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Congratulations on being accepted to medical school and taking the first steps towards your future career as a physician! We would like to officially welcome you to medical school in Ontario.

Medical school presents many exciting opportunities to pursue your ambitions and learn alongside an amazing and diverse group of trainees. You will not only learn about the causes, symptoms, and management of illness, but will grow as a person, make life-long friends, and meet future colleagues.

Entering medical school is an exciting time for new students. The stress of the application and admissions process is behind you, and you begin to prepare for the adventure ahead. However, this transition can also bring about many questions. At some points, medicine may seem like its own language and its own little world, full of words and acronyms most people have never heard of. We hope this handbook can help to answer some of your questions, and provide a brief overview of things to look forward to in the next few years.

The goal of this handbook is to introduce you to the medical student organizations at the provincial and national level. These organizations put on events, provide useful resources, and advocate on behalf of medical students. You’ll learn about the services these organizations provide and how to get involved. You’ll also be introduced to some of the other professional organizations which you might interact with and be supported by throughout your training and career. These organizations play a pivotal role in supporting medical education and the practice of medicine within Ontario, and we think it’s important for students to understand their role early on. Once again, congratulations on your tremendous achievements thus far. We wish you the best of luck as you continue forward with your medical training!
## Medical School Preparation Checklist

- Immunization records
- Police record check
- Up to date CPR certification
- Apply for OSAP
- Consider obtaining a line of credit
- Pay fees and tuition
- Create a weekly/annual budget
- Check computer requirements for your program
- Purchase textbooks if applicable
- Plan for transit needs at your school (bike/bus/car) and parking
- Consider obtaining Life/Disability insurance
The **Ontario Medical Students Association (OMSA)** is a student organization that represents over 3500 students from the six medical schools in Ontario.

OMSA serves three main purposes:

- **A** to **advocate** for medical students
- **B** to **bring medical students together** through events, grants and initiatives
- **C** to offer **services** to benefit medical students
OMSA represents a great way for students to get involved. The council consists of 2 chairs, 5 portfolio directors (Communications, Representation, Education, Services, and Information/Finances), and 12 VP externals (2 from each school). VP externals are elected internally at each school and the chairs and portfolio directors are elected at the annual OMSA elections in May. Each portfolio also has a sub-committee of students from all years, selected through an application process annually in September.
OMSA advocates by engaging with the OMA and other stakeholders on provincial healthcare issues, creating position papers, forming partnerships, and highlighting grassroots initiatives from member schools.

OMSA brings medical students together at events such as the:
- Ontario Medical Students Weekend, a weekend in the fall to meet students from other schools and engage in workshops.
- Wellness Retreat, a weekend in early spring to relax and tune out the noise of medical school.
- Leadership Summit, a weekend in late spring where students receive leadership and advocacy training.
- Lobby Day, a weekend in late spring where students learn about an advocacy topic selected by Ontario medical students through the OMSA Advocacy Survey. Students then use this knowledge and lobby MPPs at Queens Park to provide solutions to issues.

OMSA also offers many services such as conference, research, and innovator grants; travel and wireless discounts; and our Student of the Month series.

OMSA strives to comprehensively represent the voice of these students on important issues and to provide opportunities to excel.
WHO WE ARE:

We are an organization representing over 8,000 medical students from 14 Canadian medical student societies from coast to coast. We represent medical students to the public, to the federal government, and to national and international medical organizations.

As a CFMS member, you can run for a position as an Executive, National Officer, or a member of a committee. You are also eligible to participate in either of the 2 meetings that the CFMS holds annually: the Annual General Meeting (AGM) in the Fall, and the Spring General Meeting (SGM) in the Spring.

WHAT WE DO:

The CFMS is actively involved in a number of projects that aim to better serve our members. Visit our Advocacy, Education, Global Health, and Student Affairs pages to learn more about the exciting initiatives that the CFMS is pursuing. Some of these include:

- **International Exchanges**
  Canada participates in bilateral and unilateral international exchange program where medical students can undertake clinical electives or research projects in a foreign country for a period of four weeks. You can apply via the CFMS in the fall. Get in touch with your Local Exchange Officers (LEOs).

