

Pregnant neurosurgical resident

It is possible for a [neurosurgical resident](#) to be [pregnant](#), as there are no specific [restrictions](#) on pregnant individuals becoming or remaining neurosurgical [residents](#). However, pregnant residents may need to make accommodations for their pregnancy, such as modifying their work schedule or duties, in order to ensure the safety of both the [resident](#) and the patient. It is important for the resident to discuss their pregnancy with their program director and to stay in close [communication](#) with their obstetrician throughout their pregnancy.

Establishment of a diverse neurosurgical [workforce](#) includes increasing the recruitment of [women](#) in [neurosurgery](#). The [impact](#) of [pregnancy](#) on the [training](#) and career trajectory of [female neurosurgeons](#) poses a [barrier](#) to [recruitment](#) and [retention](#) of [women](#) in neurosurgery ¹⁾.

A Women in Neurosurgery [survey](#) evaluated female neurosurgeons' perception and [experience](#) regarding childbearing of female neurosurgeons and identified several recommendations regarding family leave policies. Additionally, [pregnancy](#) may carry higher risk in surgical fields, yet little guidance exists to aid both the pregnant [resident](#) and her [training](#) program in optimizing the safety of the training [environment](#) with specific considerations to risks inherent in [neurosurgical training](#). A review of current literature aims to address best practices that can be adopted by pregnant neurosurgery residents and their training programs to improve the well-being of these residents while considering the impact on their [education](#) and the educational environment for their colleagues ²⁾

see [The Pregnant Resident By Olabisi Sanusi, MD -March 9, 2021](#)

see [Motherhood and Neurosurgery: How to Make it Work](#)

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see [Surgeons navigating their pregnancies see a bleak picture getting a bit brighter](#)

see [Advice to a pregnant surgical resident](#)

¹⁾

Gupta M, Reichl A, Diaz-Aguilar LD, Duddleston PJ, Ullman JS, Muraszko KM, Timmons SD, Germano IM, Abosch A, Sweet JA, Pannullo SC, Benzil DL, Ben-Haim S. Pregnancy and parental leave among neurosurgeons and neurosurgical trainees. J Neurosurg. 2020 May 29;134(3):1325-1333. doi: 10.3171/2020.2.JNS193345. PMID: 32470929.

²⁾

Tomei KL, Hodges TR, Ragsdale E, Katz T, Greenfield M, Sweet JA. Best practices for the pregnant neurosurgical resident: balancing safety and education. J Neurosurg. 2022 Nov 8:1-8. doi: 10.3171/2022.9.JNS221727. Epub ahead of print. PMID: 36683192.

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