



OMSA  
AÉMO

INCOMING STUDENT  
**HANDBOOK**  
2019-2020



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# 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 help you ease your way into medical school and 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!

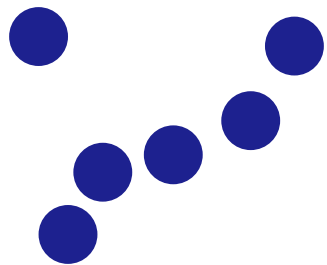
Please feel free to reach out to us with any questions, comments, or concerns—we'd love to hear from you! You can also visit our website at [\*\*www.omsa.ca\*\*](http://www.omsa.ca).



# MEDICAL SCHOOL TO DO LIST

- JOIN CLASS GROUPS ON **SOCIAL MEDIA**
- APPLY FOR **OSAP**
- APPLY FOR SCHOOL **SCHOLARSHIPS & BURSARIES**
- CONSIDER ACQUIRING A **LINE OF CREDIT**
- PAY **TUITION** FEES
- CREATE WEEKLY, MONTHLY, AND ANNUAL **BUDGETS**
- FIND **LIVING ARRANGEMENTS**
- PLAN **TRANSPORTATION & PARKING**
- CONSIDER ACQUIRING **LIFE/DISABILITY INSURANCE**





**OMSA**


Ontario Medical Students  
Association

**AÉMO**

Association des étudiant·e·s  
de médecine de l'Ontario

The **Ontario Medical Students Association (OMSA)** is a student organization that represents over 3500 students from the six medical schools in Ontario.



 [omsa.ca](https://omsa.ca)

 @omsaofficial