- **Residency Matchbook**
  The CFMS prepares an annual review of the CaRMS match, to help educate medical students about the Match and assist with career planning.

- **Lobby Day**
  Lobby Day is one of the CFMS’ signature annual events during which medical students from across the nation come to Parliament Hill in Ottawa to speak with policy makers on an issue of importance. Check with your local Government Affairs and Advocacy Committee (GAAC) reps on how you can attend.

- **Wellness & Discounts**
  The CFMS offers a variety of discounts including UpToDate, textbooks and apps, hotel/car/travel, WestJet rebates during CaRMS and even LASIK MD Laser eye surgery! Our wellness page also connects you to student wellness resources you can access at your school and in your surrounding community.
WHEN AND WHERE WE MEET:

Every year, the CFMS hosts 2 different member meetings: the Annual General Meeting (AGM), and the Spring General Meeting (SGM). These meetings serve as an opportunity for Canadian medical students from across the country to get together and discuss important issues regarding medical education, advocacy, global health, wellness, and more. Get in touch with your Medical Student Society for funding opportunities or apply for a travel award (check here in July)!

- Annual General Meeting and 40th Anniversary: Ottawa, ON: September 22-24, 2017
- Spring General Meeting and Canadian Conference of Medical Education: Halifax, NS: April 28 - May 1, 2018

HOW TO CONNECT WITH US:

We wish you all the best as you begin your journey in medicine, please feel free to reach out to us at ontario@cfms.org anytime if you have questions, are experiencing any challenges in your school that you would like to share, or just want to get involved with the CFMS I FEMC!

@CFMSFEMC  @CFMSFEMC  @cfmsfemc  www.cfms.org
Medical school is the first step to a career in medicine. After completing medical school, most students will go on to complete a residency program to be certified by either the College of Family Physicians of Canada (CFPC) or the Royal College of Physicians and Surgeons of Canada (RCPSC). Medicine is a diverse field, with many different specialties and sub-specialties. Below is an outline of all the residency programs which can be entered directly from medical school, as well as the medicine and pediatric sub-specialties and the CFPC Certificate of Added Competence programs.

### MEDICAL SCHOOL GRADUATE

- **FAMILY MEDICINE**
  - **CFPC CERTIFICATES OF ADDED COMPETENCE:**
    - Care of the Elderly
    - Emergency Medicine
    - Family Practice Anesthesia
    - Palliative Care
    - Sports & Exercise Medicine
- **MEDICAL SCHOOL GRADUATE**
- **INTERNAL MEDICINE**
  - **SUBSPECIALTY MATCH PROGRAMS:**
    - Cardiology
    - Clinical Immunology & Allergy
    - Clinical Pharmacology & Toxicology
    - Critical Care Medicine
    - Developmental Pediatrics
    - Emergency Medicine
    - Endocrinology & Metabolism
    - Gastroenterology
    - Hematology
    - Infectious Diseases
    - Neonatal-Perinatal Medicine
    - Nephrology
    - Neurology
    - Respiratory Medicine
    - Rheumatology
    - Hematology
    - Infectious Diseases
    - Medical Oncology
    - Nephrology
    - Occupational Medicine
    - Pain Medicine
    - Respiratory Medicine
    - Rheumatology
- **MEDICINE**
- **PEDIATRICS**
  - **SUBSPECIALTY MATCH PROGRAMS:**
    - Adolescent Medicine
    - Cardiology
    - Clinical Immunology & Allergy
    - Clinical Pharmacology & Toxicology
    - Critical Care Medicine
    - Developmental Pediatrics
    - Emergency Medicine
    - Endocrinology & Metabolism
    - Gastroenterology
    - General Internal Medicine
    - Geriatric Medicine
    - Hematology
    - Infectious Diseases
    - Medical Oncology
    - Nephrology
    - Occupational Medicine
    - Pain Medicine
    - Respiratory Medicine
    - Rheumatology
- **LABORATORY MEDICINE**
  - **SUBSPECIALTY MATCH PROGRAMS:**
    - Anatomical Pathology
    - General Pathology
    - Hematological Pathology
    - Neuropathology
    - Diagnostic Radiology
    - Nuclear Medicine
    - Obstetrics & Gynecology
    - Public Health & Preventive Medicine
    - Physical Medicine & Rehabilitation
    - Radiation Oncology
    - Anesthesiology
    - Dermatology
    - Psychiatry
    - Neurology
- **MEDICAL GENETICS**
- **MEDICAL MICROBIOLOGY**
- **MEDICAL BIOCHEMISTRY**

