

RESIDENTS AND FELLOWS FORUM

Welcome to the American Society of Plastic Surgeons



AMERICAN SOCIETY OF
PLASTIC SURGEONS®



FROM THE PRESIDENT

Dear Residents and Fellows,

Welcome to the Residents and Fellows Forum of the American Society of Plastic Surgeons! Whether you are only now beginning your journey in plastic surgery or in your final year of training, this is an exciting time in your career — and participating in the ASPS Residents and Fellows Forum will provide access to invaluable experiences and opportunities as you move toward becoming a board-certified plastic surgeon.

As the Executive Vice Chair of the Department of Plastic Surgery at the University of Pittsburgh Medical Center, I can tell you from experience that every path to success in our specialty is unique, but each requires a dedication to learning and a commitment to improving the quality of life for your patients.

My unconventional journey to plastic surgery began as a night-shift paramedic in upstate New York who never considered college – let alone medical school – a possibility. The docs I met in the E.R. saw potential in me, however, and encouraged me to strive for something more. Fast-forward to an interview I was on for a department chair job, when the individual across the desk from me said: “You’ve come a long way from community college.” I share this with you now to emphasize that you have it within you to achieve your goals.

Being part of the world’s largest organization of board-certified plastic surgeons has been immensely beneficial to my personal and professional advancement. ASPS has provided me with opportunities to not only work with mentors who helped advance my goals, but also to serve as a mentor to young plastic surgeons setting out on their own paths. Being involved in our Society has also allowed me to meet colleagues in the United States and abroad who have become dear friends.

It is my great honor and privilege to serve as ASPS president, and I am incredibly humbled to lead the largest organization representing the interests of all plastic surgeons around the world. Though plastic surgery represents one of the smallest specialties within the house of medicine, our legacy as innovators, leaders and the last true general surgeons is undeniable.

We find strength in numbers as members of ASPS, and we are in the unique position to make a meaningful, long-lasting impact on the lives of our patients and the future of the specialty. Together, we can go far.

Welcome to ASPS!



Sincerely,

A handwritten signature in black ink, appearing to read "Joe Losee".

Joseph Losee, MD

ASPS President

AskJoe@PlasticSurgery.org

Dear Plastic Surgery Residents and Fellows,

Welcome to the American Society of Plastic Surgeons, and to the countless opportunities that await YOU within our Society.

All residents from the United States and abroad are welcome and encouraged to become engaged and active in important societal activities such as international exchange, advocacy, education, diversity and inclusion, research, health policy, technology and more.

ASPS has a long history of supporting residents and Fellows through educational activities and leadership opportunities. Members of the ASPS Residents and Fellows Forum are eligible to serve on ASPS committees and connect with the Residents Council. Make sure to enjoy your membership benefits, including educational materials, access to the *Plastic and Reconstructive Surgery* journal and opportunities to network with and learn from the best in the specialty at Plastic Surgery the Meeting.

As chair of the Residents Council, I invite you to represent your program nationally and work with an incredibly engaged group of residents to further our interests, help those in need and create a platform of exchange among national and international residents.

I encourage all of you to become part of our ASPS resident family and embrace this valuable opportunity for professional and personal growth.

This is our chance to make a difference, let's do it together!



A handwritten signature in black ink, appearing to read 'Lisa Gfrerer'.

Lisa Gfrerer, MD, PhD

Resident Representative to the ASPS/PSF Board of Directors

lgfrerer@partners.org

Lisa Gfrerer, MD, PhD, is chief resident in the Mass General Brigham Plastic and Reconstructive Surgery Program at Harvard Medical School. During residency, she established a research program for peripheral nerve surgery of the head (migraine surgery) at the Massachusetts General Hospital. Recently, she became an affiliate of the Massachusetts Institute of Technology (MIT), where she has expanded her research focus to include peripheral nerve regeneration. Dr. Gfrerer is planning to complete a peripheral nerve fellowship in 2022 and plans to pursue an academic career in peripheral nerve surgery, research and innovation. Dr. Gfrerer has been actively involved in the American Society of Plastic Surgeons (ASPS) and Migraine Surgery Society (MSS) for many years.



