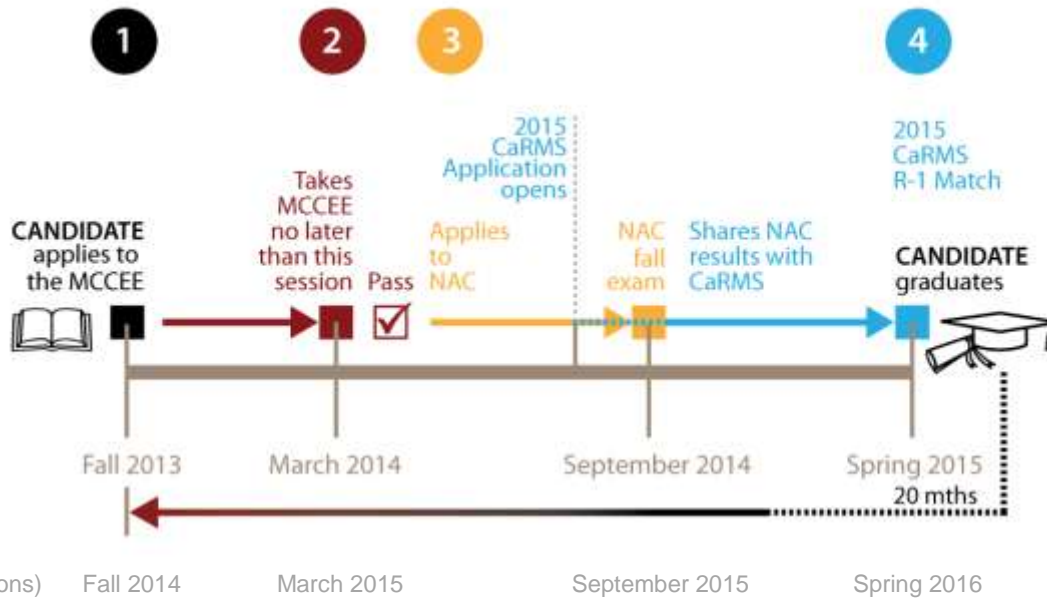


# Pathway to a Residency in Canada for International Medical Graduates (IMGs)

1. After clerkships are done and you receive the **M.D.** designation (or a D.O.) from your school (which **must be listed on IMED** or the **W.H.O.** list of approved schools: <http://avicenna.ku.dk/database/medicine>) you can apply for residency in Canada.
  - a. **\*\*\*Note that: You must be a Canadian citizen or landed immigrant to apply for a residency spot in Canada.**
2. Your first step is to arrange to write the **MCCEE** (Evaluation Exam) from the Medical Council of Canada: <http://mcc.ca/examinations/mccee/> (This is the minimum requirement to begin a residency in Canada; it establishes your basic medical knowledge). **\*\*\*This is the MOST important exam you will write to get into a Canadian residency\*\*\***. To prepare for it, you will need to study the content that is tested on USMLE Step 2CK, CanadaQbank, and the material in the Toronto Notes. Resources:
  - a. [www.canadaqbank.com](http://www.canadaqbank.com)
  - b. <http://www.usmle.org/step-2-ck/>
  - c. <http://www.torontonotes.ca/>
  - d. MCCEE online practice exams: <http://mcc.ca/examinations/self-administered-exam/>
  - e. MCCEE High Yield preparation courses: Focus Education Center of Canada (<http://www.focusededucationcentre.com/>)
3. It is recommended that you apply for a Clinical Trainee License (also known as an observership) which will allow you to do electives in Canada (as an M.D.) while you wait for CARMs to gain Canadian experience and get some reference letters. This is arranged through the Province you come back to or live in, e.g. the College of Physicians and Surgeons of Ontario. See:
  - a. <https://www.cpsbc.ca/for-physicians/registration-licensing/applying/imgs/clinical-trainee>
  - b. <http://cme.medicine.dal.ca/clintran.htm>
4. As of 2015, you will also need to complete the **NAC-OSCE** to be able to apply to a Canadian residency: <http://mcc.ca/examinations/nac-overview/>; **currently, only certain provinces require this exam** as part of the admissions process. The NAC-OSCE is an oral performance exam comprising of a series of clinical stations, and may include problems in medicine, pediatrics, obstetrics, gynecology, psychiatry and surgery.
  - a. See <https://www.carms.ca/en/r-1-main-residency#r1-provincial-criteria> for individual Provincial requirements.
5. **You must ensure proper timing of your exams / prep courses to be ready for the CARM's match (see next page).**



## CARMS

(The most confusing aspect of this process!)