 @OMSAofficial

 @omsaofficial

OMSA strives to comprehensively **represent the voice** of medical students on important issues and to provide **opportunities to excel**.

## OMSA SERVES THREE MAIN PURPOSES:

1

### 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.

2

### TO **BRING MEDICAL STUDENTS TOGETHER** THROUGH EVENTS, GRANTS, AND INITIATIVES

OMSA brings medical students together at events such as:

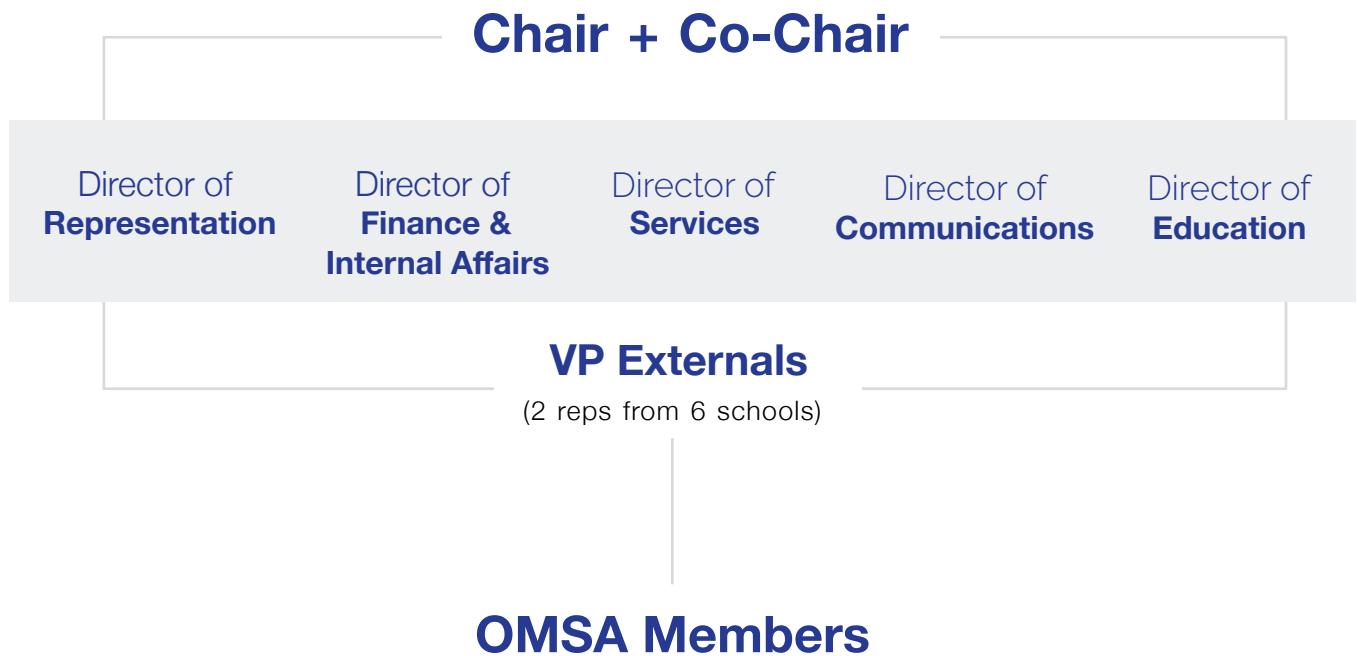
- ▶ **Ontario Medical Students Weekend (OMSW)**, a weekend in the fall to meet students from other schools and engage in workshops
- ▶ **Wellness Retreat**, a weekend in early spring to relax and tune out the noise of medical school
- ▶ **Leadership Summit & Annual General Meeting**, a weekend in late spring where students receive leadership training and attend our AGM to run and vote for elected positions and 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 Queen's Park to provide solutions to issues
- ▶ **Ontario Student Medical Education Research Conference (OSMERC)**, a conference highlighting medical education research by medical and other health profession students across the province of Ontario and beyond