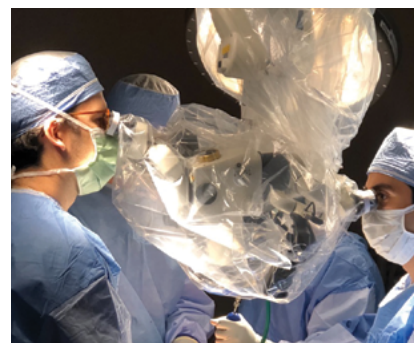
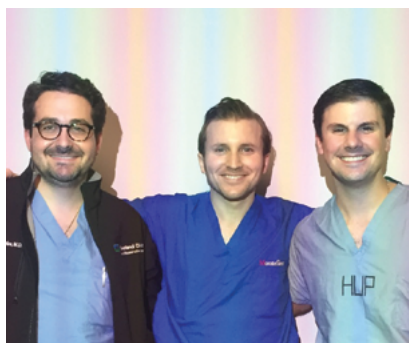
YOUR CAREER IN PLASTIC SURGERY STARTS WITH ASPS

ASPS members represent the best and brightest minds in the specialty, committed to rigorous standards to maintain excellence in medical and ethical conduct. ASPS works tirelessly to position our members for success in a highly competitive environment and we welcome board-certified plastic surgeons, residents, Fellows, associates and international plastic surgeons who seek to advance the science of the specialty.

Learn more at PlasticSurgery.org/Join.



"ASPS is a great way to stay involved in the plastic surgery community the ability to work alongside accomplished colleagues from all walks of the field of plastic and reconstructive surgery." – Matthew E. Pontell, MD,



BENEFITS OF THE RESIDENTS AND FELLOWS FORUM

On behalf of more than 11,000 plastic surgeons worldwide, congratulations on joining the ASPS Residents and Fellows Forum, which is designed to provide you with educational tools and networking opportunities to jump-start your career as a plastic surgeon. Your Residents and Fellows Forum membership includes:

- Access to the ASPS Education Network (ASPS EdNet) and the Resident Education Center (REC)
- FREE advance registration to Plastic Surgery The Meeting and discounts on educational symposia
- Members-only access to the online resources at *PlasticSurgery.org*, including a dedicated residents section and access to resident podcasts
- Leadership opportunities in the ASPS Residents Council
- Opportunity to apply to participate in the mentorship program, PROPEL
- Network with the Young Plastic Surgeons (YPS) community
- Subscription to *Plastic and Reconstructive Surgery*® (PRS)
- Subscription to *Plastic Surgery Resident* magazine
- Subscription to *Plastic Surgery News*® (PSN)
- Opportunity to participate in The PSF SHARE program
- Eligibility for The PSF grants and scholarship programs
- Opportunities to serve as resident ambassadors on *PRS* and *PRS Global Open* editorial boards
- Opportunity to get involved in new ASPS initiatives including the PRIDE Forum and the Diversity & Inclusion Committee

on a global level. The numerous academic and mentorship opportunities provide life. ASPS inspires academic productivity and invigorates the desire to advance
Department of Plastic & Reconstructive Surgery, Vanderbilt University Medical Center

ASPS EDUCATION NETWORK AND RESIDENT EDUCATION CENTER

Clinical topic areas available through the REC includes:

- Fundamentals of Surgery
- Plastic Surgery of the Head and Neck
- Plastic Surgery of the Upper Extremity
- Plastic Surgery of the Breast
- Gender Affirmation Surgery
- Plastic Surgery of the Trunk
- Plastic Surgery of the Lower Extremity
- Aesthetic Surgery

For surgeons in training, ASPS Education Network (ASPS EdNet) offers the Residents Education Center (REC) with more than 90 learning modules among eight broad curriculum

sections. The REC was developed by ASPS in concert with the American Council of Academic Plastic Surgeons (ACAPS) to provide a unified online plastic surgery curriculum. These materials are reviewed and updated annually by the ASPS/ACAPS Curriculum Development Committee.



To access the REC, log in to your ASPS EdNet account and select "REC" from the top navigation bar.

ASPS EdNet is the online learning center developed by ASPS. Each month ASPS EdNet offers fresh content in all areas of plastic surgery, building upon an increasingly vast collection of multimedia learning activities for surgeons at all levels, from residency to retirement.

ASPS EdNet also debuts a variety of free content for members every month, including case reports, lectures, literature reviews and procedural videos. Don't miss ASPS EdNet's monthly video series, "Surgery Spotlight."



