

Pregnancy Experience During Obstetrics and Gynaecology Residency Training; *an Observational Questionnaire-Based Study*

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INTRODUCTION

- Female residents in surgical specialties like OBGYN face intense physical and emotional demands.
- Pregnancy during residency can impact both maternal mental health and fetal outcomes.
- *Limited data exists on the experience of pregnant residents in the Arab region.*

OBJECTIVE

- Our study explores program policies, support systems, pregnancy outcomes, and overall experiences.

METHODOLOGY

- **Design:** Observational retrospective questionnaire-based study
- **Methods:**
 - *Conducted at five tertiary care centers in **Egypt, Syria, and Yemen.***
 - *Included female physicians who became pregnant during their OBGYN residency in the past five years.*
 - *Participants were asked to complete a structured questionnaire.*
 - *Responses were analyzed using descriptive statistics.*

Pregnant OBGYN residents in the Arab world faced major struggles — 59.5% described the experience as miserable, 89.2% feared being a ‘bad mom’, and 74.3% wished they had delayed pregnancy until after residency.



RESULTS

- **Response Rate:**
 - 74 out of 89 eligible participants completed the questionnaire (83%).
- **Pregnancy Context:**
 - 55.4% had unplanned pregnancies.
 - 62.2% were worried about being stigmatized.
- **Support System:**
 - 55.4% felt colleagues were indifferent.
 - 58.1% felt managers were indifferent.
 - 93.2% reported strong support from their husbands.
- **Maternity Leave & Workload:**
 - 77% took no or less than 2 weeks of maternity leave before delivery.
 - 78.4% had no adjustments to their work schedule during pregnancy.
- **Health Outcomes:**
 - 14.9% had gestational hypertension.
 - 9.5% experienced placental abruption.
 - 18.9% had preterm deliveries.
 - 47.3% delivered by C-section.
 - 21.6% experienced peripartum depression.
- **Training & Career Impact:**
 - 51.4% had to extend training after returning to work.
 - 77% considered quitting during pregnancy.
 - 66.2% felt pregnancy negatively impacted their career.
- **Breastfeeding Challenges:**
 - 56.8% breastfed for 1–6 months.
 - 100% reported no or inadequate breastfeeding facilities at work.
 - 70.3% had to stop breastfeeding after returning to work.
 - 74.3% wished they had breastfed longer.
- **Baby Care Support:**
 - 98.6% said there were no hospital facilities for baby care.
 - 82.4% received help from their families.
- **Overall Experience:**
 - 59.5% described the experience as miserable.
 - 89.2% feared being a “bad mom.”
 - 74.3% wished they had been pregnant before or after residency.

CONCLUSION

- Pregnant female residents in the Arab region need increased support from management and colleagues.
- Maternity leave and baby care policies should be more accommodating.
- Improved policies can enhance mental health, career satisfaction, and pregnancy outcomes for future physician mothers.



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