3

### 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

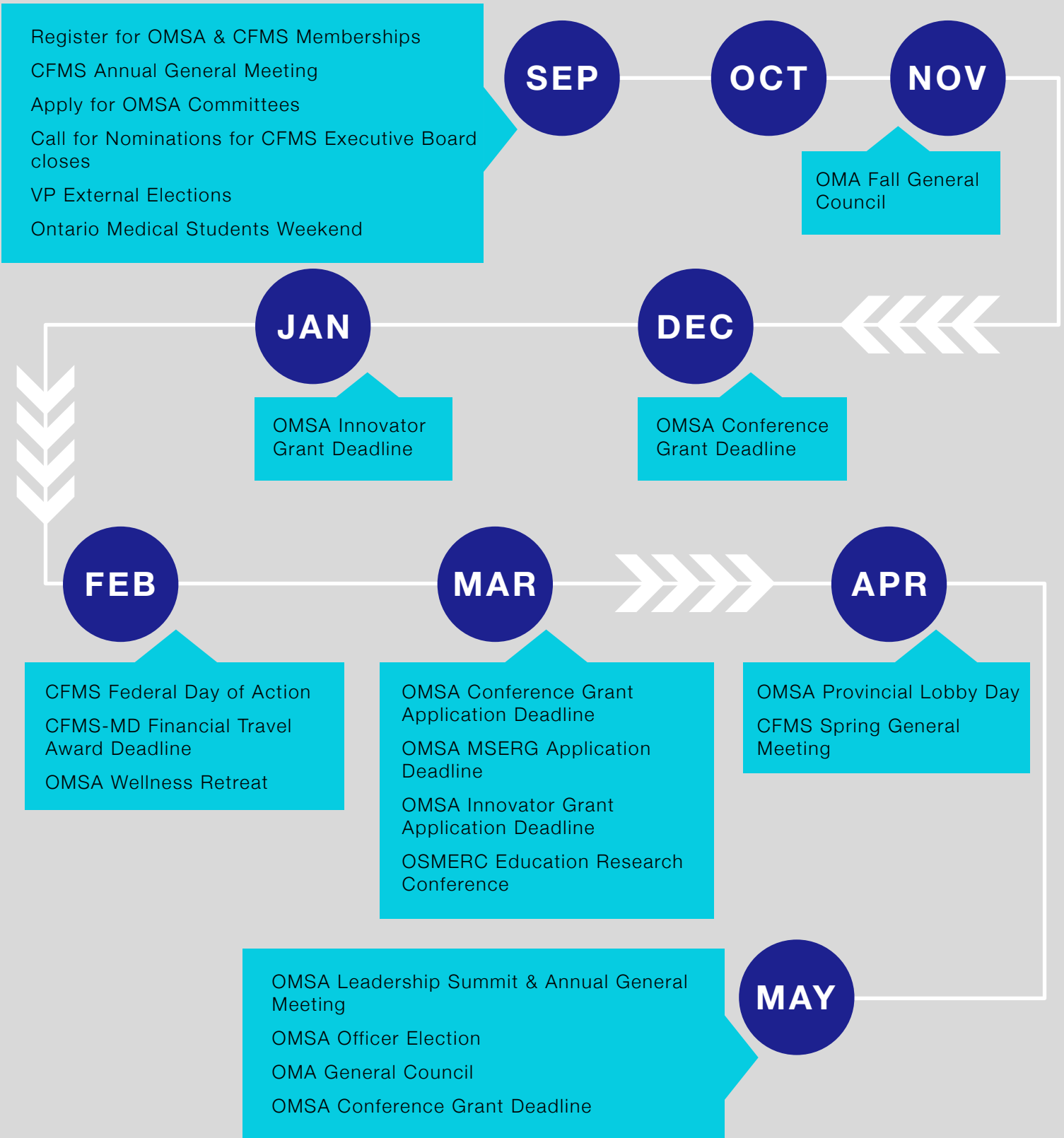


## **OMSA REPRESENTS A GREAT WAY FOR STUDENTS TO GET INVOLVED.**

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.



# OMSA/CFMS PRE-CLERKSHIP TIMELINE



# STEPS TO BECOMING A DOCTOR

*Becoming a doctor is a long journey that only begins with getting into medical school. We have laid out the key milestones along the path to becoming a fully-fledged practicing physician.*

## **1 GET YOUR MEDICAL DOCTORATE (MD)**

This is what you will be doing for the next 4 (or 3) years. You spend the first half of medical school in class, pouring over lecture slides and trying to memorize every fact in sight. In the second half of medical school you go to the wards where you get to apply everything you learned and gain experience helping patients. With hard work and perseverance, you will be framing that MD degree in no time.

## **2 GET LICENSED**

Before you get to work as a doctor you need to prove your medical knowledge and abilities are up to par. This is tested via the Medical Council of Canada Qualifying Exam (MCCQE) part 1, a long multiple-choice exam. Part 2 tests your clinical abilities through several interviews with standardized patients and takes place once you are in residency.

## **3 COMPLETE RESIDENCY**

The next step is getting certified. After finishing medical school you will start a residency program in your field of interest and learn from physicians with years of clinical experience. Some specialties include family, internal and emergency medicine as well as neurology, psychiatry and surgery. Residency can last for 2 years if you pursue family medicine or a minimum of 5 years if you pursue other specialties. Residency is the first time you will care for patients as a doctor and it will come with an unprecedented level of responsibility. Not to worry, your senior residents and staff will always be there to help and guide you when things get tough.

