

NATIONAL YOUNG PHYSICIAN-AT-LARGE

Who are the Young Physician leaders at the ACOG National level?



Tamara Helfer, MD, MBA



Erin Keyser, MD



Hartaj Powell, MD

What do the National Young Physician-At-Large Representatives do?

The Young Physician-at-Large (YPAL) primarily serves as the representative for the Young Physicians, ACOG members who are within their first 8 years of ACOG fellowship. The National YPAL brings important ideas and perspectives related to transitioning from residency/fellowship to practice to the ACOG Executive Board. The National YPAL maintains bidirectional communication with the ACOG Executive Board to inform them of regional issues, while disseminating national information from the Executive Board back to the District level, by way of the District Young Physician Representatives. The YPAL representatives focus on mentorship, career development, work/life balance, and ensuring Young Physician members throughout the American College of Obstetricians and Gynecologists have access to the resources they need to be successful as they begin their career as an ACOG Fellow.

How can I run for National Office?

A letter is emailed to Fellows each February outlining the National offices to be filled and how to become a candidate for one of the offices. Considerations for elected office include leadership ability, availability, communication skills, prior experience, respect of the ACOG members and achievements in the profession. You can learn more by visiting the ACOG website page on [National Election & Nominations Process](#).