



American University of the Caribbean  
School of Medicine

# OCA Match Corner

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*Office of Career Advisement*

*Canadian Student Pathways to Residency*



## Pathways to Residency

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**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](http://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.

*Due to the pandemic, it was announced on April 21, 2021 that there will be no visiting electives for the class of 2022.*

Please visit the AFMC Student Portal for the most update to date information: <https://www.afmcstudentportal.ca/news>



# Canadian Resident Matching Service (CaRMS)

Similar to NRMP, the CaRMS process is generally the same each year with a slight variation in dates.



The first and second iteration of CaRMS R-1 Match will likely take place **after** the 2022 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.

Required to write or be scheduled for these exams by September 2021/November 2021 respectively to participate in CaRMS 2022 Match.

**National Assessment Collaboration (NAC-OSCE)**

*Be proactive in scheduling these exams as there are typically less dates available than USMLE exams.*

**MCC Qualifying Examination Part II (MCCQE2)**

Requires at least 12 months of post-graduate training. Typically written during residency.



# MCC Qualifying Examination Part I

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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](#).*



## MCCQE Part I Availability

MCCQE Part I The application is ongoing		
2021 session dates*	Eligibility requirements	Application information
Jan. 25 to Feb. 21		
April 27 to June 16		Application is ongoing.
July 13 to July 28	Eligibility requirements, see <a href="#">Application and eligibility</a> .	2021 application fee: \$1,330
Sept. 1 to Sept. 22		
Oct. 19 to Nov. 9		

- Can be taken at Prometric centers in the U.S. or Canada (+80 countries total)
- Five testing windows are available a year
- MCCQE Part I is a licensing requirement to practice in Canada

*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.

Offered twice a year: March & September

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](#).



## NAC Availability

Exam session	Examination centres*
<b>Saturday, September 11, 2021</b>	Alta. Calgary (English) Alta. Edmonton (English) B.C. Vancouver (English) Man. Winnipeg (English) Ont. London (English) Ont. Ottawa (English) Ont. Sudbury (English) Ont. Toronto (English) Que. Montreal (English) Sask. Saskatoon (English)
<b>Sunday, September 12, 2021</b>	Alta. Calgary (English) Alta. Edmonton (English) Man. Winnipeg (English) N.S. Halifax (English) Ont. London (English) Ont. Ottawa (English) Ont. Toronto (English) Que. Montreal (English and French) Sask. Saskatoon (English)

\*The centres are subject to change.

- Offered two times a year: March and September
- Required to participate in CaRMS, but not required for licensure in Canada.

The above information can be found on the Medical Council of Canada's [website](#).



