



2018/2019

OMSA

INCOMING STUDENT
HANDBOOK

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Canadian Federation of Medical Students (**CFMS**)

Ontario Medical Association (**OMA**)

Canadian Medical Association (**CMA**)

MD Financial

Canadian Resident Matching Service (**CaRMS**)

Association of Faculties of Medicine of Canada (**AFMC**)

Professional Association of Residents of Ontario (**PARO**)

Resident Doctors of Canada (**RDC**)

Council of Ontario Faculties of Medicine (**COFM**)

College of Physicians and Surgeons of Ontario (**CPSO**)

Canadian Medical Protective Association (**CMPA**)

INTRODUCTION



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!

Please feel free to reach out to us with any questions, comments, or concerns—we'd love to hear from you! You can also visit our website at www.omsa.ca.



MEDICAL SCHOOL PREPARATION CHECKLIST

- ☒ Immunization Records
- ☒ Police Records 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 (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.



[illegible]

OMSA SERVES THREE MAIN PURPOSES:

 to **advocate** for medical students

OMSA advocates by engaging with the Ontario Medical Association (OMA) and other stakeholders on provincial healthcare issues, creating position papers, forming partnerships, and highlighting grassroots initiatives from member schools.

 to **bring medical students together** through
events, grants, and initiatives

OMSA brings medical students together at events such as:

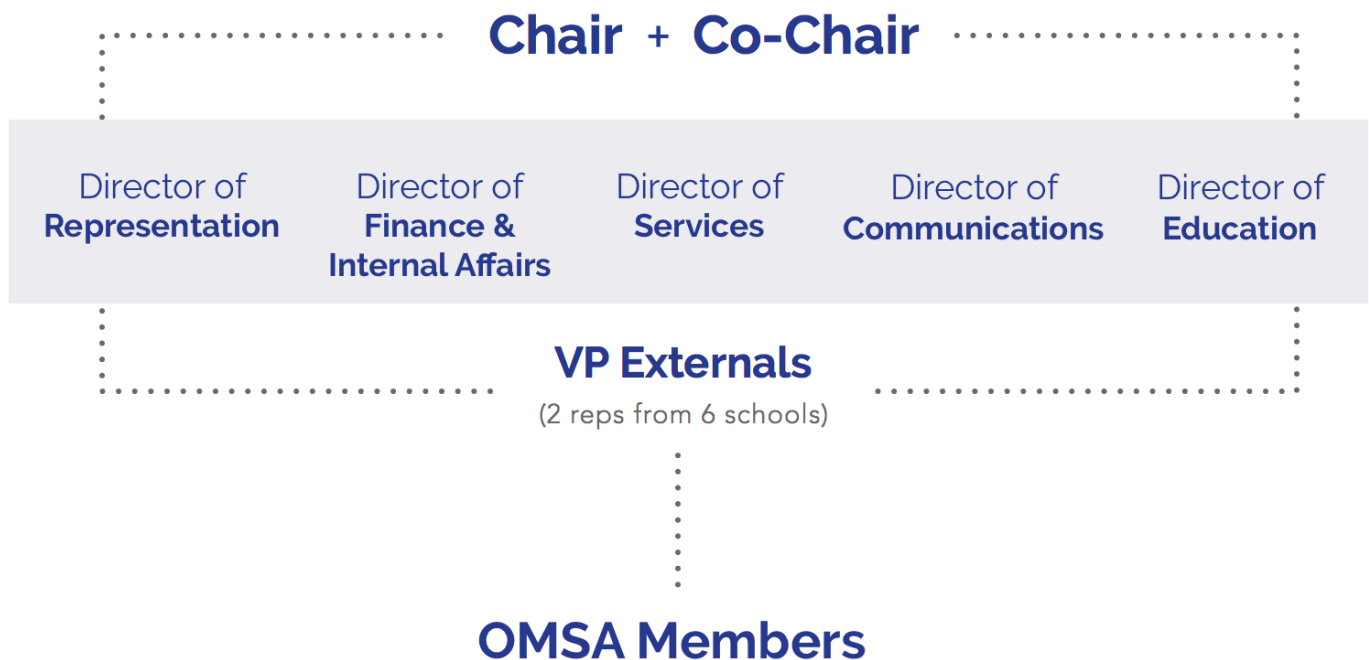
- ▶ **Ontario Medical Students Weekend**, a weekend in the fall to meet students from other schools and engage in workshops
- ▶ **Wellness Retreat**, a weekend in early spring to relax and tune out the noise of medical school
- ▶ **Leadership Summit & Annual General Meeting**, a weekend in late spring where students receive leadership training and attend our AGM to provide input into the organization's vision for the subsequent year
- ▶ **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

 to offer **services** to benefit medical students

such as conference, research, and innovator grants; travel and wireless discounts; and our Student of the Season series.



