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SUMMARY:

The OBGD Leadership team—Allison Milen ([@allison_milen](#)), Theresa Rager ([@TheresaLRager](#)), Sarena Gill ([@gill_sarena](#)), and Kavya Davuluri ([@Kavya_Davuluri](#))—introduce UltraSounds and give a preview of what episodes are to come.

TRANSCRIPT:

Kavya: Hello everyone! Welcome to UltraSounds, a podcast brought to you by ObGyn Delivered, an online platform that creates contemporary, media-based medical education tools, created *by* medical students *for* medical students, to provide high-quality OB/GYN medical education content in a free and accessible format. We put in the labor, so you deliver!

Sarena: ObGyn Delivered was founded, and is currently run by, medical students at the University of Michigan Medical School. Our leadership changes from year to year. We will always have passionate medical students going through their clinical learning for creating our content and resources.

Theresa: And our newest resource is the one that we are most excited about: Ultrasounds! As we kick off our podcast, we wanted to introduce you to the folks behind the scenes of ObGyn Delivered and give you a sneak peek of what's coming.

Allison: We've got lots of ideas for UltraSounds, social media, and website resources for you, so stay tuned to hear more. You can also check out the rest of ObGyn Delivered's resources on [Twitter](#) and [Instagram](#) ([@obgyn_delivered](#)), and on our website, [obgyndelivered.com](#).

Kavya: With that, let's get started. Can each of you introduce yourselves? Just tell us a little bit about you and your favorite non-medical podcast.

Sarena: Hi everyone, my name is Sarena Gill, and my pronouns are she/her/hers. I'm from Denver, CO, and went to undergrad at University of Colorado-Boulder. My professional interests include global health and disparities, and my hobbies are hiking and craft cocktail making.

Allison: Oooh, that's a good one.

Sarena: Haha, thank you. My favorite podcast would have to be *Wait, Wait, Don't Tell Me* from NPR.

Theresa: Quality shout-out, Sarena. And my name is Theresa Rager. I use she/her/hers pronouns and I'm originally from Cincinnati, OH. For undergrad, I went to Boston College, and then I took two gap years before coming to medical school. I did Americorps in Chicago and then I got my Master in Global Health.

My professional interests include reproductive ID, adolescent health, and, of course, global health. I love to spin/cycle, take care of my house plants, and brew beer at home. My favorite podcast, because I'm just a nerd, is *The Daily*.

Allison: It's OK to be nerdy.

Sarena: I love that one.

Theresa: Yeah!

Allison: So, I'll go next. My name is Allison Milen and I also use she/her/hers pronouns. I grew up on the southwest side of Chicago in a suburb called Midlothian--very small. After, you know, growing up there, I went to undergrad at the University of Michigan. I took a gap year before going to medical school and worked as a scribe in ophthalmology. Um, eyes freaked me out--believe it or not--before that job, but thankfully, I'm not so scared of eyes anymore. But I do not want to be an ophthalmologist. And I would say my professional interests include medical education and also mentorship since I'm the first in my family to go to college and then medical school. And so, being able to pay it forward and help others out in the path to medicine is something very important to me. And then my hobbies....Oooh, I would say probably following food blogs and cooking the different recipes that I find on there. And then also running, which is a good balance for all the delicious food I like to eat. And then I would say that my favorite podcast is *This Podcast Will Kill You*. It's really interesting. It's two women talking about different diseases, and they have fun cocktails while they talk about different diseases and the history of them.

Kavya: Cool. Hi everyone, my name is Kavya Davuluri. My pronouns are she/her/hers. I grew up in the exotic Canton, MI. I went to Wayne State University for undergrad and then came straight through to medical school. Some of my professional interests include diversity, equity, and inclusion work as well as medical education, and also innovation and entrepreneurship. Some of my hobbies include killing my houseplants which is, I think, a contrast to Theresa's helping her plants survive. I also really like doing yoga and, honestly, I think a hobby that I spend the most time doing is watching trash reality TV. So, if there's a trash reality TV show out there, I've seen it. I'm an expert in it. Hit me up; I'm your girl. My favorite podcast is probably *Ologies* because you get to learn about absolutely every sort of weird topic there is Planet Earth or beyond.

