

Together we deliver careers with purpose and flexible lifestyles

Ob Hospitalist Group clinician testimonial



Top of her game

Are you finding the right balance between your career ambitions and the needs of your family? For many OB/GYN clinician leaders the answer is no, as opportunities to see their kids' events or explore personal interests beyond medicine are compromised.

For Dr. Rula Fuertez, joining Ob Hospitalist Group (OBHG) makes it possible to pursue both.

Juggling patient appointments, surgeries and hospital shifts around the clock, Dr. Fuertez felt disheartened by the limited time available for her family.

"I'd miss many of my daughters' daytime programs or classroom volunteer activities. Working for OBHG has given me the opportunity to do things during the day that I wouldn't necessarily have been able to do."

Blended ambition

Dr. Fuertez prioritizes the advancement of women's healthcare and the needs of her family. She is an OBHG Market Medical Director and a clinical leader at Southwest Healthcare Rancho Springs Hospital in California serving as the Department Chair and OBHG Site Director. She's also the mom of two girls, ages 18 and 14, and the wife of a fellow physician.

Before joining OBHG, she worked as a full-scope OB/GYN in New York and later for an HMO in California. Juggling patient appointments, surgeries, and hospital shifts around the clock, Dr. Fuertez felt disheartened by the limited time available for her family.

Dr. Fuertez recalls the struggles. "I'd miss many of my daughters' daytime programs or classroom volunteer

activities," she explained. "Attending meant taking a vacation day for a Christmas program held at 8 a.m. or a mother's brunch held at 1 p.m."

Dr. Fuertez met a mom who inspired her to join a women-owned OB/GYN private practice with supportive scheduling. She made the leap into private practice, which offered flexibility, but also involved entrepreneurial tasks like managing supplies and medical reimbursements.

She noted, "When you're in private practice, you're essentially an entrepreneur. There are many non-medical responsibilities, from purchasing supplies at Costco to managing medical reimbursements."



Phase and stage

Once again, Dr. Fuertez found herself at a personal/professional crossroads. Becoming a partner in the practice was on the horizon. However, this would require her to reduce the time spent attending her daughters' activities. Striving to reduce her work hours without compromising her professional growth, she explored a position at the hospital to become an OB hospitalist with OBHG.

A clinician-centered company, OBHG allows full-time OB hospitalists to create their own schedules - typically five to seven, 24-hour shifts per month - with no on-call duty or the burden of office management. For OB hospitalists who desire leadership positions, OBHG offers career-growth opportunities with work-life balance in mind.

A trusted clinician leader

Dr. Fuertez is described by her peers as a strong leader, collaborator and listener. Maria King, CNM, site director at Rancho Springs Hospital says, "Dr. Fuertez provides exceptional care, always striving for the best possible outcome for her patients. She ensures that patients feel empowered and maintain autonomy by engaging in a collaborative decision-making process."

But don't count her out of her primary passion - patient care. "Working with patients and going into the hospital is

my first priority," Dr. Fuertez says. "This connection helps me stay informed about the hospital's needs, which is valuable in my leadership role."

Present for her family

Dr. Fuertez finds that her transition into leadership doesn't mean sacrificing her time with family. She can share lunch with her husband, accompany her younger daughter on the 8th grade trip to Washington D.C., or travel to Italy to watch her older daughter thrive on the volleyball team.

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