

Guidelines for Internationally Trained Physicians

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1. Evaluation of your degree:

First step is to get your degree evaluated by the CES- Comparative Education Service at the University of Toronto. This evaluation of your degree is important in order to apply for the qualifying exams. Details can be found at <https://learn.utoronto.ca/international-professionals/comparative-education-service-ces>

Contact CES:

a. BY PHONE:

+1-416-978-0393

Monday, Tuesday, and Thursday:
10:00 a.m. to 3:00 p.m. (EST)

b. IN PERSON:

158 St. George Street
Toronto, ON, M5S 2V8, Canada
Closest TTC subway station: St. George
Wednesday and Friday:
11:00 a.m. and 1:00 p.m. (EST)

c. ONLINE:

<https://learn.utoronto.ca/international-professionals/comparative-education-service-ces/contact-us>

2. Before you come to Canada:

- Research well and do your homework. Look into Alberta, British Columbia and Manitoba practice ready programs. Most of these programs need two-year family medicine training and may require internship in different disciplines
- Make sure you bring the documentary proof of internship with you to support your application. See the section on practice ready assessment
- Recency of practice is also very important, and it is hard to get it once you are in Canada
- Start preparing for MCC exams before coming to Canada, it saves you time. You can buy the online version of Toronto notes from University of Toronto bookstore, by ordering online, that way you start preparing for exams and saves you time

- Try to save money as exams are costly and often when you are writing exams you cannot work for long hours, you can use your savings to move forward
- Make sure bring educational documents with you, including the transcripts
- If you have done any research work during med school, make sure you get letter for every work experience even if it is one month duration

3. Exams:

There are 4 exams in the Canadian Medical Exams

- i. MCCEE - Medical Council of Canada Evaluating Exam
- ii. MCCQE 1 – Medical Council of Canada Qualifying Exam part 1
- iii. MCCQE 2 - Medical Council of Canada Qualifying Exam part 2
- iv. NAC (OSCE) – Needed to apply for residency and provincial assessments

MCCEE

MCCEE is the first exam. You cannot apply for the other exams if you have not passed the MCCEE Exam. Format is multiple choice questions. The basic book that is required to prepare for this exam is Toronto Notes.

MCCQE 1

This is the Medical Council of Canada Qualifying Exam Part 1. It has 2 components

- One component is MCQs- multiple choice questions
- The second component is clinical reasoning skills in which they judge how good your reasoning skill are in terms of decision making regarding the patients. Often it can involve either diagnosing the patient or about choosing the investigations

MCCQE 2

This is the Medical Council of Canada Qualifying Exam Part 2

- This is not necessary to apply for residency however it might be beneficial for practice ready assessment outside of Ontario
- This exam has to be completed at the end of residency. It is part of one of the licensing exams
- Once you finish the MCCQE2 you get a certificate of the medical council of Canada. It does not mean you are entitled to practice on your own. You still need a residency or license from the college of physicians and surgeons of Ontario or another province in order to start practicing as a physician

NAC OSCE

- Consists of patient encounters followed by some questions
- There are usually 8-10 stations. The format of the exam may change from year to year
- More information on these exams is available on the web site www.mcc.ca and www.physiciansapply.ca

Note: Check on CaRMS website for updates on exam requirements to apply for residency to different programs.

Preparatory material/courses:

- Toronto notes for MCCEE and QE1. “Doing it right” for ethics section – available at public library
- For NAC OSCE/ QE2, AMCA (Advanced Medical Communication Academy) offers courses. See details at www.amcamed.com
- Another course for NAC OSCE is through IMG school. See details at www.ontarioimgschool.com

Note: There are changes happening soon in MCC exams. MCCEE will be finishing (last session in Nov,2018) and then you will be able to apply directly to MCCQE1. MCCQE 2 exam will be more focused on prevention and assessing communication with patients. For more information see www.mcc/examinations

4. United States Medical Licensing Exams:

You can also consider going for residency in the USA. The exams from Canada are considered equivalent to USMLE for obtaining license to practice in most of the provinces in the USA. You can prepare for both these exams however the cost factor is involved.