Medical Specialties Outline
Pre-Clerkship: A phase of medical school which provides foundational scientific knowledge and essential clinical skills. The structure of pre-clerkship varies between schools, but often has a larger emphasis on classroom and small-group based learning.

Clerkship: A phase of medical school with prolonged clinical learning placements. Clerkship consists of core rotations, which are required of all students, and elective rotations which students take to gain additional experience in selected medical specialties.

Core Rotation: A clerkship placement which must be completed by all students.

Electives: A rotation chosen by students do gain additional experience in a discipline.

Residency: A stage of post-graduate medical education which a student undergoes after the completion of an MD program. In Canada, residency is a paid position in which trainees work in clinical settings as part of a program which leads to certification by either the CFPC of Canada or the RCPSC. After residency, a physician is legally permitted to practice autonomously.

Fellowship: A stage of post-graduate medical education occurring after successful completion of a residency program. Fellows are fully certified in their discipline, and are undergoing further education to increase their skills in specific aspect of their practice. This stage is optional and is not needed to practice autonomously.

CaRMS: The Canadian Residency Matching Service (CaRMS) is a national not-for-profit organization which provides the application and matching service for Canadian residency programs. Traditionally, medical students will apply to residency programs through CaRMS during the final year of their M.D. program.

Specialty: A division of medicine with a defined scope of expertise.

Sub-specialty: A narrow field of focused practice and expertise within a medical speciality.

LMCC: A Licentiate of the Medical Council of Canada (LMCC) is an individual who has passed the Medical Council of Canada Qualifying Examination (MCCQE) Part I and Part II. The MCCQE Part I is written during the final year of an M.D. program, and the MCCQE Part II is written following twelve months of post-graduate training. Students may refer to these exams as “LMCCs”. These are the Canadian “board exams” that you need to pass to become a physician.

USMLE: The United States Medical Licensing Examination (USMLE) is a three-step examination process leading to medical licensure in the United States. Some American residency and fellowship programs require students to pass the USMLE. Therefore, Canadian students may write the USMLE if they are considering working or training in the United States.

CTU: A Clinical Teaching Unit (CTU), also known as a Medical Teaching Unit, is an inpatient hospital unit where care is provided by teams of trainees and fully certified health professionals. CTU teams often consist of medical students, residents, and an attending physician, who work with nursing and other health professionals to provide patient care.

Rounds: A meeting for the purposes of teaching in which the clinical problems of patients are discussed to assess the current medical course, document progression, and evaluate treatment plans.
As you move through medical school, the Ontario Medical Association has a variety of benefits and programs to support your journey to becoming a physician. Take advantage of everything your Association has to offer!

**Special Rates and Services:**

With OMAAdvantages, enjoy preferred rates and services from vendors in the auto, communications, entertainment, financial services, fitness and health, moving and real estate relocation, office services and support, and travel and leisure industries.

Plus, as a commitment to our medical student members going on to residency, the OMA has negotiated special discounts rates for travels during the CaRMS Interview Period. Find out more at [OMA.org](http://OMA.org).

**Physician Health and Wellness:**

The OMA's Physician Health Program (PHP) provides a range of confidential direct services to support the health, well-being and resilience of medical students, residents and physicians. PHP works conjointly with individuals, families and workplaces experiencing challenges such as stress, work-related conflict, family life issues, substance abuse, addiction, psychiatric concerns, mental health concerns and more.