ORGANIZATIONAL STRUCTURE



OMSA REPRESENTS A GREAT WAY FOR STUDENTS TO GET INVOLVED.

The council consists of 2 chairs, 5 portfolio directors (Representation, Information/Finance, Services, Communications, Education), 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.

2018/ 2019

OMSA/CFMS
PRE-CLERKSHIP

TIMELINE

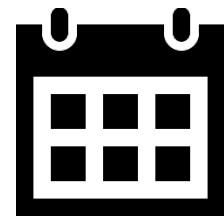
SEP

- ▶ Register for OMSA & CFMS Memberships
- ▶ CFMS Annual General Meeting
- ▶ Apply for OMSA Committees

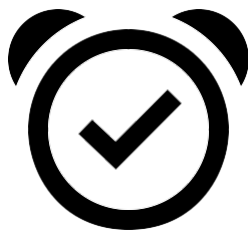
OCT

Ontario
Medical
Students
Weekend

NOV



DEC



JAN

- ▶ OMSA Conference Grant Deadline
- ▶ OMSA MSERG Application Deadline

FEB

CFMS
Federal Day
of Action

MAR

- ▶ OMSA Wellness Retreat
- ▶ OMSA Innovator Grant Application Deadline

APR

- ▶ OMSA Provincial Lobby Day
- ▶ CFMS Spring General Meeting

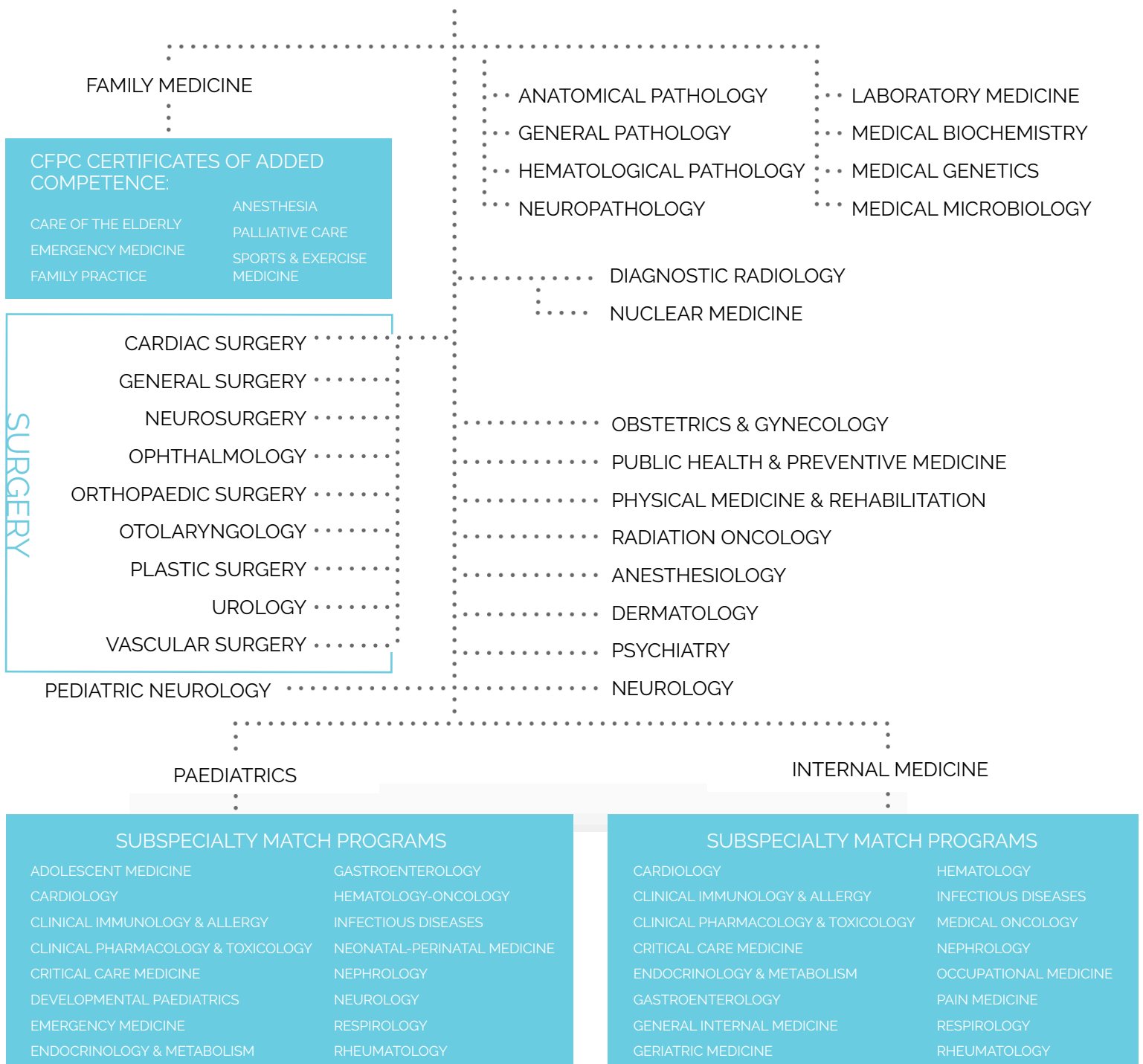
MAY

- ▶ OMSA Leadership Summit & Annual General Meeting
- ▶ OMSA Conference Grant Deadline
- ▶ OMSA Officer Elections

MEDICAL SPECIALTIES

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). Below is an outline of all the residency programs which can be entered directly from medical school, as well as the medicine and pediatric subspecialties and the CFPC Certificate of Added Competence programs.

MEDICAL SCHOOL GRADUATE



DEAR FIRST YEARS...

WORK/LIFE BALANCE

- Take breaks!
- Explore your interests outside of medicine and develop a balanced lifestyle. It's easy to become overwhelmed with everything else so remember to take a break and reconnect with yourself and your loved ones.