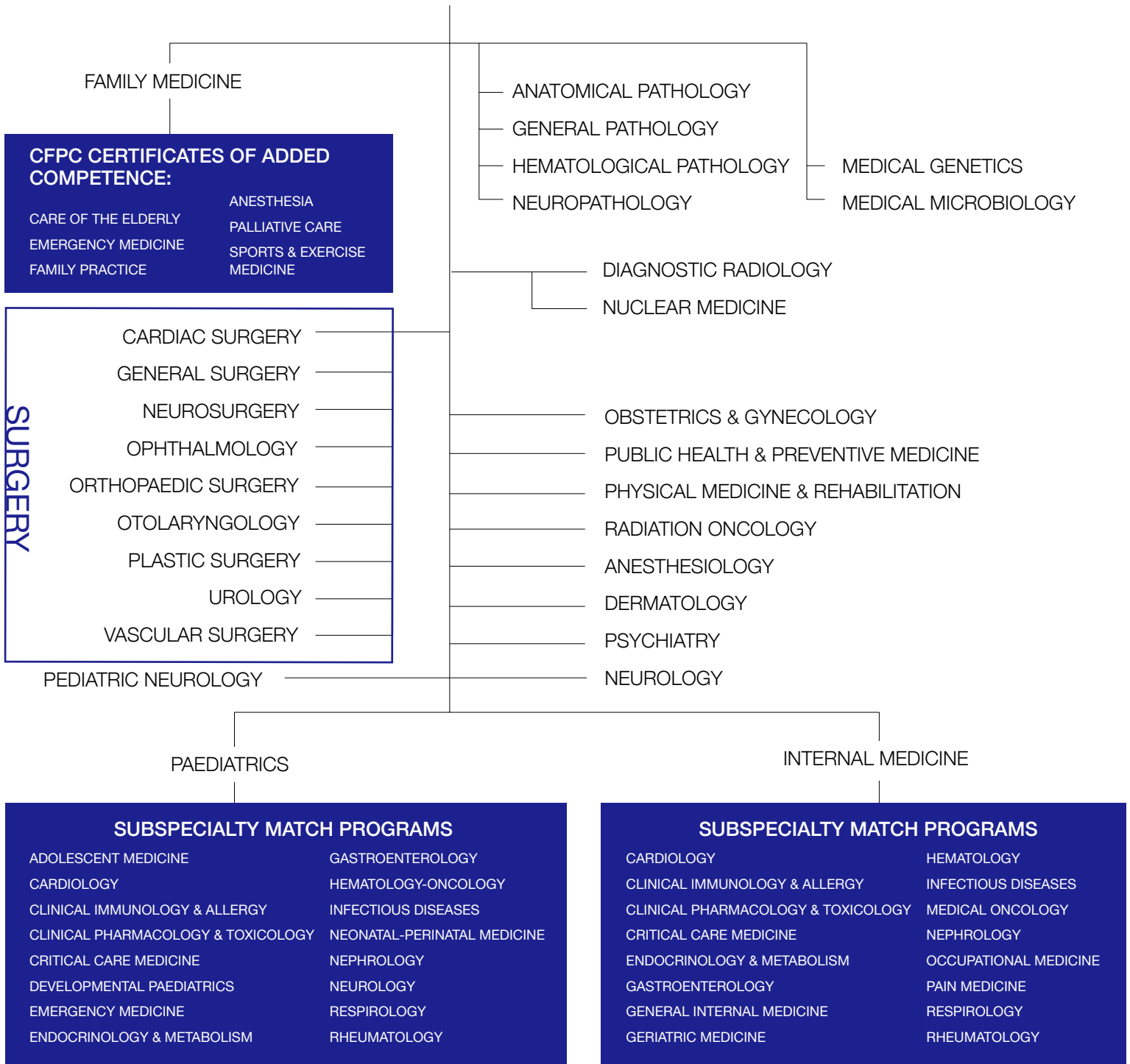
## **4 GET YOUR BILLING NUMBER**

After completing residency and getting certified you will apply to the Ministry of Health for an OHIP billing number. Once obtained you will be able to submit claims to the Ministry of Health for insurance services. Congratulations! You can now make a living as a doctor. Now get out there and save some lives.

# 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 sub-specialties and the CFPC Certificate of Added Competence programs.

