Pathways to Residency

Residency in the U.S. NRMP Match

Residency in Canada CaRMS R-1 Main Residency Match

A less common option would be to obtain a position in the U.S. or Canada outside of either match. The vast majority of positions, however, are obtained through either the NRMP or CaRMS Match.
Options for Canadian Students: NRMP

Apply to NRMP Match in the U.S.

Obtain a J-1 or H-1B visa and complete residency in the U.S.

Common paths for Canadian graduates post-residency

H-1B Visa Holders

Option 1: Seek employment and licensure in U.S. Employer must become new visa sponsor.
Option 2: Seek employment and licensure in Canada.
*Typically graduates that pursue H-1B visas have the intent to practice in the U.S.

J-1 Visa Holders

Option 1: Complete 2 year J-1 visa home requirement by seeking employment and licensure in Canada, and either remain in Canada, or obtain licensure and employment in U.S. after 2 years.
Option 2: Seek long-term employment and licensure in Canada.
Option 3: An exception to the 2 year home requirement is made for those that obtain a J-1 visa waiver and seek employment and licensure in U.S.
Canadian Students: Important Factors to Consider

Length of Training

The length of training for a specific specialty may differ between the U.S. and Canada. When selecting a specialty, be mindful of the differences in length of training if you are wanting to practice outside of where you train.

Example: Family Medicine Residency in the U.S. is 3 years whereas it is only 2 years in Canada. If you complete your Family Medicine Residency in the U.S., this can make for an easy transition back to Canada as you will have completed more than the required length of residency training. Differences in length of training vary by specialty.

Licensure Requirements

If completing residency in the U.S. with the ultimate goal of returning to Canada, there may be additional requirements. The same goes for completing residency in Canada with the ultimate goal being to practice in the U.S. Stay up to date with licensure requirements to ensure the path you choose for residency will help you reach your ultimate goal, so you can proactively prepare to complete any additional requirements.
Options for Canadian Students: CaRMS

- Apply to CaRMS in Canada
- Due to the competitiveness of CaRMS, it is recommended to apply to NRMP as well to take full advantage of both matches.
- Complete residency in Canada
- Seek licensure in Canada or obtain a U.S. visa to seek licensure in the U.S.

Due to the competitiveness of CaRMS, most students that go this route have the ultimate goal of practicing in Canada.
Canadian Elective Rotations

**Elective Portal for Canadian & Visiting Students:**
www.afmcstudentportal.ca

*Visiting IMG Restrictions:* Many international electives are only offered from the beginning of January to the end of June each year.

It should be noted that students interested in exploring options for visiting electives can search the AFMC Student Portal’s central database of visiting elective opportunities in Canada for free.

There is, however, a one-time fee applicable when students sign up to submit applications for visiting electives.
Similar to NRMP, the CaRMS process is generally the same each year with a slight variation in dates.

The first iteration of the CaRMS R-1 Match typically occurs the week prior to the NRMP Match. *The CaRMS Match will take place after the 2021 NRMP Match

One primary difference between NRMP & CaRMS:

NRMP operates one stream:

- In the U.S., all applicants compete for residency positions from the same pool of positions.

CaRMS operates two parallel streams:

- Canadian Medical Graduates and U.S. Allopathic Medical Graduates apply to one stream of residency positions.
- International Medical Graduates and U.S. Osteopathic Medical Graduates apply through a separate stream of residency positions.
Required Exams for Licensure in Canada

The LMCC is a part of the Canadian Standard, the set of requirements physicians need to meet to apply for a full license to practice medicine in Canada. Currently, the MCC offers four exams, of which three lead up to the LMCC:

- **MCC Qualifying Examination Part I (MCCQE1)**
  - Typically written around the same time as Step 2 CK if scheduling allows.

- **National Assessment Collaboration (NAC-OSCE)**
  - Required to write or be scheduled for these exams by September 2020 to participate in CaRMS 2021 Match.

- **MCC Qualifying Examination Part II (MCCQE2)**
  - Typically written around the same time as Step 2 CS if scheduling allows.
  - Requires at least 12 months of post-graduate training. Typically written during residency.

Be proactive in scheduling these exams as there are typically less dates available than USMLE exams.
MCC Qualifying Examination Part I

The MCCQE Part I is a summative examination that assesses the critical medical knowledge and clinical decision-making ability of a candidate at a level expected of a medical student who is completing his or her medical degree.

The exam is based on a Blueprint that assesses your performance across two broad categories, each having four domains:

- **Dimensions of Care:** Covering the spectrum of medical care.
- **Physician Activities:** Reflecting a physician’s scope of practice and behaviors.

The above information can be found on the Medical Council of Canada’s [website](#).
National Assessment Collaboration (NAC-OSCE)

The NAC Examination is a one-day exam that assesses your readiness to enter a Canadian residency program. It is a national, standardized examination that tests the knowledge, skills, and attitudes essential for entrance into postgraduate training in Canada. It is very similar to the USMLE Step 2 CS exam.