"My ASPS membership allows me access to an abundance for studying." – Cori Rogers, MD, Indiana University



Access the dedicated residents section on the ASPS members-only website, [PlasticSurgery.org](https://www.plasticsurgery.org), where you will receive information on the resident podcasts and other information in the "Surgeon Community."

Access to information on The PSF grants and scholarship programs is available on The PSF website at [ThePSF.org/Research](https://www.ThePSF.org/Research).

Residents are eligible to receive discounts on ASPS educational meetings, symposia and procedures at [ShopASPS.org](https://www.ShopASPS.org).



of educational content and recorded lectures. It is a great resource

PLASTIC SURGERY THE MEETING

Plastic Surgery The Meeting (PSTM) brings together the best and brightest surgeons in the specialty, poised to share their expertise with colleagues who arrive from countries around the globe. It is the premier educational and networking event of the year, for both domestic and international plastic surgeons.

If registered before the "early-bird" deadline, residents and Fellows can attend for free!

PSTM events focused on residents include:

- Residents Bowl
- Residents Reception
- Residents Lounge
- Senior Residents Conference (SRC)
- Access to all courses and sessions



Connect.
Collaborate.
Transform.



ANNUAL EDUCATIONAL OFFERINGS

Senior Residents Conference

Gain a better understanding of what to expect and all you need to know to prepare for life after residency. Learn about the financial, legal and ethical issues of establishing and running a practice.

Learn more at PlasticSurgeryTheMeeting.com/SRC.

Resident Scientific Paper Presentations

The Plastic Surgery Resident Abstracts will be a virtual and on-demand event*, hosted prior to Plastic Surgery The Meeting, with pre-recorded presentations available for viewing in advance of the annual meeting.

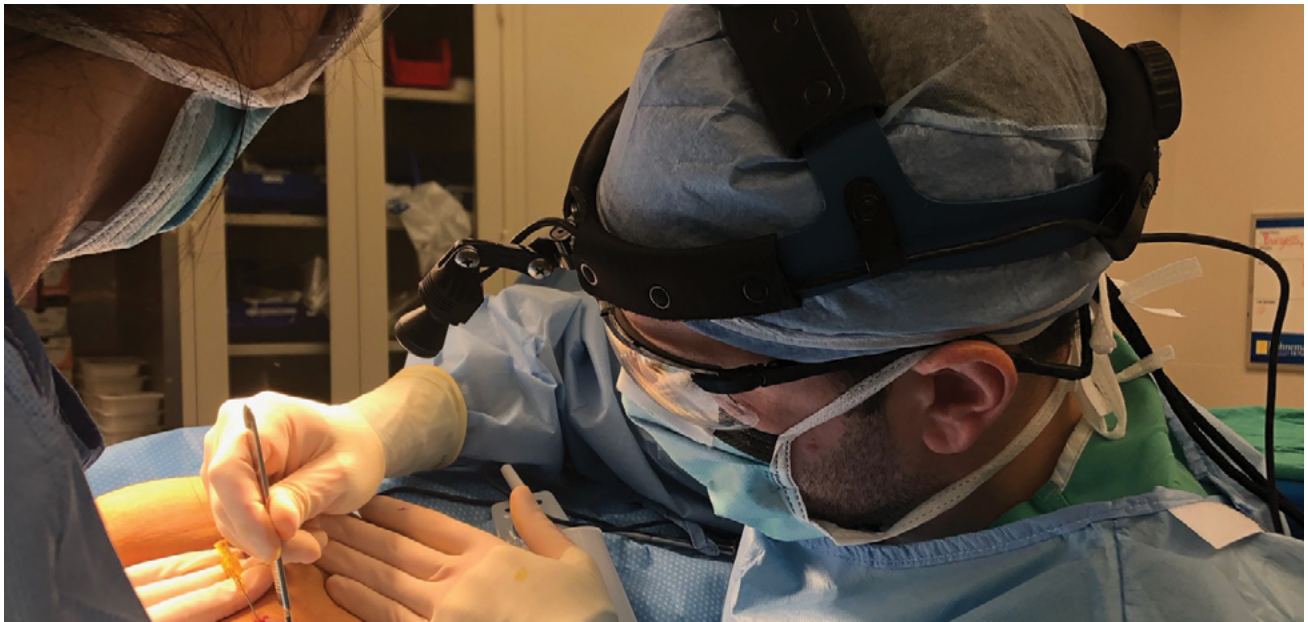
*Subject to change

Learn more at PlasticSurgeryTheMeeting.com/Residents.

