician mothers who are pregnant, breastfeeding, or expressing breast milk for their children."