



## Transition to Residency

Family Medicine Forum  
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On behalf of the CFPC Section of Residents (SoR)

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## Introduction

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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)

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### 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

At the end of this session you will have:

- Developed a better understanding of the types of family medicine programs available and how to choose one
- Acquired a better understanding of how to go about organizing electives and navigate the CARMS process
- Gain an appreciation for how to prepare for residency and what your responsibilities will be

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## Agenda:

- Why Family Medicine?
- Electives
- CARMS
- Preparing for Residency
- Responsibilities as a Resident
- Financial Planning
- Residency Pearls

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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

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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!

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 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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# 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
- Talk to people in the program

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## Applying to Programs

Keep track of what different programs need

SCHOOL	ESSAY	REFERENCES	CV	PHOTO	CITIZENSHIP	MSPR	TRANSCRIPT
NOQM	2 pages	3 include 1 FP	NO	NO	Yes	Yes	Yes
Ottawa	1100 words	3 only	Yes	Yes	Yes	Yes	Yes
Queens	500 words	2 only/1 from FP	Yes	Yes	Yes	Yes	Yes
UofT	500 words	3 only/1 from FP	Yes	Yes	Yes	Yes	Yes
McMaster	1000 words	3 only	Yes	Yes	Yes	Yes	Yes
Western	500-700 words	3 only	NO	Yes	Yes	Yes	Yes
Calgary	400-2 pages	3 (1 FP, 1 non-FP)	Yes	Yes	Yes	Yes	Yes
UBC: St Paul	400-700 words	3, 1 FP, max 4	NO	NO	Yes	Yes	Yes

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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	<ul style="list-style-type: none"> <li>little learner competition</li> <li>Community feeling</li> <li>More responsibility</li> <li>Stretch your skills in resource limited settings</li> </ul>	<ul style="list-style-type: none"> <li>Variety of patients</li> <li>Marginalized populations</li> <li>Good volume</li> <li>Academic / research support</li> </ul>
Cons	<ul style="list-style-type: none"> <li>Travel</li> <li>Difficulty finding electives</li> <li>Less academics/research</li> <li>Exposure</li> <li>Less specialist support</li> </ul>	<ul style="list-style-type: none"> <li>Competition with other learners for opportunities</li> <li>Potentially smaller scope</li> <li>Less one on one teaching</li> </ul>

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### Horizontal vs Block



Horizontal	Block
<ul style="list-style-type: none"> <li>Family Medicine clinics year long with subspecialties interspersed</li> <li>Less focussed time in one area</li> <li>Better for revisiting areas and developing skills longitudinally</li> </ul>	<ul style="list-style-type: none"> <li>Still have continuity clinics when off-service</li> <li>Blocks usually 2-4 weeks</li> <li>Good for focussed learning</li> </ul>

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### Going Unmatched



Reach out to your school for support

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

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 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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### Preparing for Residency



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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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## 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

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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

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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

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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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Thank you!

## Questions?

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

We are happy to talk after the presentation

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