Oral Board Preparation Course

The Oral Board Preparation Course is a live, virtual learning experience that is both comprehensive and interactive. Take advantage of this unique opportunity to review board-relevant cases to build your confidence.

Learn more at PlasticSurgery.org/OBC.



ASPS RESIDENTS COUNCIL



- The ASPS Residents Council gives plastic surgery residents the opportunity to contribute to ongoing projects within ASPS and the YPS Forum, as well as develop new projects specific to residency training and beyond.
- The council currently includes 70 members, representing 40 training programs in the United States and Canada.
- Each institution may identify one junior and one senior resident to represent the training program.
- The Residents Council is led by a resident representative to the ASPS/PSF Board of Directors.
- Each term is for one year, with a maximum of three consecutive terms, to coincide with the Annual Board Meeting at Plastic Surgery The Meeting.
- Online applications will be accepted from May through June for the upcoming term.
- The Residents Council meets at Plastic Surgery The Meeting and has conference calls intermittently throughout the year.

The goal of the ASPS Residents Council is to improve resident involvement within the Society and advocate for the interests of residents at the highest levels of plastic surgery.

The ASPS Residents Council provides residents the opportunity to contribute to ongoing projects within the Society, as well as to develop new projects specific to residency training and beyond. Through this program, residents not only gain exposure to organized plastic surgery, but also develop the necessary skills to pursue future positions of leadership.

Learn more at PlasticSurgery.org/Residents.





ASPS MENTORSHIP PROGRAM: PROPEL

In an effort to restructure mentorship in plastic surgery, ASPS has introduced a program named PROPEL (Professional Resource Opportunities in Plastic and Reconstructive Surgery Education and Leadership). Rather than a typical one-on-one approach, launch teams are created to provide greater collaboration and an enhanced mentorship experience. Teams consist of a senior plastic surgeon, junior plastic surgeon, senior plastic surgery resident and junior plastic surgery resident and are curated based on individual preferences and interests. The goal of each group is to build relationships and create a continuum of learning opportunities that reflects the vast yet overlapping experiences between faculty members and trainees in a longitudinal fashion. This allows team members the opportunity to serve as both a mentor and a mentee in various ways.

Information on participating in the next round of PROPEL is available at PlasticSurgery.org/PROPEL.

Meaningful mentorship is one of the most critical factors that can lead to a successful career. One of the biggest challenges is finding the right mentor, and figuring out ways to develop these relationships over time. Additionally, the transition from mentee to mentor is one that can be particularly challenging during the early stages of one's career. We created the PROPEL program in response to these challenges. – **Kavitha Ranganathan, MD, Harvard University**



I really enjoyed being part of the PROPEL program. It allowed me to connect with an established senior mentor in the subspecialty field I am planning to go into for Fellowship. He was extremely generous with his time and gave me insight on what to look for while searching for an academic job. – **Angelo Leto Barone, MD, Johns Hopkins University**

I'm a fourth-year resident at Northwestern and I'm thrilled to be a participant in the PROPEL program. This program brings together plastic surgeons at various stages in their career and from different programs/parts of the country, which facilitates unique mentorship and support. After the first meeting with my group, I was encouraged to join the Plastic Surgery Research Council, and I'm now a resident-candidate member! – **Ava Chappell, MD, Northwestern University**



PROPEL has been instrumental in connecting me with friends and mentors from all over the country. The program did an excellent job in pairing mentors based on location and interest. I am heading to Washington, D.C., for an aesthetic Fellowship after graduation, so both of my mentors are private practice surgeons based in the area. They've given me invaluable advice on the local job market and shared their candid advice on early practice. – **Cassie Nghiem, MD, University of Rochester**

PLASTIC AND RECONSTRUCTIVE SURGERY

For 75 years, *Plastic and Reconstructive Surgery*® (PRS) has been the premier scientific journal for every specialist who employs plastic surgical techniques or works in conjunction with a plastic surgeon.



The journal provides reports on the most current and innovative techniques for cosmetic and reconstructive procedures, including breast, hand, peripheral nerve, pediatric, craniofacial, burn and experimental. The cosmetic section provides expanded coverage on new procedures and techniques.

