

TRANSITIONING INTO RESIDENCY



HELPFUL WEBSITES/INFORMATION

www.oplfrpd5.cmpa-acpm.ca/home

The Canadian Medical Protective Association (CMPA): Necessary for all physicians. Your resource for information on how to register and lists all fees.

www.cfms.org

Canadian Federation for Medical Students (CFMS):

Contains resources for electives and residency including the Residency Matchbook.

Banks: Request to speak with someone who deals with other residents, or professionals. Don't just speak to a regular advisor.

www.carms.ca/en/

Canadian Residency Matching Service (CaRMS): Contains program information, Professional Association links with contract information (highlights salaries and benefit information for all provinces).

www.mdm.ca/career-stages/student/

MD Management: Website section dedicated specifically to students. Speak with a financial advisor.

www.cma.ca

Canadian Medical Association (CMA): Offers great resources and discounts for travel.

www.ocfp.on.ca/about/who-we-are/board-of-directors/board-committees/member-relations-and-regional-affairs/family-medicine-program-residents-committee

The Ontario College of Family Physicians (OCFP): The "Survival Guide" is a great resource for transitioning into residency with checklists and more resources.

TIPS FOR PREPARATION

- Research programs, location and sites
- Speak to program directors and chiefs
- Plan electives early...be patient
- Make and keep track of contacts
- Find a mentor
- Continue extracurriculars
- Keep your CV up to date
- Keep copies of all paperwork/certifications
- Plan vacation time during transition and during early residency

CHECK LIST

- Plan and complete electives
- Apply and Interview for CaRMS
- Register, study and write MCCQE I/LMCC
- Sign Letter of Appointment (LOA) & register for your University
- Speak with financial advisor and bank
- File your taxes
- Apply for appropriate Police Record Check
- Register with provincial College of Physicians and CMPA
- Pay your dues (CFPC, provincial medical association, university, hospital etc.)
- Update Immunizations
- Change your address
- Get Insurance
- Review PGY-1 Schedule and book vacation time