- **USMLE step 1** - basic sciences, physiology, anatomy etc
- **USMLE step 2** - similar to MCCQE 1 only difference is that the US exam usually has easier questions as compared to the Canadian Exams
- **USMLE step 2 CK** - similar to OSCE, but it is far easier to pass step 2 CK exam and usually has simple cases as compared to the Canadian exam. This exam is not always required to apply for residency in US but most students complete all of the steps before they apply, however it does help their application in terms of competing with other candidates

You may consider applying for **both Canadian and US residency** at the same time.

To apply for USMLE exams:

<http://www.usmle.org/apply/>

Preparatory materials:

- Mostly commonly used preparatory material is Kaplan medical books for USMLE
- You can find used books at cheaper price online possibly through www.kijiji.ca
“Step 2 secrets” is used for revision for step 2
- Also, you can buy online Q bank to practice for questions

5. Applying for residency:

There are some major components of your application when applying for residency. Each of these components has its own value.

- a. For residency in Canada apply at www.carms.ca
- b. CV and Resume.
- c. Personal experience that you describe.
- d. Research.
- e. Volunteer experience.
- f. Interests.
- g. Personal statement:

It is often asked what is to be included in the personal statement.

- There are specific questions given on the website in each program as to what questions they want you to answer in the personal statement
- It is good to have an initial beginning paragraph
- A brief summary of experience
- It is better to gather all the questions in one spot and make a personal statement according to their specified number of words and answer all these questions
- You can use one personal statement for all the programs however, it is highly recommended to make a separate personal statement for each program you apply to
- You need a separate personal statement for each discipline you are planning to apply for
- Also, it is very important to follow proper instructions as per description given on CARMS website for documents and application

h. Language proficiency requirement:

- for CARMS either IELTS – 7 in each section
- or TOEFL total score of 93 with 24 in speaking section
- There may be language requirement exemption for certain programs. See further details on how to apply at www.ielts.org
www.toefl.org

BC assessment exam for CaRMS:

It is a requirement for CaRMS starting from this year. It is called BC CAP.
<http://imgbc.med.ubc.ca/resource/clinical-assessment/>

It's a mandatory requirement for CaRMS if you want to apply to BC Family Medicine. Fee is 200\$. They need NAC OSCE and MCCEE and selection is based on your scores. They have approx. 200 spots for spring and 55 for fall intake. 50% are reserved for BC residents. Study resources are all NAC OSCE materials and USMLE step 2 CS books. It is one day exam with six cases.

6. Alternate careers if you don't get Matched:

a. Alternate career with Exams

i. Practice Ready assessment:

- These are offered by British Columbia and Manitoba. You have to be out of practice for less than 3 years and internship in multiple disciplines to be eligible to apply.

British Columbia program

<https://ubccpd.ca/img/pr-a-bc-program>

Cost of exam is covered by **Health Match BC**. Also cost of accommodation is covered during exam. Total 3 days exam. Exam has two components one is OSCE and other has MCQ's based on therapeutics. Intake is twice a year spring and fall

- **MLPIMG** is a one year training program for family physicians in Manitoba. Application opens once a year and is very competitive. Requirement for application are:

i. Minimum one year of postgraduate clinical training acceptable to the College which has: (a) core content of eight weeks each of general medicine, general surgery, obstetrics & gynaecology, and paediatrics. (b) took place in one or more health care facilities affiliated with an approved faculty of medicine with faculty members to be on-site and have provided supervision and formal evaluation

- ii. Pass standing of MCCEE, MCCQE1 and NAC OSCE
- iii. Evidence of recency of Practice – minimum of 12 consecutive months of independent clinical practice as a General/Family Practitioner in 5 years immediately preceding the application deadline

http://umanitoba.ca/faculties/health_sciences/medicine/education/imgp/familyphysiciantraining.html

- Please note Nova Scotia CAPP program for practice ready assessment has been cancelled

ii. Clinical Assistant:

- Restricted license to work as physician, available in Alberta, ACSAP program. Check website of ACSAP for eligibility
- Similar position may be available in other provinces such as Manitoba
- Needs relocation
- Salary variable 50-90K (depending on experience)
- They require QE1 and IELTS -7 score in each section – valid only for 2 years
- Further info on:

<http://www.albertahealthservices.ca/assets/info/hp/phys/if-hp-phys-acsap-program-overview.pdf>

iii. Physician Assistant:

- Certified Physician Assistant
- Program in McMaster University and University of Toronto
- At University of Toronto, it is a two-year program with 12000 course fees per year
- Type of job – you do not have a license to work independently as a physician, but rather in assisting a physician
- Well paid 60-100K (depending on experience)

b. Alternate career Without medical exams

i. Sonography:

- Eligibility ARDMS or CARDUP exams required for job
- Needs two exams to get registered with ARDMS, one physics and one abdomen or OB/GYN
- Good option for females
- You can extend skills further after starting work e.g. msk ultrasound, Doppler, nuchal translucency etc
- Training sites- The Michener Institute www.michener.ca
- More info on www.ardms.org

ii. MRI Technician:

- Course through The Michener Institute
- Part time 3 years
- Fee CDN \$9000 approx
- Job field expanding
- Salary 30-40/ hr

iii. Research Associate/ Assistant/ Coordinator:

- Jobs usually need experience
- Usually projects last for up to one year, so job is temporary

iv. Echocardiography:

- 1-year course from Mohawk college
- Course fee 8000\$ approx
- Good job opportunities
- Salary 30-40/hr
- Can work in hospitals or private clinics

v. Midwifery:

- 9 months bridging program by Ryerson
- Expected salary 70 K
- <https://ce-online.ryerson.ca/ce/default.aspx?id=2162>

To be eligible to apply to the **IMPP**, you must have the following:

- Completed a midwifery education program
- Attended a minimum of 100 births in in the role of primary midwife (most responsible attendant) within the past 10 years
- **Note:** Primary care births which were part of your midwifery education may be counted towards the 100 required births

vi. Nursing:

- 2-year bridging program to work as nurse practitioner. Can develop your own practice in clinic or hospital
- <http://www.cno.org/en/become-a-nurse/>

vii. Doula: Birth support services

- DONA certification, two workshops needed. Birth Doula and Post-Partum Doula
- Approx. cost 1000 CAD collectively for both workshops
- High potential earning 1000-1500\$ per case
- Need to build your own patients
- Advertising through flyers may be needed

- Also, please note you will **not** be allowed to deliver a baby independently, your job mainly will consist of only offering support
- <http://www.ontariodoulas.org/events/event:9/DONA-Birth-Doula-Training---Toronto>

viii. Medical Representative:

- Good for males
- Apply to pharmaceutical companies

ix. Clinic Assistant:

- Administrative work / receptionist at clinic
- 12/hr to 15/hr salary
- You may need to do a clinic administration course that covers billing procedures

x. Dietitian:

- Need 4 years of further study as a dietitian
- See the information package for dietitian

xi. Diabetes Educator:

- Certificate program, through The Michener Institute
- Approx. \$1500 fee
- 6 months duration
- Work in clinics or hospital, salary variable

xii. Speech Pathology:

- 2-3-year course through University of Toronto
- Salary 60-70K approx
- For more information check this link. <https://www.ouac.on.ca/orpas/>

xiii. Lab Technician:

- 2.5-year course offered by The Michener Institute
- \$ 21000 course fee approx
- Salary approx. 40-60K
- For Michener program
<http://michener.ca/program/medical-laboratory-science-bpml800/>
- For certification exam info
<https://www.csmls.org/Certification/Become-Certified-Internationally-Educated-Profes/First-Steps-to-Certification.aspx>
- 9 month bridging program by Mohawk College
<https://www.mohawkcollege.ca/ce/programs/health-and-nursing/bridging-program-for-medical-laboratory-technology-170>

xiv. Respiratory Therapist:

- 3-year full time program offered by The Michener Institute
- Fee approx. \$15000