PRS uses the latest technology to deliver procedural videos and other digital items via PRSJournal.com.

To access PRS online, you can login through your PlasticSurgery.org dashboard or register at PRSJournal.com.

Each enrolled resident will receive unlimited access to PRS, including:

- Plastic surgery videos and other web exclusives
- Mobile access
- Topical collections, including coding, safety, most-cited articles about residency and more
- Residents Gateway and PRS Resident Chronicles blog
- PRS Journal Club
- PRS Journal Club podcasts
- Access to all most-cited, most-popular and most-emailed articles

With more than 39,000 article citations in and an impact factor of 4.235, PRS is No. #1 plastic surgery journal in the world.

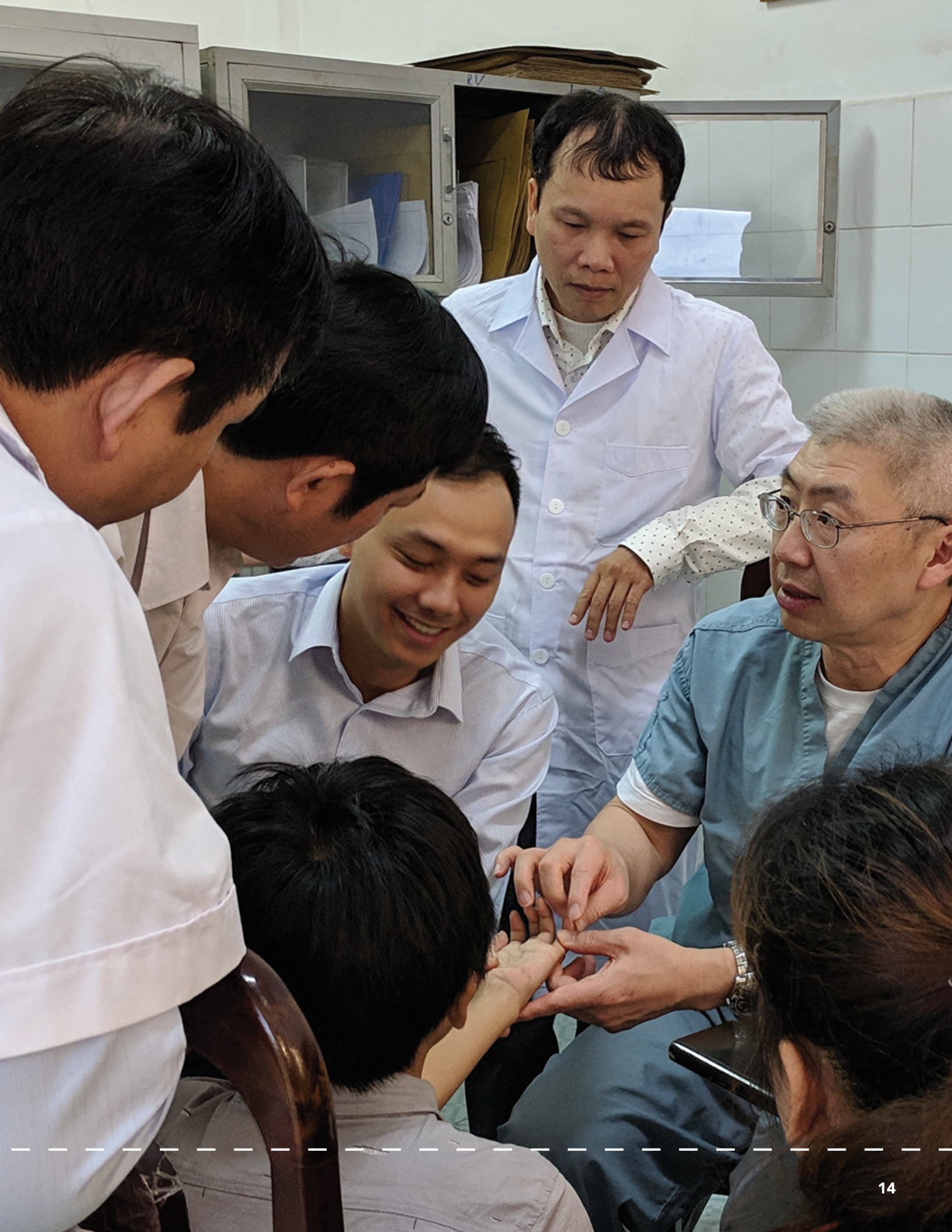
PRS GLOBAL OPEN

PRS Global Open is a peer-reviewed, open-access journal focusing on all aspects of plastic and reconstructive surgery, including basic science/experimental studies pertinent to the field and clinical articles across the specialty.

