

ACFAS 2023 Meet the Fellow Questionnaire



American College of
Foot and Ankle Surgeons®

Fellow Name: Rachel Gerber, DPM

Fellowship Program: North Jersey Reconstructive Foot and Ankle Fellowship

City/State: Lyndhurst, NJ

Program Director: Michael Subik, DPM

How many Attendings do you work with regularly? Three.

Describe the diversity of your cases so far in fellowship. (For example, has your experience included TAR? Is there an emphasis on: Pediatrics? Sports Medicine? Deformity correction? Complex reconstruction? What percentage of your cases are trauma? Rearfoot/ankle? Forefoot? Please be as descriptive as you'd like.

The fellowship has an emphasis on deformity correction, complex reconstruction, and limb salvage. We do a large amount of external fixators (~50 per year). There are multiple sports medicine cases the fellow covers. We take call at 2 hospitals and have had multiple pilon, ankle and lisfranc fractures so far this year.

How many days per week do you typically spend in the OR? In clinic? Do you have your own "fellow" clinic?

On average I'm in the OR 2-3 days a week. I have my own fellows clinic with the residents 4 half days a week.

How many surgical cases do you typically scrub per month?

25 cases per month

What conferences have you attended/are you encouraged to attend?

ACFAS National Conference, Orthofix Women's conference, Strykers Fellows course, Orthofix Fellows course



How would you describe your director's teaching style?

Dr. Subiks teaching style is very thorough. We have specific plans and goals before entering the OR that we discuss. We have multiple built in backups to everything we do. Time is always taken to teach. He really wants the fellow to understand all aspects of the cases and clinical decision making.

How is research incorporated into your experience? What resources are provided/available?

There are ongoing research opportunities that the fellow participates in. Research meetings bi-weekly

Do you take any "call"? If so, how often? What type of call? (general vs. trauma, hospital vs. private practice?)

Foot and Ankle Trauma/general call for two separate hospitals one week a month each. The fellow takes call for the private practice one week a month

How many hospitals/surgery centers are you credentialed at?

3 hospitals and 1 surgery center

What is your didactic schedule like? What academic opportunities are available to you during fellowship? (Cadaver labs, journal club, radiology conference, etc.)

Monday nights- online zoom lectures. Tuesday mornings- journal club/radiology rounds, Thursday nights- labs/lectures. Cadavers are always available

Is your fellowship affiliated with a residency program? If yes, what are your responsibilities? How often are you interacting with residents (What % of cases?)

Yes, St. Mary's General Hospital Residency program and University hospital. The fellow runs a clinic with the residents. The fellow holds academics/labs with the residents and has the opportunity to teach. There are residents in 85% of all cases the fellow is in

Are you able to collect cases for board certification?

Yes



When should interested applicants visit? What does a visit look like?

Single visit day normally in June for invited applicants.

What is the interview process like at your program?

Visit and academic interview

Do you have a co-fellow? What percentage of your cases are scrubbed with them?

No

What support is available for finding post-fellowship employment?

Fellowship director and other attendings were very involved in discussing employment from day one. They will offer advice, make introductions, and discuss opportunities with the fellow

What qualities make an applicant a good fit for your program?

Must be very well organized, willingness to learn more, interested in teaching, desire to be challenged, interest in limb salvage/ external fixators

Why did you apply for fellowship? And why did you choose your fellowship program?

I applied for and chose the program because of the emphasis on external fixation, limb salvage, and reconstruction. I immediately felt at home with Dr. Subik and his team during my visit. I really love seeing how my attendings' brains work and asking them questions. I can appreciate improvements in myself in clinic and the operating room on a weekly basis. I have learned a tremendous amount about billing and practice management that will help me be successful in the future.

Any advice for future fellowship applicants?

Apply for fellowships that interest you. Trust the process. Don't be afraid of programs that have residencies associated with them. I have learned that I really enjoy teaching thanks to my interactions with the residents.