It is an objective structured clinical examination (OSCE) that includes a series of stations where you are presented with typical clinical scenarios. It includes problems in:

- Medicine
- Pediatrics
- Gynecology
- Psychiatry
- Surgery
- Obstetrics

The above information can be found on the Medical Council of Canada’s [website].

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Steps for Canadian Student Application Process

1. Basic Medical Sciences
   Sint Maarten Campus

2. USMLE Step I

3. Core Clinical Rotations at
   AUC-Affiliated Hospitals

4. Physicians Apply (MCC Credential Verification)

5. USMLE Step 2 CK & CS

6. MCCQE-I

7. NAC-OSCE

8. Elective Clinical Rotations
   *Consider an elective in Canada

9. Apply to
   NRMP & CaRMS

10. CaRMS Match
     First Iteration

11. NRMP Match & SOAP

12. CaRMS Match
    Second Iteration

Steps 10-12 have been revised for the 2021 Match Cycle
Changes for the 2021 NRMP Match & CaRMS Match

What is different this year?

The NRMP Match and SOAP will take place prior to the first and second iteration of the CaRMS Match.

Why is this significant?

What impact will this have on my plans for applying to both NRMP and CaRMS for the 2021 Match?
# Timeline for NRMP Match & CaRMS R-1 Match

<table>
<thead>
<tr>
<th><strong>NRMP</strong></th>
<th>Beginning June 23rd: Purchase Token for ERAS</th>
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</thead>
<tbody>
<tr>
<td><strong>CaRMS</strong></td>
<td>Beginning July 8th: Register for CaRMS</td>
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<tr>
<td><strong>NRMP</strong></td>
<td>Beginning September 15th: Register for NRMP</td>
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<tr>
<td><strong>NRMP</strong></td>
<td>Early-Mid October: Submit all supporting documents.</td>
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<tr>
<td><strong>NRMP</strong></td>
<td>October 21st: Applications, MSPE Letters and supporting documents are released to programs. Interview season begins.</td>
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<tr>
<td><strong>CaRMS</strong></td>
<td>November 2nd: CaRMS Online Opens</td>
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<tr>
<td><strong>CaRMS</strong></td>
<td>January 18th: Transcript and MSPR are due</td>
</tr>
<tr>
<td><strong>CaRMS</strong></td>
<td>February 2nd: All your MCC examinations and documents should be shared in the physiciansapply.ca transfers section of your application on CaRMS Online.</td>
</tr>
<tr>
<td><strong>CaRMs</strong></td>
<td>February 8th: Application and document assignments are due. Application review begins.</td>
</tr>
<tr>
<td><strong>NRMP</strong></td>
<td>March 3rd: Rank Order List due</td>
</tr>
<tr>
<td><strong>CaRMs</strong></td>
<td>March 8th-28th National Interview Period – Virtual for 2021</td>
</tr>
<tr>
<td><strong>NRMP</strong></td>
<td>March 15th-19th Match Week &amp; SOAP Withdrawn from CaRMS if you match</td>
</tr>
<tr>
<td><strong>CaRMs</strong></td>
<td>April 8th Rank Order List due</td>
</tr>
<tr>
<td><strong>CaRMS</strong></td>
<td>April 20th Match Day – First Iteration</td>
</tr>
<tr>
<td><strong>CaRMs</strong></td>
<td>May 20th Match Day – Second Iteration</td>
</tr>
</tbody>
</table>

[Review CaRMS 2021 Timeline Here]
Be sure to review the **Canadian Match Handbook** for AUC students located on the OSPD Website.
OSPD Match Corner

Office of Student Professional Development

Obtaining a Visa for Residency in the U.S.
Types of Visas for Residency

- J-1
- H-1B
H-1B Visa

- Less common for training purposes and harder to obtain
- Requires completion of Step 3
- Requires more work on behalf of the program
- Sponsored by programs directly
- Does not require a 2 year return to service

Consulting with an immigration attorney to discuss your personal situation can be beneficial when applying for a visa and is especially important if pursuing an H-1B visa.

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J-1 Visa

Most Common

Eligible to arrive 30 days prior to start date of program as listed on DS-2019

Must complete updated paperwork each year through ECFMG. Sponsorship is limited to the length of your training program with a maximum of seven years.

Required to return to home country for at least 2 years at the completion of your training as a commitment to serving your community.

Sponsored by ECMFG

An exception to this is made for those granted a J-1 waiver.
Important Qualifications According to ECFMG

- Pass USMLE Step 1 & Step 2 CK
- ECFMG Certified
- Have a signed contract or letter of offer from your training program
- Obtain a Statement of Need from the Ministry of Health in your legal country of residence.