1. Once you pass the exam(s), you will apply to **CARMS** (The Canadian Resident Matching Service) for a residency match; eligibility is listed at: [http://www.carms.ca/eng/r1\\_eligibility\\_e.shtml](http://www.carms.ca/eng/r1_eligibility_e.shtml)
  - i. As of 2007, all International Medical Graduates-IMG's, can apply to 1<sup>st</sup> iteration matches, just like any Canadian medical school graduate—Great News!!!
  - ii. Each year, more money is poured into IMG programs in Canada creating more residency spots and opportunities!
  - iii. **CARMS** timetable: <https://www.carms.ca/en/first-iteration-timetable>
2. Terminology
  - i. **CARMS 1<sup>st</sup> iteration:** is the first round of applications and placements for Canadian and international M.D.s. into postgraduate positions (within one of the 17 Canadian medical school programs).
  - ii. **2<sup>nd</sup> iteration:** is offered for positions and applicants that were not matched in the first round.
3. Generally, 1<sup>st</sup> iteration CARMS spots for IMG's have a return of service (ROS) attached to the residency position; i.e. for every year the province pays for your residency training, you owe them a year of practice after you finish residency. This is generally in an underserved area (e.g. Barrie, Newmarket, St. Catherines, Thunder Bay ...etc). Ontario is the only province that attaches a **5 year ROS** to your residency no matter how long it is. I.e. whether you do a 2 year family med residency or a 5 year surgery residency, you owe Ontario 5 years in an underserved area!
  - i. There are some 1<sup>st</sup> iteration CARMS spots that don't have any ROS (e.g. Manitoba, Saskatchewan)
  - ii. CARMS 2<sup>nd</sup> iteration spots, if left over, have no ROS.
  - iii. These rules and regulations **change yearly**, so you will have to keep up to date on the latest info for each province.

4. For the latest available **statistics** regarding IMGs and Canada please refer to:
    - a. <http://www.caper.ca/en/publications/post-graduate-medical-education/>
  5. Some provinces (e.g. AB, BC, ON...) require IMGs to go through assessments before they can apply to their programs via CARMS, for details see:
    - a. Ontario: <http://www.cehpea.ca/>
    - b. BC: <http://www.imgbc.med.ubc.ca/Home.htm>
    - c. AB: <http://www.aimg.ca/>
    - d. SK: <http://www.usask.ca/cme/SIPPA/>
  6. The competition is fierce in Canada. Many international applicants are Canadians with full command of the language, who entered as mature students and who have very impressive resumes. E.g. there were 500+ applicants for 18 positions in the Winnipeg family medicine program (in the 2011 match!)
    - i. **To stay ahead of the bunch, you will need an excellent MCCEE / NAC-OSCE score, a good IMG assessment in the province you are interested in, great references, an impressive and well-prepared interview and sheer determination.** It is doable and every year, hundreds of IMGs match.
    - ii. If a Canadian citizen with English fluency, you will have a distinct advantage over the IMG's that are not.
    - iii. Focus Education Center of Canada (<http://www.focusededucationcentre.com/>) provides comprehensive interview preparation courses.
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## Residency and Beyond

1. Once accepted into a program (or before if you like), you will write the other **Canadian Licensing Exams**: At some point during your residency,
  - a. the **LMCCI**: <http://mcc.ca/examinations/mccqe-part-i/> and (after at least 12 months of residency training)
  - b. the **LMCCII**: <http://www.mcc.ca/en/exams/qe2/apply.shtml>
  - c. Focus Education Center of Canada (<http://www.focusededucationcentre.com/>) provides clinical skills preparation courses (as medicine is practiced differently in every country).
2. Once you have finished residency, you will then write either:
  - a. For family physicians: the College of **Family Physicians of Canada Certification Exam**: <http://www.cfpc.ca/ExamInformation/>
  - b. Or for **specialists**:  
<http://www.royalcollege.ca/portal/page/portal/rc/credentials/start>

## Pathway Summary:

Basic Sciences > Clerkships (clinical rotations) > **M.D. / D.O.**

> **MCCEE** +/- NAC-OSCE > +/- IMG Assessment

> **CARMS** > Residency, MCCQE1 & 2

> Family/Specialty Exam > **Practice in Canada!!!**