## MEDICAL SCHOOL GRADUATE



# DEAR FIRST YEAR ME

## “ ON BEING YOURSELF

“Everybody's path through medical school is different, so don't be worried if you feel like you're walking a totally different road than your peers. Overhear your friends talking about some experience that you've never heard of before? Don't sweat it. Feel like you have no idea what you want to do in the future, while your pals already have their whole career mapped out? Not a problem. Haven't gone to a single conference while your roommates have already gone to seven? Take it easy and relax. You know what's best for you; block out the noise and do what you feel is right.”

— Benjamin Wang, McMaster, 1st year

“Be sure not to compare yourself to intensely to the people around you, their study habits, and their apparent achievements. Focus on you, and enjoying the journey/privilege that is medical education!”

— Anonymous

## “ ON LIFE OUTSIDE OF SCHOOL

“Keep perspective. Medical school isn't everything - it's just school. Don't forget time for family, social activities, exercise, and down time.”

— Anonymous

“Develop your healthy habits early and stick to them! I can't recommend meal prepping enough. Find a few favourite recipes and rotate them. Your wallet and your health with thank you! Find an activity outside of school that you enjoy and try to stick to it! Is it an intramural? Maybe it's working toward running a 10k. Whatever it is, pick something and use it to anchor you.”

— Giuliana Guarna, McMaster, 3rd year

“A lot of things change once you start medical school and you will be put in situations you may not be prepared for. That being said, your efforts got you into the position you are in now, so remember to trust yourself and your capabilities.”

— Fuad Chowdhury, Western, 1st year

## ON UNCERTAINTY”

## “ ON PEER SUPPORT & STRESS

“It's okay to struggle. It's okay to feel overwhelmed. A lot of your peers will be too, but they won't share that with you and you might feel like you are alone. You are not alone. Try talking about your struggles and make a safe space with others to share their feelings and emotions. Medicine should be a place where we support each other and that starts with us medical students.”

— Amanda Khan, UofT, MD/PhD 6th year

“Don't stress too much about preclerkship - no one remembers any of this in clerkship anyways! If I could go back, I would focus on doing more observerships and interacting with my classmates more; I think these will provide more long term benefit to your career and life.”

— Anonymous



# WELLNESS & MENTAL HEALTH

Medical school is a **marathon**, not a sprint. It's important to pace yourself, not get overwhelmed, and continue to partake in activities that relieve stress and bring you joy. Instead of studying 24/7 try to keep a **balanced lifestyle** that includes time for hobbies, friends, and family. **Have some free time?** Join an interest group, try to pick up an instrument, do some intramural sports or explore the lively city around you.

Here are some support resources specifically for medical students and physicians:

## Physician Health Program



The PHP promotes prevention and early identification of health issues and supports health professionals, their families and workplaces.

**PHP** helpline for all residents, students, and physicians, provided by the Ontario Medical Association (OMA), confidential and toll-free: **1-800-851-6606**



## PARO

**PARO** 24-Hour Helpline, for residents, medical students, their partners, and families. Confidential, toll-free, and accessible anywhere in Ontario 24/7: **1-866-HELP-DOC (1-866-435-7362)**

Here are some additional support resources you may find helpful:



**Good2Talk** helpline for post-secondary students in Ontario, confidential and toll-free 24/7: **1-866-925-5454**



**Barrett Centre** for Crisis Support (Good Shepherd Centres), confidential and toll-free 24/7: **1-844-777-3571**

If you need help and want someone to talk to make sure you reach out to your friends, colleagues, and faculty.

***Remember we are all in this together and need to support one another!***



Here are a few other organizations that you will encounter during your medical training that offer various supports and services to medical students. More information on these organizations is provided in the following pages.

**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)**



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

Fédération des étudiants et  
des étudiantes en médecine  
du Canada (**FEMC**)

**CFMS** **FEMC**

Canadian Federation  
of Medical Students

Fédération des étudiants et des  
étudiantes en médecine du Canada

## 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](#) [[Global Health](#)]

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](#) [[Education](#)]

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](#) [[Advocacy](#)]

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](#) [[Student Affairs](#)]

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 CFMS-MD Financial travel award (check [here](#) throughout the year and keep an eye out on social media for applications to be released)!