Review important information regarding ECFMG’s Exchange Visitor Sponsorship Program and updates here: [https://www.ecfmg.org/evsp/applicants.html](https://www.ecfmg.org/evsp/applicants.html)
Before the Match for J-1 Visa Applicants

- **Apply for programs that accept applicants needing a J-1 visa (the same applies to H-1B visas).**
  
  - According to ECFMG, 51% of J-1 physicians in 2018 trained in Internal Medicine Residency Programs.
  
  - The countries with the most exchange visitor physicians are Canada, India, and Pakistan.
  
  - If you plan to return to Canada after residency, be mindful of the specialties that are in low demand as these are areas where it may be more difficult to obtain a position post-residency.
  
- **Stay in close contact with ECFMG regarding the process and any steps you can take prior to the Match to ensure a seamless process following the Match.**

- **Review your country’s Ministry of Health requirements for obtaining a Statement of Need and ensure you are eligible and have the appropriate documentation. If you are only waiting for your Match results, the process will be much less stressful following the Match Day.**

Review important information regarding ECFMG’s Exchange Visitor Sponsorship Program and updates here: [https://www.ecfmg.org/evsp/applicants.html](https://www.ecfmg.org/evsp/applicants.html)
Match Week for J-1 Visa Applicants

**Match Week**

When you learn that you have matched, begin preparing the **documents required** by Health Canada for your Statement of Need Application. Because the name of your program and official Match results are required in order to submit your application, you will need to wait until Match Day for your application to be complete.

**On Match Day orShortly After**

Your Training Program Liaison (TPL) will initiate your profile in the EVNet System. This will typically require you to sign a contract or letter of offer. If your TPL reaches out to you, please be timely in returning any requested documents as any delays will result in a delay of your visa being issued. Be sure to submit all required documents to ECFMG as well.

**Statement of Need**

Submit your SoN application and all required documents including your official Match results – review the Statement of Need section on the Health Canada website to see documents accepted. Applications are processed in order of receipt, so it is important to submit this as soon as possible after Match Day.
Planning Your Arrival

Once all of your documents are submitted to ECFMG, your DS-2019 will be issued and mailed to the program. The program will then mail your DS-2019 to you at your current location. You will need this to enter the U.S.

Cannot enter the U.S. until 30 days prior to your start date

Must coordinate a time with the training program liaison (TPL) at your program when you arrive to complete the initial validation paperwork that your TPL will upload into the system. The timing of this is important as you typically are required to wait 10 days after initial validation before applying for your social security number.

Work closely with your TPL to complete all necessary paperwork and steps after arriving.

Review ECFMG’s Initial Validation steps here: https://www.ecfmg.org/evsp/InitialValidations.pdf
# Obtaining a J-1 Visa

<table>
<thead>
<tr>
<th>Stay in close contact with ECFMG throughout the process</th>
<th>Connect with a resident in your new program currently on a visa (and possibly even from your home country), so you can ask questions regarding their process and build on their experience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work closely with your TPL and ask questions regarding the program/institution’s specific processes – especially regarding arrival date and onboarding processes related to J-1 residents in your new program</td>
<td></td>
</tr>
<tr>
<td>Upon matching, the TPL from your matched program will create a profile for you in OASIS (called EVNet on their end) and send you a contract letter of offer</td>
<td>Obtain an ECFMG Certificate (after you graduate)</td>
</tr>
<tr>
<td>Once you receive your Match results, you will apply for your Statement of Need from Health Canada (This should be one of your first steps after learning the results of the Match)</td>
<td></td>
</tr>
<tr>
<td>Be sure to submit all of your documents as soon as possible to ECFMG and reach out if there is any confusion. Staying on top of deadlines and submitting items as quickly as possible is essential for beginning your residency training on time.</td>
<td></td>
</tr>
</tbody>
</table>

Review important information regarding ECFMG’s Exchange Visitor Sponsorship Program and updates here: [https://www.ecfmg.org/evsp/applicants.html](https://www.ecfmg.org/evsp/applicants.html)
ECFMG Resources for J-1 Visas

Important ECFMG Resources for J-1 Applicants

Read the Reference Guide for J-1 Physicians

Documentation Checklist

Orientation for New J-1 Physicians

Review Pre-arrival Information

Keep in close contact with ECFMG and review the ECFMG website for important steps and resources.
Additional Resources

- Medical Council of Canada
  - MCCQE Part I Overview | NAC Examination Overview | Study Resources
- NEXUS Card
- J-1 Visa Information
- Health Canada - Statement of Need
  - Questions regarding Statement of Need:
    - Email: hc.j1visa.sc@canada.ca | Phone: 613-952-1912
- ECFMG
  - *Be sure to review the resources tab in the right column
- ECFMG J-1 Checklist
- Canadian Resident Matching Service
- National Resident Matching Program

*Be sure to review the resources tab in the right column*