- For 3 years
- Expected salary 60-70 K

xv. Medical Billing Courses:

- Online short medical billing courses also available
- Online “Common family practice codes” and “OHIP schedule of benefits”
- Knowledge of these codes is usually sufficient to work as billing clerk
- You can get jobs as billing clerk or they can hire you as a receptionist who also does billing

xvi. Telemedicine:

- Please note you don’t need certification or telemedicine course to work in telemedicine
- Basically, your job will be history taking and some limited examination to assist the physician with patient care, with the skills you already have. They train on Electronic Medical Records (EMR)

xvii. Teaching in health care:

- There are many teaching opportunities to explore
- If you know the subject well you can apply as instructor e.g. CPR instructor and ACLS instructor or try for teaching medical courses in private academies or second career colleges like CIMT

xviii. Further study:

- Masters in Public Health
- Masters in Community Medicine
- PhD

7. Information on continuing education:

- Primary care updates – in spring and fall
- Annual scientific assembly - yearly, end of year
- Primary care today

8. Other resources / funding for courses:

- a. Health force Ontario – government organisation for information and programs for IMG’s
www.healthforceontario.ca
- b. Applying for residency www.carms.ca
- c. Exams info www.mcc.ca
www.physiciansapply.ca
<http://www.usmle.org/apply/>
- d. Alternate careers www.michener.ca

- e. Funding for new comers:
 - Newcomer Skilled Loan Program (RBC)
<http://www.rbc.com/canada/>
1-800-769-2511
 - Immigrant Access Fund (IAF)
<http://www.iafcanada.org/>
- f. For study materials/books <https://uoftbookstore.com>
- g. For language proficiency
 - www.toefl.org
 - www.ielts.org

9. FAQs

Question 1. What is best resource for information about LMCC QE2?

Answer: AMCA academy OSCE course is very helpful and resident guide LMCC2.

Question 2. How long it takes to prepare for MCCEE, MCCQE1, MCCQE 2 and NAS OSCE?

Answer: It takes approximately 6months to 1 year to prepare for MCCQE1 and MCCEE together. MCCQE2 and NAC OSCE if you study regularly you can prepare in 2-3 months' time.

Question 3: Can you prepare for these exams while working?

Answer: Depends on the hours of work. The longer your working hours lesser time and energy you have available to study. However, if it is clinical position then you will have better clinical reasoning as compared to other candidates. Also, when you work you have better finances to move forward with your exams.

Question 4: Are exam preparation books available cheaper anywhere?

Answer: You can check on www.kijiji.ca. Sometimes those who have completed their exams are selling their books for lesser price. Some books like “Doing Right” for ethics, you can get from Toronto public library. Toronto notes may be available in the library, but you can only study from these in the library.

Question 5: Are there any better opportunities in other provinces to become a doctor?

Answer: Based on our experience with IMG's other provinces worth trying are British Columbia for practice ready assessment and Alberta for Clinical Assistant / Clinical Associate positions.

You may also check in Manitoba. When there are no clear directions available, approach the college of physician and surgeons of each province and they may request you to send them your CV for assessment.

Question 6: How long is the return of service?

Answer: Return of service is 5 years, however there is debate about it off and on and things may change down the road. Return of service in other provinces is usually two years after finishing residency and in Alberta there is no return of service. when you apply to program on CARMS, each program may have information about it .

Question 7: How do you get observership?

Answer: In our program, we have some doctors who can offer observership. Basically, you have to check with different doctors. Networking with other doctors helps for example, you may meet someone during a CME and you can ask their help. If you are looking for observership to get reference letter and there is waiting time, I will still advise to reserve your dates even if it is offered 8 months later. In hospital, you have to approach medical education department.

Question 8: Is there financial help available to write exam?

Answer: You can check on our resources section, information on funding for new comers. Most of the loans are interest based. You can work part time and study at the same time to earn as you go. The best is to save little bit every month and put aside for the exams.

We are not offering any financial assistance at this point as part of our program. Any future financial opportunities will be listed under funding resources section.

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