- Don't be stressed about the amount of work you'll get — you won't get as much as you think you will. There's still time for other things in life.
- Make time for things that matter to you.
- Take lots of naps!
- Take year 1 and 2 to do what you love before you go into clerkship or residency.
- You will never be able to learn everything you need to know, so make sure to spend time with family and friends when the opportunities arise.

ACADEMICS

- Easier said than done but remember not to fixate too much on marks. Learn to understand key concepts.
- Don't worry about grades — worry about learning!
- Believe in yourself. It's ok to have different study/learning strategies. Do what works for you.
- Make a study schedule and stick to it!

SUMMER

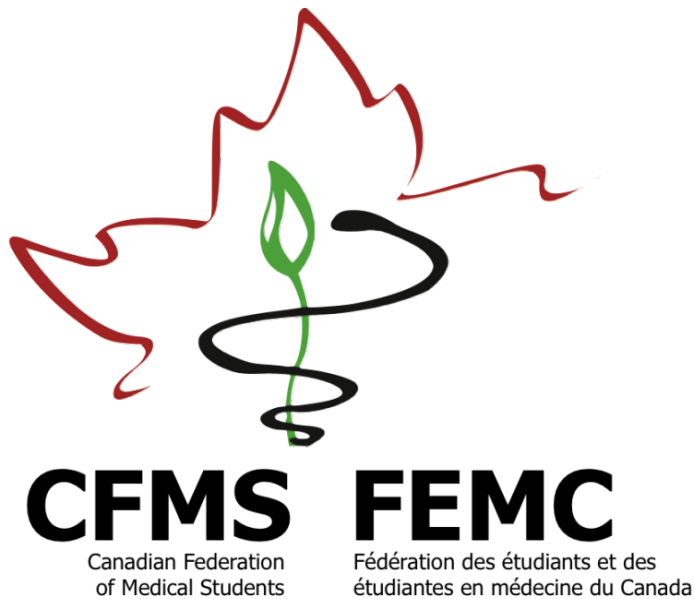
- Take time off and enjoy your summer before medical school starts!

OBSERVERSHIPS

- Do as many observerships as possible as soon as you can, especially if you're in a shorter program or are considering a competitive specialty. You have to figure out what specialty you're interested in faster than you'd think!

PEARLS

- Continue to do the things you love and take time for yourself.
- Relax, take a deep breath and pace yourself. It's a marathon, not a sprint!
- People come from a wide variety of backgrounds. Don't be worried if yours is different!
- Take advantage of your time in the classroom for learning — once clerkship starts, life gets much busier.
- Enjoy the ride!



