

Women Orthopaedic Trauma Surgeons Forum

Wednesday, October 18, 2023, 1-5pm
Room 310 (Seattle Convention Ctr, Arch Bldg.)

Introduction – Niloofar Dehghan (1:00pm)

I. Succeeding as the 6%! – Moderator Lisa Cannada (1:05pm)

- Yes, you belong! Imposter syndrome, we all feel it, what is it and how do we overcome it? - Lisa Cannada (1:06pm)
- Put it in Writing or Show Me the Money - Contract Negotiations how do I ask for what I want? What benefits/extras should I ask for? - Shasta Henderson (1:13pm)
- Breaking the Glass Ceiling - How do I obtain leadership positions or go up the ranks? - Anna Miller (1:20pm)
- Improving the Numbers - How do we encourage more women to go into orthopaedics? - Niloofar Dehghan (1:27pm)

Discussion – 11 min (1:34pm)

II. Surgical techniques, research and education – Moderator Kelly Lafaire (1:45pm)

- Making it Easy: Why Did it Look so easy with an attending - surgical tips and tricks to maximize efficiency in the OR – Kelly Lafaire (1:46pm)
- Getting Started is the Hardest Part: I'm interested in research but don't have a research team to help, how do I get started? How do I get grants for my trauma studies? - Prism Schneider (1:53pm)
- How do I become a good educator for my residents, students and/or APPs - Lisa Cannada (2:00pm)
- How do I pick what fellowships to go into? - Niloofar Dehghan (2:07pm)

Discussion – 11 min (2:14pm)

Break and Networking – 10 min (2:25pm)

III. The Unmentionables - Moderator Emily Benson (2:35pm)

- Complications Happen - Addressing effectively. What happens if served? Second Victim is real – Heather Vallier (2:36pm)
- Burnout is Real – Emily Benson (2:43pm)
- Toxicity - Partners, workplace, when is it time for a change? - Damayea Hargett (2:50pm)
- How do I deal with nurses who hate other women and are making work difficult? - Giselle Hernandez (2:57pm)
- How do I report abuse without damaging my reputation and affecting future prospects - Melissa Erikson (3:04pm)

Discussion – 14 min (3:11pm)

IV. Snakes in the Workplace: Occupational hazards - Moderator Lisa Cannada (3:25pm)

- The Big “C” - Did you know we are at higher risk of breast cancer compared to other surgical specialties? - Jess Dowes (3:26pm)
- Not just the Sun - What’s the deal with radiation exposure, and how to do I better protect myself? - Charlotte Lewis (3:33pm)

Discussion – 10 minutes (3:40pm)

Break and Networking – 10 min (3:50pm)

V. Outside of the Hospital Childbearing and maternity issues – Moderator Niloofar Dehghan (4:00pm)

- IVF – what are the basics, tips and tricks, and how do I organize it with a busy schedule - Jess Downes (4:01pm)
- How to work and operate while pregnant – how do I maintain my practice and not risk premature delivery or complication – Damayea Hargett (4:08pm)
- Baby is here! What do I do now? Maternity leave, how to navigate having a new born and planning on return to work – Niloofar Dehghan (4:15pm)
- You don’t have to have kids, and that’s ok! – Anna Miller (4:22pm)
- Can you have it all? How to have a successful practice and have time to see my partner/family – Emily Benson (4:29pm)

Discussion – 14 min (4:36pm)

Wrap up – (4:50pm)