**Financial Assistance:**

The Ontario Medical Student Bursary Fund (OMSBF) is an initiative of the Ontario Medical Foundation (OMF), a registered charity established by the OMA. The OMSBF was created in response to concerns regarding increasing tuition fees and mounting debts for Ontario medical students. Funds are raised through the support of a dedicated donor base, and provided to students in financial need through the distribution of non-repayable bursaries.

**Flagship and Award-Winning Publications:**

Scrub-In is an award-winning, medical student driven publication published three times a year by the OMA. Scrub-In provides coverage of the issues and developments affecting medical students in Ontario. The Ontario Medical Review (OMR) is the OMA's flagship publication and a leading source of vital professional, economic, legislative and policy information affecting the medical profession in Ontario. Both publications are included in your OMA medical student membership.

**Health Promotion Initiatives:**

The OMA's health promotion work focuses on a broad range of health and public policy issues that impact members and the public. This work is accomplished through a suite of resources including position papers, public campaign material, and outcome-based programs that highlight issues such as social determinants of health, injury prevention, global health issues and more.
Advocacy:

There has never been a more important time to advocate for issues that affect doctors and patients. The OMA Health Care Advocate program can help you increase the effectiveness of your lobbying to get your voice heard, prepare you for meetings with elected officials, coach you on using key messages and other communications tools, and support relationship building to help you advocate for health care in your community.

OMA.org | info@oma.org | 1.800.268.7215 | @OntariosDoctors

OMA Insurance:

OMA Insurance makes it easy and inexpensive for you to get the coverage you need so you can get back to your studies.

Benefits of the OMA Student Special Offer:
- $100,000 of complimentary Group Life Insurance — OMA Insurance pays your premium while you are in medical school
- 75% Discount on Disability Insurance, plus OMA Insurance pays your premium in your final year of school
- Discounts continue into residency and your first two years of practice
- Coverage automatically transitions with you into residency and practice
- No medical questions or tests required in order to get coverage
- You are covered anywhere in the world
- No hidden fees or charges

Many medical students also take advantage of our special rates for:
- Auto Insurance
- Home & Tenant/Personal Property and Liability Insurance
- Critical Illness Insurance
- Health & Dental coverage

Get all the information you need — Talk to your OMSA VP about scheduling a lunch & learn

OMAinsurance.com | info@omainsurance.com | 1.800.758.1641

Not for profit. All for doctors.

OMA Disability Insurance is underwritten by Sun Life Assurance Company of Canada, a member of the Sun Life Financial group of companies. Group Term Life Insurance is underwritten by New York Life Insurance Company, Toronto, ON M5H 3C2.
WHAT IS CaRMS?
We are a national, independent, not-for-profit, fee-for-service organization that provides a fair, objective and transparent application and matching service for postgraduate medical training throughout Canada.

WHAT DO WE DO?
After medical school, you’ll need a residency position to continue your medical training—and that’s where CaRMS comes in. Like any other job, residency positions have an application process. CaRMS facilitates that process and, at the end of it, we run a match that gets you your best possible outcome.

HOW DOES THE MATCH WORK?
After your application and interviews are complete, you tell us where you want to train, residency programs tell us whom they want to train—and our algorithm does the rest, matching applicants to programs based on both parties’ preferences.

WHAT’S NEXT?
We’ll visit your school before your application year to tell you everything you need to know to prepare for your residency match. In the meantime, visit carms.ca to learn more.

The AFMC Student Portal is an online, bilingual service that facilitates the application and placement of Canadian and international medical students for undergraduate visiting electives at the 17 faculties of medicine in Canada. It includes a pan-Canadian online electives catalogue that is searchable by keywords, institution, specialty and subspecialty, and a centralized online application system. The Help Desk is available Monday – Friday from 8:00 a.m. to 6:00 p.m. (Eastern Time).