Allison: That's so cool! I feel like we have so many more podcasts to listen to after hearing your guys' other recommendations.

Kavya: I agree. Right?

Theresa: So guys, I know we've been thinking about UltraSounds for such a long time, so it's super exciting to all of us that we're finally launching it. What are some of the mini-series that you all are most excited to record and why?

Allison: Oooh, I would say that my one that I'm looking forward to most is our series that we're going to do called, "What to Expect When You're Expected To." And we're hoping for this series to be a little bit of an introduction as to, you know, how does the medical student find themselves on L&D and in a C-section and they're asking you to hold the scissors and cut the suture. But you've never done that before. And you don't know what to do or where to even find the scissors, and all of those unwritten

rules that you don't quite know when you're going through the clerkship year. And we're going to have a podcast about navigating those different experiences. So, I'm excited about that.

Kavya: I feel like that was the one podcast that I needed more than anything when I was going through the clerkship.

Allison: Exactly.

Sarena: I think one thing that I'm interested in is the "Journal Club," where we're going to present new research, as things are constantly coming out and it's hard to always be on top of things as a busy medical student. So, you can tune in and hear about new papers and evidence-based medicine, and learn a little bit more about updating clinical practice.

Kavya: Yeah, and I feel like mine is similar to staying on top of new information and data. But, I think I'm really interested in incorporating current events and the hot topics. You know, any sort of political or social things that are happening that can influence the world of OB/GYN. Specifically for medical students who have their noses so deep in books and UWorld that it's hard to sometimes pay attention to what's going on in the world beyond the hospital.

Sarena: Rapidly changing.

Kavya: Yeah.

Allison: Yeah, I think it's important to stay on top of the other things that are happening in the socio-political world outside of medicine.

So, we've been working together for about a year on ObGyn Delivered and on bringing UltraSounds to life. This is very exciting for us, and we hope for you guys as well! And I'm going to ask everyone: So, what's been your most fulfilling or favorite part about being part of ObGyn Delivered's work so far?

Kavya: When I was on my antepartum maternal-fetal medicine sub-internship last month, I got to work with some M2's who were going through their OB/GYN clerkship. And I was talking to them about all the different resources that I got to use as I was an M2. And one of them mentioned, "Oh, did you use ObGyn Delivered at all?" I was like, "Oh, well that's funny that you should ask because I actually am part of the leadership of it." And they couldn't say enough good things about how helpful our Q banks are and how nice it is to just get a little bit of review in while they're scrolling aimlessly through Instagram.

So, it was really nice to just see the direct benefit that even our peers are able to get, and to imagine that other medical students across the country are able to get a similar benefit from our work too.

Allison: Yeah, that's awesome. I'm glad that people are actually using the resource.

Theresa: And for me, I think my favorite part has actually been expanding our resources. So, those of you who already follow us might know we have a website, obgyndelivered.com, and it's been really exciting to kind of put that together as a dynamic resource for all of our followers. A place to kind of house all of our resources together because we had, you know, questions and history posts and awareness posts on our Twitter and Instagram. And so now we're really hoping to kind of house everything together and make it a comprehensive resource for medical students.

Allison: Very exciting.

Theresa: And huge props to you, Theresa, for the website.

Theresa: Why thank you.

Sarena: Well, I just want to thank you all for tuning in to our preview episode of UltraSounds. We can't wait to bring you more episodes and resources from ObGyn Delivered, and always welcome your feedback and collaboration. You can reach out to us on social media @obgyn_delivered, or email us at obgynquestionsdelivered@gmail.com. And always remember, we put in the labor, so you can deliver!

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