## Exam Scheduling

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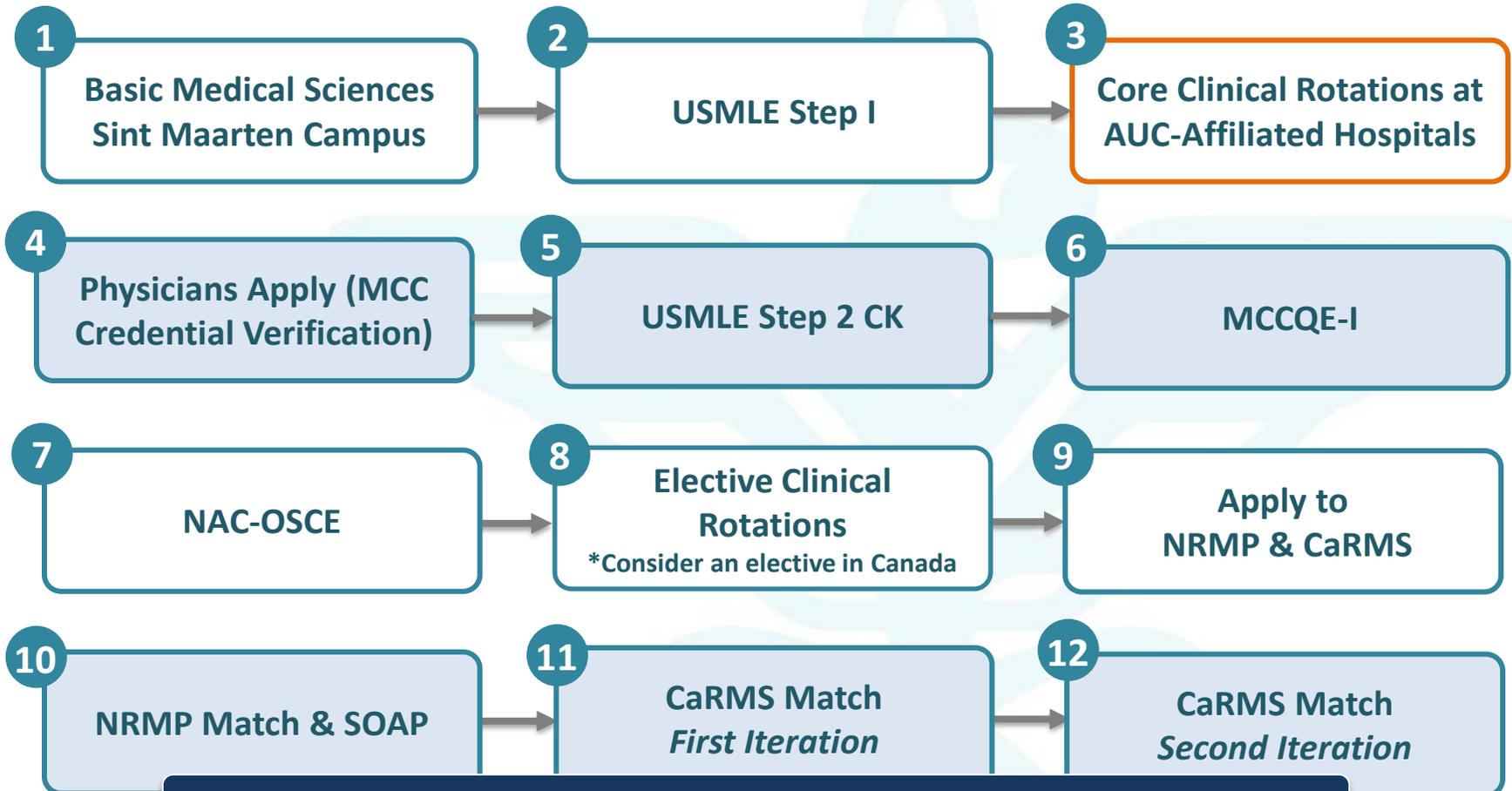
- You will be able to apply for the MCCQE Part I 15 months from your expected graduation date
- If you are graduating in spring 2022, you can apply to take the MCCQE Part I in the April 27-June 15, 2021 session, the July 13-28, 2021 session, the September 1-22, 2021 session or the October 19-November 9, 2021 session. *This allows enough time for you to receive your results and apply as file review for the 2022 R-1 first iteration match will begin approximately in early February 2022.*
- You must also apply for the September 2021 NAC Examination in May 2021
- Results from the September 2021 NAC Examination will be provided in time for the CaRMS application process for the 2022 R-1 Residency Match

**IMPORTANT:** Scheduling is on a first come, first served basis and available six months ahead of the session start date. Some sessions, such as the September session, offers more dates for in-person and remote-proctored exams.

*The above information can be found on the Medical Council of Canada's [website](#).*



## Steps for Canadian Student Application Process



NRMP Match & SOAP will likely occur prior to the first and second iteration of the CaRMS Match.



## Timeline for NRMP Match & CaRMS R-1 Match

- NRMP** End of June: Purchase Token for ERAS
- CaRMS** Beginning July: Register for CaRMS
- NRMP** Beginning September: Register for NRMP
- NRMP** September: Submit all supporting documents.
- NRMP** September 29<sup>th</sup>: Applications, MSPE Letters and supporting documents are released to programs. Interview season begins.
- CaRMS** October: CaRMS Online Opens
- CaRMS** January: Transcript and MSPR are due
- CaRMS** January 31<sup>st</sup>: Application and document assignments are due. Application review begins.
- NRMP** End of February: Rank Order List due
- CaRMS** End of February - March National Interview Period
- NRMP** March Match Week & SOAP \*Withdrawn from CaRMS if you match
- CaRMS** End of March Rank Order List due
- CaRMS** April 12<sup>th</sup> Match Day – First Iteration
- CaRMS** May 12<sup>th</sup> Match Day – Second Iteration

[Review CaRMS 2022  
Timeline Here](#)



## Changes for the 2022 NRMP Match & CaRMS Match

*What is different  
this year?*

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

Due to the pandemic, AFMC has announced there will be no visiting electives for the 2022 Class.