For more information visit https://www.afmcstudentportal.ca/

About AFMC
The Association of Faculties of Medicine of Canada (AFMC) represents the country’s 17 faculties of medicine and is the national voice for academic medicine. Our organization was founded in 1943 and functions to support individually and collectively Canada’s medical schools through promotion of medical education, research, and clinical care.
The Council of Ontario Faculties of Medicine is the Committee of six Ontario Deans of Medicine who collaborate on provincial issues to support the delivery of high quality, accredited medical education to Ontario’s medical students.

COFM is an affiliate group of the Council of Ontario Universities (COU) — an organization that works with its members, Ontario’s publicly assisted universities, to find consensus on a range of university issues and advance them with government and other stakeholders. COFM serves a similar role, working with its members to advise University Presidents and Principals on issues related to medical education.

Working closely with three main Ontario ministries — Health and Long-Term Care; Advanced Education and Skills Development; and Research, Innovation and Science, COFM works closely with government and one another to provide leadership on key healthcare issues, such as the supply of the right number, mix of and distribution of physicians in Ontario.

As an example, more than a decade ago, one in 11 Ontarians couldn’t find a family physician; there were lengthy wait times for specialty care, especially in rural areas. Today, a strategic partnership of Ontario universities and government has brought care closer to the homes of people across the province.

We’ve graduated 1,900 family doctors over the past 10 years, transforming family medicine and improving access for patients.

COFM has a number of subcommittees and working groups that advise COFM on issues related to undergraduate, postgraduate, distributed, and family medicine education, admissions, research, and continuing professional development.

The input and voice of learners is of significant importance within each Faculty of Medicine and on COFM sub-committees related to undergraduate, postgraduate and distributed medical education. Representatives from the Ontario Medical Students Association and the Professional Association of Residents of Ontario are appointed annually to these committees. All provincial undergraduate and postgraduate policies receive input from learners, as do other provincial decisions.

Major issues are discussed at COFM in order to develop a collaborative approach to implementing solutions, in areas such as:

- Physician human resource planning
- Implementation of competency-based medical education
- Career counseling standards
  - Ensuring all students receive a consistent standard related to career counseling, that includes physician forecasting data
  - How to ensure learners are counseled on the best match strategy
- Distribution of physicians across Ontario and how distributed medical education has contributed to improved distribution
On behalf of the Professional Association of Residents of Ontario (PARO), we would like to say WELCOME as you start medical school.

Every medical school graduate enters residency training to become a specialist certified by either the College of Family Physicians of Canada or the Royal College of Physicians and Surgeons of Canada. You are probably not thinking about residency yet but we want you to keep in mind that PARO is here to provide support as you travel through this next phase of your training.

**PARO AND MEDICAL STUDENTS**
Throughout your time at medical school, residents will be an important part of your clinical and educational experience.

- **Teaching** – residents play a vital role in medical student teaching. PARO supports our members to enhance their teaching abilities to help you be successful.
- **Leadership** – PARO provides opportunities to foster future resident leaders through invitations to PARO General Council meetings as GC Ambassadors in addition to involvement on select PARO strategic teams.

**PARO Hosted Events for Medical Students** – our local PARO site teams plan events with the goal to assist medical students transition smoothly into residency.

**Transition into Residency Resources** – PARO puts extensive resources towards preparing medical students to transition into residency including our Prepping for Residency Guide, New Resident Welcome Program, PGY 1 Orientation Sessions, Podcast Series and the nifty PARO Call Kit.

**24 Hour Confidential Helpline (1-866-HELP-DOC)** – the PARO Helpline (in partnership with Distress Centres of Toronto) is available for medical students and residents, their partners and family members. When you call the toll free number you are directly connected to a Helpline volunteer with extensive training in acute crisis intervention, depression, anxiety and knowledge of the common stressors of residents and medical students.

**RDoC works at the national level to:**

- Drive excellence in medical education
- Represent the interests of residents on national committees
- Improve resident resilience and wellness
- Lead and inform national discussions and influence decision making

**RDoC advocacy focuses on:**

- Curriculum Development
- Accreditation
- Certification
- Licensure
- Examination Policy

**Resident Doctors of Canada** is a national organization which represents the voice of over 9000 resident doctors across Canada. RDoC helps to support students as they transition from medical school into their residency programs and throughout their residency training.