Canadian Federation of Medical Students (CFMS)

WHO WE **ARE**:

We are an organization representing over 8,000 medical students from 15 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 two 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.



Day of Action

Day of Action, previously 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 on products and services 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 two 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: **Montreal, QC: September 21 – 23, 2018**
- Spring General Meeting and Canadian Conference on Medical Education: **Niagara Falls, ON: Dates TBD**

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



Take Advantage of Everything Your Association Has to Offer!

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.



Special Rates and Services

With [OMA Advantages](#), 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.



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 Insurance



With the Student Special Offer, it's easy and affordable for you to get the coverage you need.

As the insurance arm of the Ontario Medical Association, we bring added value to medical students through education and objective advice. Join the 68% of medical students who have made the smart decision to protect their medical school investment with OMA Insurance:

- **\$100,000** of Complimentary Life insurance
- **Up to \$4,000/month** in Disability benefits with a **75% discount** on your rates
- Discounts continue into residency and your first two years of practice
- Coverage automatically transitions with you into residency and practice
- No medical questions or exams required in order to get coverage
- You are covered anywhere in the world

Many of your peers also take advantage of our special rates on [Auto & Tenant/Contents](#) insurance. Learn more at OMA Insurance on-campus lunch & learns.

[Enrol online](#) | [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.

Dear Ontario Medical Students,

Your medical career starts here!

Succeeding in medical school is about more than just your grades. It's where you set the course for your professional life and the CMA is with you every step of the way.



GET free e-textbooks and use our popular "Ask a Librarian" service.



RECEIVE financial planning advice geared specifically to students, from debt to investments.



JOIN in our Advocacy Programs and ensure your voice is heard in CMA's health policy, advocacy and leadership initiatives.



HONE your CaRMS interview skills through our exclusive prep program.



Join 85,000+ members – including 10,000 students – committed to a better health care future for all Canadians.



cma.ca/students

ASSOCIATION
MÉDICALE
CANADIENNE



CANADIAN
MEDICAL
ASSOCIATION



MD Financial
Management
CMA Companies

ANY FINANCIAL INSTITUTION WILL LEND YOU MONEY

But only MD helps medical students and residents minimize debt through exclusive access to an MD MedEd Counsel™ Advisor.



MD MedEdCounsel™

- ♦ borrow wisely—up to \$275,000 by the end of residency
- ♦ review your financial plan regularly to ensure your funding lasts
- ♦ design a cashflow analysis, budget and debt repayment plan to help keep you on track

LEARN MORE AT [MD.CMA.CA/MINIMIZEDEBT](https://md.cma.ca/minimize-debt) OR CALL 1 888 855-2555.

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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 ASSOCIATION OF FACULTIES OF MEDICINE OF CANADA



OUR GOAL IS TO SUPPORT YOU

HELPING YOU PREPARE FOR THE MATCH

Designed for medical students in Canada, the [AFMC Match Myth-Buster Video Clips](#) aim to demystify preconceived ideas about the residency matching process and guide you during this crucial step of your career. Find them in the e-tools section at www.AFMC.com



Time-saving tips on applying for visiting electives

1. Know the elective requirements at the host school
2. Complete the immunization requirements early
3. Add electives to your wish list and upload documents before starting an application
4. Add your completed and 'scheduled' core rotations
5. Diversify your choice of host schools

YOUR MATCH: OUR TOP PRIORITY

As co-chair of the **Physician Resource Planning Advisory Committee**, a group supported by the Federal/Provincial/Territorial Committee on Health Workforce, AFMC plays a critical role in ensuring the right mix, distribution and number of physicians to meet societal needs while helping you on your journey to a meaningful clinical or non-clinical career. AFMC has also made reducing the number of unmatched Canadian medical school graduates its top priority.

AFMC supports you along your pathway to practice

PRE-ADMISSIONS	DURING YOUR MD	RESIDENCY MATCH	RESIDENCY TRAINING	DURING YOUR PRACTICE
Admission Requirements Report MCAT Fee Assistance Program	AFMC Student Portal Accreditation of Canadian Medical Schools	Myth buster videos AFMC Resident Matching Committee (ARMC) Physician Resource Planning Advisory Committee	PGME Council Canadian Medical Forum Canadian Post-MD Education Registry	Continuing Professional Development tools Accreditation of Continuing Medical Education
Future MD Canada	National Committees & Networks in medical education and health research Canadian Conference on Medical Education			

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 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 as well as 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.
- **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 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.