*Why is this significant?*

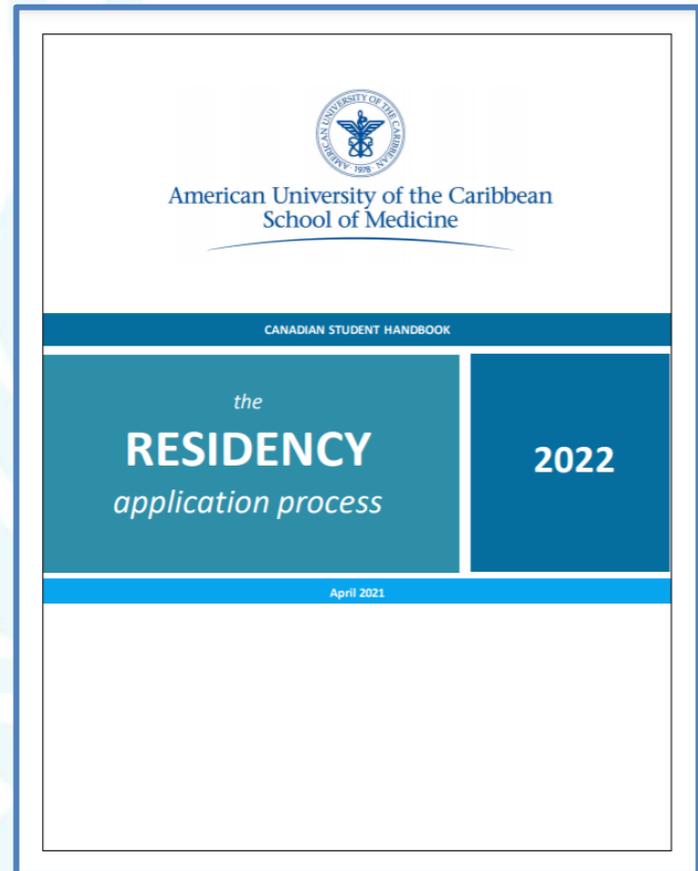
*Students will need to thoughtfully consider if they would like to participate in both matches. If the NRMP Match occurs before the CaRMS R-1 Match, NRMP will take precedence. Students obtaining a match through the NRMP Match will be automatically withdrawn from the CaRMS R-1 Match.*



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# AUC Canadian Match Handbook

Be sure to review the [Canadian Match Handbook](#) for AUC students located on the OCA Website.





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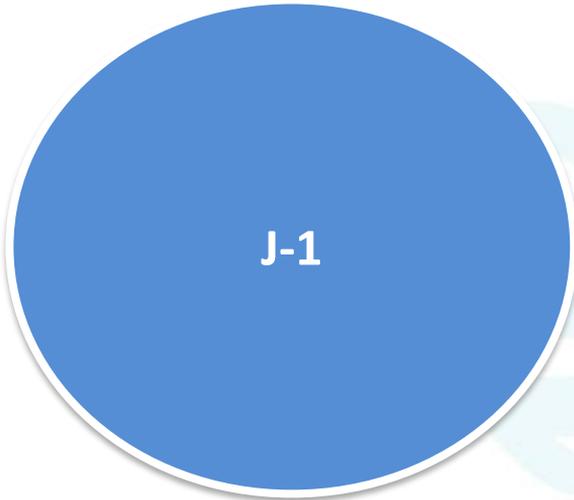
*Office of Career Advisement*