**Resident Doctors of Canada**
Tel: 613.234.6448
communications@residentdoctors.ca

residentdoctors.ca

**Médecins résidents du Canada**
The College of Physicians and Surgeons of Ontario (CPSO) regulates the practice of medicine to serve and protect the public interest.

All doctors in Ontario must be members of the CPSO to practise medicine.

Our role and authority are set out in the Regulated Health Professions Act (RHPA), the Health Professions Procedural Code under the RHPA, and the Medicine Act.

Doctors and members of the public work together to carry out the following duties of the CPSO:

1. Issue certificates of registration to doctors to allow them to practise medicine
2. Monitor and maintain standards of practice through policies, peer assessments and remediation
3. Investigate complaints about doctors
4. Conduct discipline hearings when doctors may have committed an act of professional misconduct or may be incompetent.

In your medical career, you will be guided by our profession’s values of compassion, service, altruism and trustworthiness, which provide the foundation for the practice of medicine. Our policies and positions articulate the values and principles of medical practice and provide important guidance to Ontario’s physicians about their duties to their patients, the public and the profession.

When you start your residency, you will become a member of the College and take on the responsibility of medical regulation with the rest of the profession. Until that time, we encourage you to stay connected with us through Medical Student Update, our thrice-yearly email-based newsletter dedicated to Ontario’s medical students.

Reasons for reading Medical Student Update:

1. Receive practical information and resources that will enrich your education experience.
2. Learn about what it means to be a medical professional from an early stage in your career.
3. Stay up-to-date with important information from the CPSO, including policies that will impact you during your training and throughout your career.
4. Provide feedback on policies under development. We want to hear your voice.

We wish you best wishes as you embark on your medical career.

Subscribe to Medical Student Update

Do you have more questions for the CPSO? Are you planning an education session for medical students? Need a CPSO speaker? We’re here to help.

Contact our Outreach Team:
80 College Street
Toronto, Ontario M5G 2E2
416-967-2600, Ext. 552 or 765
Email: outreach@cpso.on.ca
Website: www.cpso.on.ca

Watch our video online, “Reflections of a Seasoned Regulator”

Check out our latest Annual Report Infographic

Stay connected and follow us on Twitter, Facebook, YouTube and LinkedIn
What is the Canadian Medical Protective Association (CMPA)?

The CMPA is a mutual defence organization that provides liability protection to over 95,000 residents, clinical fellows and practising physicians. We also deliver appropriate compensation to patients proven to have been harmed through negligent clinical care.

Through medical-legal advice, discretionary assistance, and targeted education, we help physicians across Canada practise medicine with confidence.

Do I need CMPA membership?

All health professionals, including residents and clinical fellows, are required by law to obtain adequate medical liability protection. Once you have met the regulatory requirements to enter a postgraduate medical education training program, you have a professional obligation to verify what liability protection you require.

While healthcare institutions in some provinces/territories may offer a degree of protection, there is no monetary limit on the assistance a CMPA member is eligible to receive.

What can the CMPA do for me?

The CMPA provides you with

- professional development programs and resources to provide safe care, manage risk, and be knowledgeable about your obligations.
- advice and assistance when medical-legal issues arise from your professional work in Canada, and compensation to patients harmed by negligent care.

We also offer strategies and tips to help physicians transitioning to practice address key areas of concern, such as

- office management
- patient communication
- diagnostic error

When can I join the CMPA?

You should start thinking about applying for CMPA membership in your last year of medical school.

- It's easy and convenient to apply online at www.cmpa-acpm.ca/how-to-apply.

We encourage graduating medical students to apply as soon as possible. All applications should be received before JULY 1 to avoid delaying the start of their academic programs.

Where can I find more information?

Visit us at www.cmpa-acpm.ca or give us a call at 1-800-267-6522. We're here to help.