- Spring General Meeting and Canadian Conference on Medical Education 2019: **Niagara Falls, ON: April 12 – 13, 2019**
- Annual General Meeting 2019: **St. John's, NL: September 20 – 22, 2019**
- Spring General Meeting and Canadian Conference on Medical Education 2020: **Vancouver BC: 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](mailto: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 | FEMC!



[@CFMSFEMC](https://twitter.com/CFMSFEMC)



[@CFMSFEMC](https://www.facebook.com/CFMSFEMC)



[@cfmsfemc](https://www.instagram.com/cfmsfemc)



[www.cfms.org](http://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](mailto: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.



It's Official!



## OMA Insurance is now the exclusive insurance provider for Ontario medical students

As the insurance arm of the Ontario Medical Association, we bring added value to medical students through education and unbiased advice.

Together, OMA Insurance and the Ontario Medical Student Association, advocate for you to ensure you have access to affordable insurance solutions.

Visit our website to learn more about the Student Special Offer which includes discounted Disability insurance and complimentary Life insurance with no medical evidence<sup>1</sup>.

**Not for Profit. All for doctors.**

1.800.758.1641 | [www.omainsurance.com](http://www.omainsurance.com)



<sup>1</sup> Complimentary life insurance is provided by the OMA and underwritten by New York Life Insurance Company, Toronto, ON M5H 3C2

# JOIN US

Standards | Education | Growth

## Clinical, innovation and leadership support

- CPS on the RxTx mobile app, DynaMed Plus®, ClinicalKey® and more
- CMAJ
- Joule Innovation – grants and challenges
- The Joule app and podcasts
- Physician Leadership Institute



[cma.ca/joule](http://cma.ca/joule)

## Leading financial services

- Financial planning
- Investments
- Insurance
- Estate and trust planning
- Banking and borrowing<sup>1</sup>
- Medical practice incorporation



MD Financial Management

[mdm.ca](http://mdm.ca)



Exclusive financial services partner of the Canadian Federation of Medical Students

[cfms.org](http://cfms.org)

<sup>1</sup>Banking products and services are offered by The Bank of Nova Scotia. Credit and lending products are subject to credit approval by The Bank of Nova Scotia.

MD Financial Management provides financial products and services, the MD Family of Funds and investment counselling services through the MD Group of Companies. For a detailed list of these companies, visit [mdm.ca](http://mdm.ca).

Joule™ is a trademark of the Canadian Medical Association, used under licence.



## Better health care for all of us

Physicians-in-training

As a CMA member, you will join thousands of physicians-in-training from across the country in shaping the future of health care.

You will also get exclusive access to partners and resources to help you build your practice and plan your future.

### GET INVOLVED



- Health Summit - build an innovation mindset
- Advocacy Skills Training Program – hone your advocacy skills
- General Council and Annual Meeting – be a leader within the CMA
- CMA Ambassador Program – health policy and leadership



### ENGAGE WITH YOUR PEERS

- Member e-Panel surveys
- Communities of interest
- Regional member forums



### STAY CURRENT ON KEY ISSUES

- Canada's aging population
- Canada's opioid crisis
- Marijuana legalization

### JOIN THE CMA

[cma.ca](http://cma.ca) | 1-888-855-2555  
[memberservicecentre@cma.ca](mailto:memberservicecentre@cma.ca)

To join the CMA, you must be a member of your provincial/territorial medical association.



[cma.ca](http://cma.ca)



# You're going to be okay

Unsure of what comes next?  
Brought to you by MD Financial Management, onboardMD's mission is simple: to help Canada's next generation of doctors navigate the beginning of their medical careers.

We give you the information and tools that will simplify your path to becoming a physician in Canada.

Your journey in medicine starts here.

Check us out at [onboardMD.com](http://onboardMD.com).







