

Gender Composition of Orthopaedic Sports Medicine Fellowship Trainees, Faculty and Leadership

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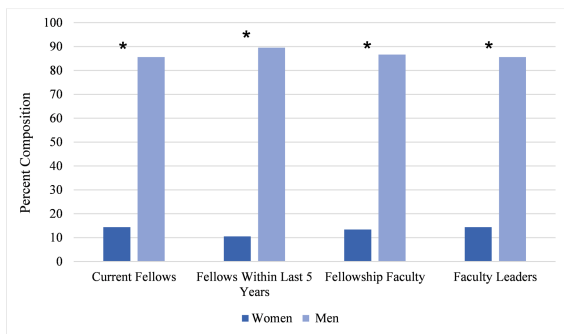
INTRODUCTION: Orthopaedic surgery has remained the most male-dominated field in medicine, despite recent efforts to recruit and retain more women. Recent research shows that 98.9% of active sports medicine fellowship programs were led by male fellowship directors. However, there is lack of current data analyzing the gender composition of both faculty and fellows in sports medicine fellowships. The purpose of this study was to determine the gender composition of fellows, faculty, and leaders within orthopaedic surgery sports medicine fellowship programs to provide a more complete analysis of gender diversity within this subspecialty.

METHODS: Official program websites of orthopaedic sports medicine fellowships listed on the Arthroscopy Association of North America (AANA) fellowship directory were examined. Data collected for analysis included the gender of fellowship program directors, assistant program directors, fellowship faculty, orthopaedic surgery department faculty, current sports medicine fellows, and fellows who graduated within the last five years.

RESULTS: In the 2021–2022 academic year, 132 orthopaedic sports medicine fellows were in fellowship training in the United States within the 97 programs listed on AANA directory. Of these, 113 (85.6%) fellows were men and 19 (14.4%) were women ($p < 0.001$). Within the past five years, 419 fellows were listed on official program websites as completing an orthopaedic sports medicine fellowship, with 375 (89.5%) being men, and 44 (10.5%) being women ($p < 0.001$). There was no significant difference in the gender composition of current fellows compared to the composition of fellows within the last 5 years ($p = 0.74$). When examining gender trends in sports medicine faculty, 639 (86.6%) were men and 99 (13.4%) were women ($p < 0.001$). There were 14 women (14.4%) orthopaedic sports medicine faculty in leadership positions (i.e. fellowship program director or fellowship assistant program director) compared to 83 men in such positions (85.6%) ($p < 0.001$).

DISCUSSION AND CONCLUSION: Orthopaedic sports medicine fellowships remain heavily male dominated in their trainees, faculty, and leadership. There was no significant difference in the gender composition of current fellows when compared to those who graduated in the last five years, suggesting further and novel initiatives are needed to enhance gender diversity in sports medicine.

Figure 1: Gender Composition of Orthopaedic Sports Medicine Fellowship Trainees, Faculty, and Leaders



* Denotes statistical significance, $p < 0.05$.

Table 1: Gender Composition of Sports Medicine Fellowship Department Personnel

	Average # of Men	Average # of Women	P value	Mean Difference and Confidence Interval
Current Fellows	2.30	0.30	<0.001	2.00, 95% CI [1.57, 2.43]
Fellows Past 5 Years	10.55	1.33	<0.001	9.21, 95% CI [6.72-11.70]
Sports Medicine Faculty	7.52	1.16	<0.001	6.35, 95% CI [5.20, 7.51]
Nationwide General Orthopaedic Faculty	38.72	6.35	<0.001	32.37, 95% CI [25.01, 39.73]