The mission of *PRS Global Open* is to disseminate high-quality, peer-reviewed research in plastic and reconstructive surgery to the widest possible global audience, through an open-access platform. As an open-access journal, *PRS Global Open* offers its content for free to any viewer. Additionally, *PRS Global Open* provides the rapid review and publication of accepted papers.

To access, go to PRSGlobalOpen.com.





PLASTIC SURGERY RESIDENT MAGAZINE

Plastic Surgery Resident is a quarterly publication created specifically to meet the needs of plastic surgery residents. The digital magazine offers career tips, recommended journal articles, CPT coding information and practice management topics that aren't often included in a plastic surgery training program. *Plastic Surgery Resident* is written and edited by residents.



View Plastic Surgery Resident online at PlasticSurgery.org/Residents.

PLASTIC SURGERY NEWS



The award-winning ASPS news publication, *Plastic Surgery News (PSN)*, is the specialty's must-read news publication. Each issue delves into legislative and socioeconomic issues, Society news and in-depth features covering the entire specialty of plastic surgery.

Each resident receives a subscription to *PSN*. An archive of past issues is available at PlasticSurgery.org/PSN.



"What I value about ASPS membership: ASPS does a great job trying to keep the large that physical meetings are difficult. Specifically, as a resident, I really appreciated education, but also was a nidus for interesting discussions and catching
– Yoshi Toyoda, MD, Penn

Login for Members-only Website:

1. Go to PlasticSurgery.org
2. Click on "Member Login" (upper right corner)
3. Login is your email address
4. Password is your ASPS ID #
5. The first screen you will see is the 'Dashboard'
6. Use the Dashboard screen to navigate the website



and widespread plastic surgery community connected, especially now the Virtual Grand Rounds this spring, which not only provided great up with my co-applicant friends across the country each week.”

Plastic Surgery



HELP SHAPE THE FUTURE OF PLASTIC SURGERY

Each year, nearly 1,000 members of the Society dedicate their time and talents to serve on ASPS and The PSF committees, work groups, task forces and councils. These inspiring members are actively working not only to support and guide the future of our organizations, but also to advance the plastic surgery specialty and patient care as a whole.

Committee appointments are one year in length and commence with the ceremonial “Passing of the Gavel” at each annual meeting. The application period is Feb. 1 to April 30, and there is no better way to help shape the future of organized plastic surgery. We invite you to take part in these vital initiatives! Opportunities to serve on a committee, work group, task force or council are available within virtually every area of interest and expertise, including education, health policy and research.

[Learn more at PlasticSurgery.org/Committees.](https://PlasticSurgery.org/Committees)





ADVANCING THE SPECIALTY

The American Society of Plastic Surgeons (ASPS) is the largest plastic surgery specialty organization in the world. Founded in 1931, the Society represents 93 percent of all board-certified plastic surgeons in the United States, and more than 11,000 plastic surgeons worldwide, making ASPS a global institution and leading authority on cosmetic and reconstructive plastic surgery. The mission of ASPS is to advance quality care to plastic surgery patients by encouraging high standards of training, ethics, physician practice and research in plastic surgery. To support its members in the provision of excellent patient care, ASPS will provide: education, advocacy, practice support and enhanced public awareness of the value of plastic surgery, while fostering the highest professional, ethical and quality standards. The Society is a strong advocate for patient safety and requires its members to operate in accredited surgical facilities that have passed rigorous external review of equipment and staffing.



IMPROVING QUALITY OF LIFE

ASPS works in concert with The Plastic Surgery Foundation (The PSF). Founded in 1948, the mission of The PSF is to foster innovation in plastic surgery and improve quality of life for plastic surgery patients through research and development, charitable care and enhanced public awareness of the value of plastic surgery. The PSF encourages the clinical exposure of plastic surgeons by sponsoring Visiting Professors and the International Scholar Program. Donations to The PSF also support surgeons who volunteer abroad to help those in need.

Learn more at ThePSF.org.

THANK YOU

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