Canadian Resident  
Matching Service

## 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](https://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](http://www.AFMC.com)



**AFMC**  
Student Portal  
Opening doors to visiting electives

### 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
<a href="#">Admission Requirements Report</a> <a href="#">MCAT Fee Assistance Program</a>	<a href="#">AFMC Student Portal</a> <a href="#">Accreditation of Canadian Medical Schools</a>	<a href="#">Myth buster videos</a> AFMC Resident Matching Committee (ARMC) Physician Resource Planning Advisory Committee	<a href="#">PGME Council</a> Canadian Medical Forum <a href="#">Canadian Post-MD Education Registry</a>	Continuing Professional Development tools <a href="#">Accreditation of Continuing Medical Education</a>
<a href="#">Future MD Canada</a>	National Committees & Networks in medical education and health research <a href="#">Canadian Conference on Medical Education</a>			



On behalf of the Professional Association of Residents of Ontario (PARO), we would like to say **WELCOME** as you start medical school.

**E**very 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 as GC Ambassadors 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 has developed extensive resources to help medical students 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.



## ABOUT PARO

PARO is the official representative voice for Ontario's doctors in training. We champion the issues to create conditions for residents to be their best and ensure optimal patient care. To fulfill our mission we must achieve three goals:

**Optimal training** so that residents feel confident to succeed and competent to achieve excellence in patient care.

**Optimal working conditions** where residents enjoy working and learning in a safe, respectful and healthy environment.

**Optimal transitions** – into residency, through residency and into practice – so that residents are able to make informed career choices, have equitable access to practice opportunities and acquire practice management skills for residency and beyond.

**Questions?** 1-877-979-1183  
paro@paroteam.ca  
myparo.ca



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

≈ 25% in CFPC programs

≈ 75% in Royal College programs

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

# 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.



Northern Ontario School of Medicine

Working closely with three main Ontario ministries - Health and Long-Term Care; Training, Colleges and Universities; and Economic Development, Job Creation and Trade, 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



Queen's University Gastroenterology

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:

- Addressing unmatched medical graduates
- Physician human resource planning
- Implementation of competency-based medical education
- Distribution of physicians across Ontario and how distributed medical education has contributed to improved distribution.

**Below are the COFM Sub-Committees for 2018-19:**

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

## 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



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:



**32,900  
ACTIVE  
PHYSICIANS**  
in Ontario



**52.3 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](http://www.cpso.on.ca)
- [outreach@cpso.on.ca](mailto:outreach@cpso.on.ca)
- 1-800-268-7096, (x552 or x765)
- @cpso\_ca
- /thecpso
- thecpso
- cpso\_ca

## Congratulations! You're a med student!

As you progress in your journey to become a physician, the CMPA has resources and tips to help you every step of the way.

YEAR

1

You're developing core medical concepts and skills



Follow us on **social media** for unique tips and strategies to mitigate risk.



Join our **CMPA safe Care Live!** A Facebook group created for trainees and new docs across the country.

YEAR

2

You're integrating foundational sciences into clinical practice



Read our **articles** about the fundamentals of safe care that will help as you start learning how to interact with patients!

YEAR

3

You're transitioning to clinical clerkship



Access the **CMPA Good Practice Guide (GPG)**! This online resource is mapped to CanMEDS and offers case studies and training videos to help you reduce diagnostic errors, ensure informed consent, document information properly, and much more!

YEAR

4

Prepare for effective transition to residency training




Visit our **website!** We have **resources** to help you manage difficult patient situations, properly disclose adverse events, and navigate interprofessional team dynamics.

## You're a med school graduate!

You will need liability protection during your postgraduate training. Choose the CMPA to ensure you are protected.



A top-down view of a wooden desk with a blue stethoscope, a blue folder, and a grey pen. The text is overlaid on the desk surface.

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

Email us at:

**[education@omsa.ca](mailto:education@omsa.ca)**

You can also visit our website at

**[www.omsa.ca](http://www.omsa.ca)**

