



CaRMS and Electives

Family Medicine Forum
November 2, 2019

On behalf of the CFPC Section of Residents (SoR)

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Panelists:

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Dr. Mark Woo
Dr. McKenzie Lim
Dr. Zia Saleh
Dr. Ellen Wong



Introduction

Dr. Ellen Wong

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Disclosures

- No one is paying us for this
- We are all family physician residents
- We think Family Medicine is pretty awesome
- We are members of the College of Family Physicians of Canada (CFPC) Section of Residents (SOR)

College of Family Physicians of Canada (CFPC) Section of Residents (SOR)

- **CFPC:** Family Medicine Exam and FM Residency Accreditation
- **SOR:** Group of residents that shape FM education and training from Resident Perspective

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Session Objectives

This session will hopefully help you:

- Develop a better understanding of the types of family medicine programs available and how to choose one
- Acquire a better understanding of how to go about organizing electives and navigating the CARMS process
- Get tips on presenting yourself at CaRMS interviews

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Agenda:

- Why Family Medicine?
- Electives
- CARMS
 - Application
 - Interviews
- Q&A

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Why Family Medicine

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Why choose Family Medicine?

- Flexible
- Portable
- In demand
- Longitudinal

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Electives

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Choosing Electives

Not just Family Medicine electives

What electives will make you a more well rounded generalist

Apply early! If over-applying, ensure you can give programs enough notice if you need to cancel an elective

Don't need to do an elective everywhere that you will want to apply but demonstrate flexibility if you are open to leaving your Province

May need to find your own preceptor for some electives (within your school).
Apply to electives outside your school through the AFMC Portal.

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While on Electives

Expectations: be professional, show interest, show that you will be someone they will want to work with

Use electives as a networking opportunity

If on a Family Medicine elective, use your preceptors as a mentorship resource – ask them about their training experience/career evolution/what attracted them to family medicine. This will show your interest!

You can also ask them to read your CaRMS essays.

Asking for reference letters. Maintain contact with preceptors if you will be asking them for a letter at a later date

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Out of Province Electives

Applications now centralized through the AFMC portal

Research programs you may be interested in – this may help you decide where you want to do electives

Prepare required documents

When on elective, see if you can meet with the Program/Site Director or **current residents**

Explore the city – is this somewhere you could see yourself for 2+ years?

Consider expenses

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Documentation

Immunization records

Notarized/certified copy of passport/citizenship – school (not necessarily your home school) may do this for free!

CPR certification

Criminal Record Check

Letter of good standing/MSPR

Transcript

CV

Photo

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CaRMS

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How do I decide what programs to apply to?

What do you value?

Location, location, location ...

Remote vs. Rural vs. Community vs. Urban

Apply broadly but be realistic and consider expenses

Keep an open mind when applying, some programs may surprise you

Can always reject interview/not rank programs

Can use some interviews as 'practice' interviews

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Applying to Programs

Keep track of what different programs need

SCHOOL	ESSAY	REFERENCES	CV	PHOTO	CITIZENSHIP	MSPR	TRANSCRIPT
NCBM	2 pages	3 include 1 FP	NO	NO	Yes	Yes	Yes
Ottawa	2000 words	3 only	Yes	Yes	Yes	Yes	Yes
Queens	500 words	3 only/1 from FP	Yes	Yes	Yes	Yes	Yes
UofT	500 words	3 only/1 from FP	Yes	Yes	Yes	Yes	Yes
McMaster	5000 words	3 only	Yes	Yes	Yes	Yes	Yes
Western	500-1000 words	3 only	NO	Yes	Yes	Yes	Yes
Calgary	max 2 pages	3 (1 FP, 1 non-FP)	Yes	Yes	Yes	Yes	Yes
UBC: St Paul	max 1000 words	3, 1 FP, max 4	NO	NO	Yes	Yes	Yes

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Applying to Programs

Tailor your Personal Letters to each program – don't just copy and paste. Use your word count toward addressing the individual questions each schools ask.

Common points to consider for all letters:

Why Family Medicine?

Why their program?

Why should they want you as a resident?

How can you make your Personal Letter memorable?

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Pre-Interview Preparation Tips

Think about how you want to present yourself – What is unique about you?

Review the documents you provided them with: CV, Personal Letter etc.

Research the program! What are highlights for you? What makes the program different?