Question? 1-877-979-1182 paro@paroteam.ca myparo.ca



**Resident
Doctors
of Canada**



**Médecins
résidents
du Canada**

Resident Doctors of Canada represents over 10,000 resident doctors across Canada.

We work at the national level with a united voice for resident doctors to:



Drive excellence in medical education



Represent your interests at over 90 national committees



Improve resident resilience and wellness



Lead and inform national discussions and influence decision making

Focusing on areas such as:



Curriculum Development



Accreditation



Certification



Licensure



Examination Policy

residentdoctors.ca

Tel: 613.234.6448
communications@residentdoctors.ca

The Council of Ontario Faculties of Medicine (COFM)

[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 and Innovation, 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.

Below are the COFM Sub-Committees:

1. UE:COFM (Undergraduate Education)
2. PGE:COFM (Postgraduate Education)
3. PGM:COFM (Postgraduate Management)
4. FM:COFM (Family Medicine)
5. DME:COFM (Distributed Medical Education)
6. CPD:COFM (Continuing Professional Development)
7. Research:COFM
8. MAC:COFM (Medical Admissions Committee)

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 DUTIES OF THE CPSO, INCLUDING:



Issuing certificates of registration that allow doctors to practise medicine



Continuously improving the quality of care provided by doctors through peer assessments and remediation



Developing policies that provide guidance to doctors about legislative/regulatory requirements and the expectations of the medical profession



Responding to concerns and investigating complaints about doctors on behalf of the public



Conducting discipline hearings when doctors may have committed an act of professional misconduct or may be incompetent

MEDICAL STUDENT UPDATE

THE COLLEGE OF PHYSICIANS AND SURGEONS OF ONTARIO



When you start your residency in Ontario, you'll become a member of CPSO. Until that time, we encourage all Ontario medical students to subscribe to our free email-based newsletter – *Medical Student Update (MSU)*.

MSU IS DEDICATED TO PROVIDING YOU WITH:

- Practical resources that will enrich your education experience and help you learn what it means to be a medical professional.
- Up-to-date important information from the CPSO, including policies that will impact you during your training and throughout your career.
- Opportunities to ask us your questions and provide us with your feedback on policies under development. We want to hear your voice.

FAST FACTS ABOUT THE CPSO:



**29,500
ACTIVE
PHYSICIANS**
in Ontario



51.6 MILLION
page views of
College website



**50+ POLICIES/
POSITIONS**
to guide Ontario's doctors



**OMSA
REPRESENTATIVE**
on CPSO Education
Committee

STAY CONNECTED WITH US:



www.cpso.on.ca



outreach@cpso.on.ca



1-800-268-7096,
(x552 or x765)



@cpso_ca



/thecpso



thecpso

SAFE MEDICAL CARE FOR PHYSICIANS IN TRAINING

The Canadian Medical Protective Association (CMPA) is committed to supporting members by providing medical liability protection, advice and specialized insight into safe medical care. The CMPA assists physicians at every stage of their career, and produces practical resources that are evidence-based to improve patient safety and reduce medical-legal risk.



Access the Good Practices Guide

Mapped to CanMEDS, this online resource for learners includes case studies and educational videos.

www.cmpa-acpm.ca/gpg

Explore CMPA medical-legal resources

Check out our handbooks, articles, *CMPA Perspective*, and more on the CMPA website.

Tools to help you reduce risk and promote safer care.



Join CMPA Safe Care Live!

This Facebook group for **medical students** and new docs offers unique content and live videos on topics such as eHealth, safe medical care, and risk management.

Search "CMPA Safe Care Live" on www.facebook.com.



Learn about risk areas for new docs

Read *CMPA Perspective* article **New to practice? Practical tips for physicians in the first 5 years** and learn strategies to help mitigate risk.

- Office management •
- Patient communication •
- Diagnostic errors •

**Last year of medical school?
Time to think about CMPA membership.**

Get the protection you need to practice with confidence.

All trainees require medical liability protection during postgraduate training.

Many choose CMPA membership to ensure this protection.

Before entering postgrad, verify your liability protection needs, and consider becoming a CMPA member.

Call: 1-800-267-6522



Please feel free to reach out to us
with any questions, comments, or
concerns—we'd love to hear from
you!

You can also visit our website at
www.omsa.ca.