Consider researching the area/local population – Why would you want to live there? Why would you want to work there?

Prepare questions to ask

Anticipate questions (based on CanMEDS roles) and prepare examples with which you can answer those questions

Know your weaknesses

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Interviews

As hard as it may be, try not to get too nervous. Remember, the programs are trying to impress you as well!

Talk to the residents! You want to find out if this program will be the right fit for you, so talk to the people who are in the program

Be honest in how you present yourself

If possible, participate in the socials (although no pressure to do so!)

A great way to see our country - take time to explore if you have the chance!

Travel tips

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Deciding on a Program

Location, location, location ...

Remote vs. Rural vs. Community vs. Urban

Learning: Block vs Horizontal

Teaching Practice vs. Private Practice

Research vs. Clinical

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Rural vs Urban

	Rural	Urban
Pros	No learner competition Community feeling More responsibility Stretch your skills in resource limited settings	Variety of patients Marginalized populations Good volume Academic / research support
Cons	Travel Difficulty finding electives Less academics/research Exposure Less specialist support	Competition with other learners for opportunities Potentially smaller scope Less one on one teaching

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Horizontal vs Block

Horizontal	Block
Family Medicine clinics year long with subspecialties interspersed Less focussed time in one area Better for revisiting areas and developing skills longitudinally	Still have continuity clinics when off-service Blocks usually 2-4 weeks Good for focussed learning

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BELLEVILLE-QUINTE PGY2 SAMPLE SCHEDULE

PGY1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Resident 1	AM OFF	EM Belleville	FM	FM Teaching	FM	Gastro Clinic	OFF
Resident 2	AM OFF	OB Call	FM	FM	Elective		
Resident 3	AM OFF	Pop's Clinic	FM	FM Teaching	EM Trenton	Geriatrics	OFF
Resident 4	AM PM				Community FM		
Resident 5	AM PM	OB Call	Post Call	FM	FM Teaching	FM	Hospitalist
Resident 6	AM PM	Post Call	FM	Gain Sr Clinics	EM Teaching	FM	Hospitalist

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YEAR 1	YEAR 2
Family Medicine/Obstetrics (3 blocks)	Family Medicine/Obstetrics (4 Weeks)
Emergency	Emergency
Geriatrics	Psychiatry
Pediatric Emergency	Community Pediatrics
Pediatric Wards	Family Medicine/Palliative Care
Family Medicine Hospital Service	Family Medicine Hospital Service
Internal Medicine CTU	Internal Medicine CTU
Family Medicine Rural	Family Medicine Rural
Elective	Elective (2 blocks)

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Sample Family Medicine Monthly Rotation

WEEK	SUN	MON	TUES	WED	THUR	FRI	SAT
	AM		Teaching	Procedure Clinic	Teaching		Afterhours Clinic
Week 1	OFF	FM Clinic		FM Clinic	FM Clinic	Memory Clinic	OFF
	PM		FM Clinic	FM Clinic			
	AM				Teaching		
Week 2	OFF	OB Call	Post Call	FM Clinic		FM Clinic	OB Call
	PM				Shared Mental Health		
	AM		Teaching	Procedure Clinic	Teaching		
Week 3		Post Call	FM Clinic		FM Clinic	Academic Day	OFF
	PM		FM Clinic	FM Clinic			
	AM		Teaching		Teaching		Afterhours Clinic
Week 4	OFF	FM Clinic		FM Clinic		FM Clinic	
	PM		FM Clinic		FM Clinic		OFF

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Rank List and Couples Matching

No strategy involved! Rank in order of your preference, not how you think you did in interviews.

Take this seriously, where you match is where you will be for the next two years

Couples matching – your preferences are linked

DON'T LEAVE THIS TO LAST MINUTE

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Going Unmatched

Totally not the end of the world! Reach out for support – you'd be surprised by how understanding people are.

Elicit feedback on your application and interviews to see how you can improve

Embrace the learning experience and prepare for Round 2 – quick turnaround

If still unmatched – speak with your school about how you can participate in experiences that will enhance your application for next year

Be gentle but honest with yourself, but try to identify why you went unmatched

Contact your school to see if they can put you in touch with former students who initially went unmatched and successfully matched at a later date

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Thank you!

Questions?

Interested in learning more about the CFPC Section of Residents (SOR):

We are happy to talk after the presentation

ewong107@uottawa.ca

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Preparing for Residency

Dr. Kelsi Cole

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Transition to residency:

- A lot of emails!
- A lot of paperwork!
- A lot of memberships!
- A lot of deadlines!

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Emails, emails, emails....and more emails!

Everyone will be emailing you at this point.

You will receive emails from:

- Your residency program & associated university
- The PGME program
- College of Family Physicians of Canada (CFPC)
- Employee body

RECOMMENDATION:

Organize your email to handle all these emails! Create new folders for residency-related emails and documents.

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Paperwork

Letter of offer for your residency program!

- This is usually the first document you will sign to officially start your residency program
- Make sure to sign it and get it back on time!

Will become an **employee**

- Contract - documentation related to your job description & how you are paid
- Banking - financial information for payments (finally!)
 - Most places have automatic payments to your account
 - Void check

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Paperwork

Canadian Medical Protective Agency (CMPA)

- Required for every resident or practicing doctor
- Lawyers

Provincial College (ex: College of Physician and Surgeons of Manitoba)

- Required for every resident or practicing doctor
- Many will have online registration & renewal

Criminal documents

- Criminal Record Check (and Vulnerable Persons)
- Adult and Child Abuse Registry Check (2)

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Paperwork

Other documents:

- Copy of your medical diploma
- Immunization record (usually available from your university)
- Social Insurance Number (SIN)

RECOMMENDATION:

Have a file folder that is specifically for documentation related to residency. Keep everything together and keep it organized!

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Memberships

Provincial residency association

- Automatic membership with initiation of residency
- No sign-up fee or annual renewal
- All residents of that province, not specific to family medicine

Provincial college of physicians and surgeons

- Will be emailed to register!
- Have to be registered member in order to practice medicine
- All physicians and surgeons of your province, not specific to family medicine

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Memberships

College of Family Physicians of Canada (CFPC)

- Will get an email for registration
- Required!
- No cost as a resident, but will start paying membership once graduated

Canadian Medical Protection Agency (CMPA)

- Will get an email & document for registration
- Required!

Canadian Medical Association (CMA)

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Deadlines

CHECK YOUR DEADLINES!

If you miss a deadline, it can become a big problem (ex: if you don't sign your offer for residency....).

Most places will send out reminders, but don't rely on that!

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Miscellaneous

Program specific fees

Program specific residency documentation

Lab coats, identification & access cards, pagers

Orientation packages from programs

Orientation days

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Responsibilities as a Resident

Dr. Desmond Whalen

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- Introduce yourself as the treating doctor
- Orders
- On call
- Leader, teamwork
- Interprofessionalism

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Responsibilities, responsibilities and responsibilities...

- In your personal life
- Family medicine specific aspects
- Studying

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Financial Planning

Dr. Sabrina Dzafovic

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Debt management

- Goal : stay at the same amount
- Do a budget i.e controlling outflow
- Don't be too strict on your expense, it's okay to buy things for yourself

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Becoming an owner vs staying tenant ?

- Advantage of staying a tenant :
 - No maintenance fees and other extra fees
 - No need to pay a mortgage
 - Freedom, possibility to move whenever and wherever you want (for example, after residency)

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Becoming an owner vs staying tenant ?

- Advantage of become an owner :
 - Stop paying mortgage of another person
 - Being "at home"
 - Start building an asset for your retirement
 - Low interest rates
- Disadvantages
 - A lot of fees (taxes, insurance, notary, etc.)

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Consider professional support

- Find a financial adviser
- Insurances
- Loan forgiveness or tax credit
- *Most of the cost for training are reimbursed (program dependant): ACLS, ATLS, NRP, etc

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Pearls

Dr. Kelsi Cole

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Wellness in Residency

Prioritize your health!

Social connections are important – Program and PHO social events are a great way to meet new people

Vacation/Family/Friends

Sleep!

If your attending tells you to go for lunch – go for lunch! If your staff tells you to go home – go home!

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Getting Involved

Local program association

Provincial PHO

Provincial College chapter

National College – CFPC

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Learning in Residency

It's ok not to know

What's more important is identifying what you don't know

Seek out opportunities that challenge you – in two years you could be on your own

Teaching medical students

Find a mentor

Two years will go by fast!

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