*Obtaining a Visa for Residency in the U.S.*

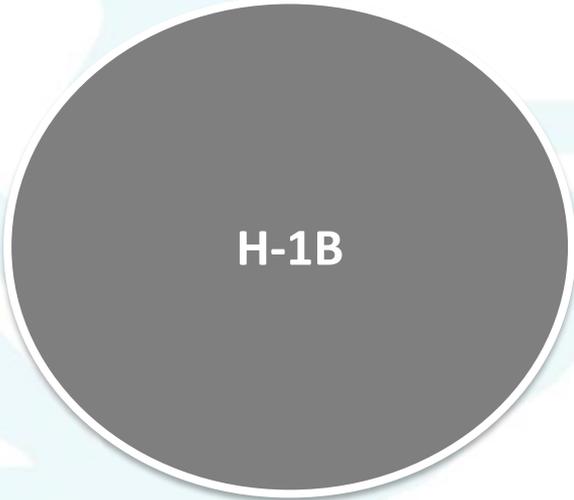


## Types of Visas for Residency

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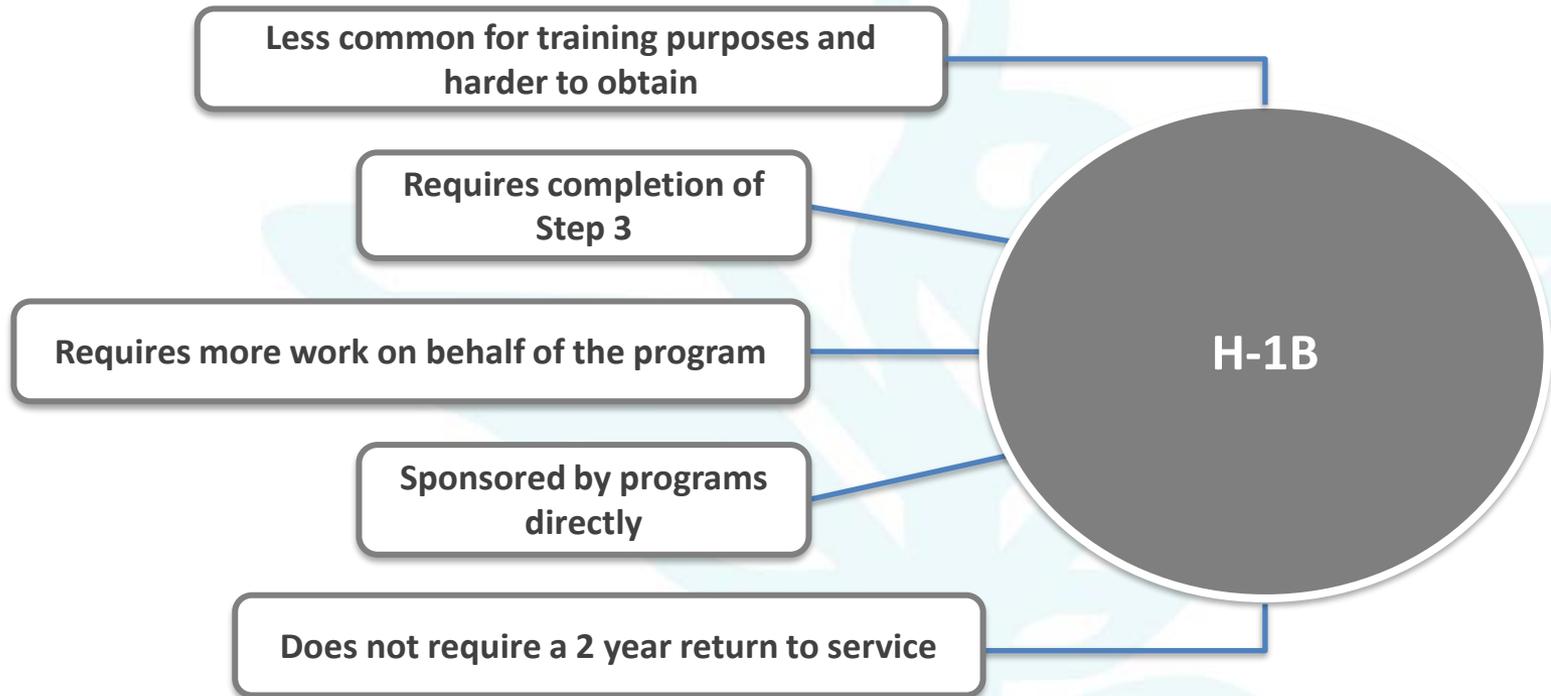
**J-1**

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**H-1B**



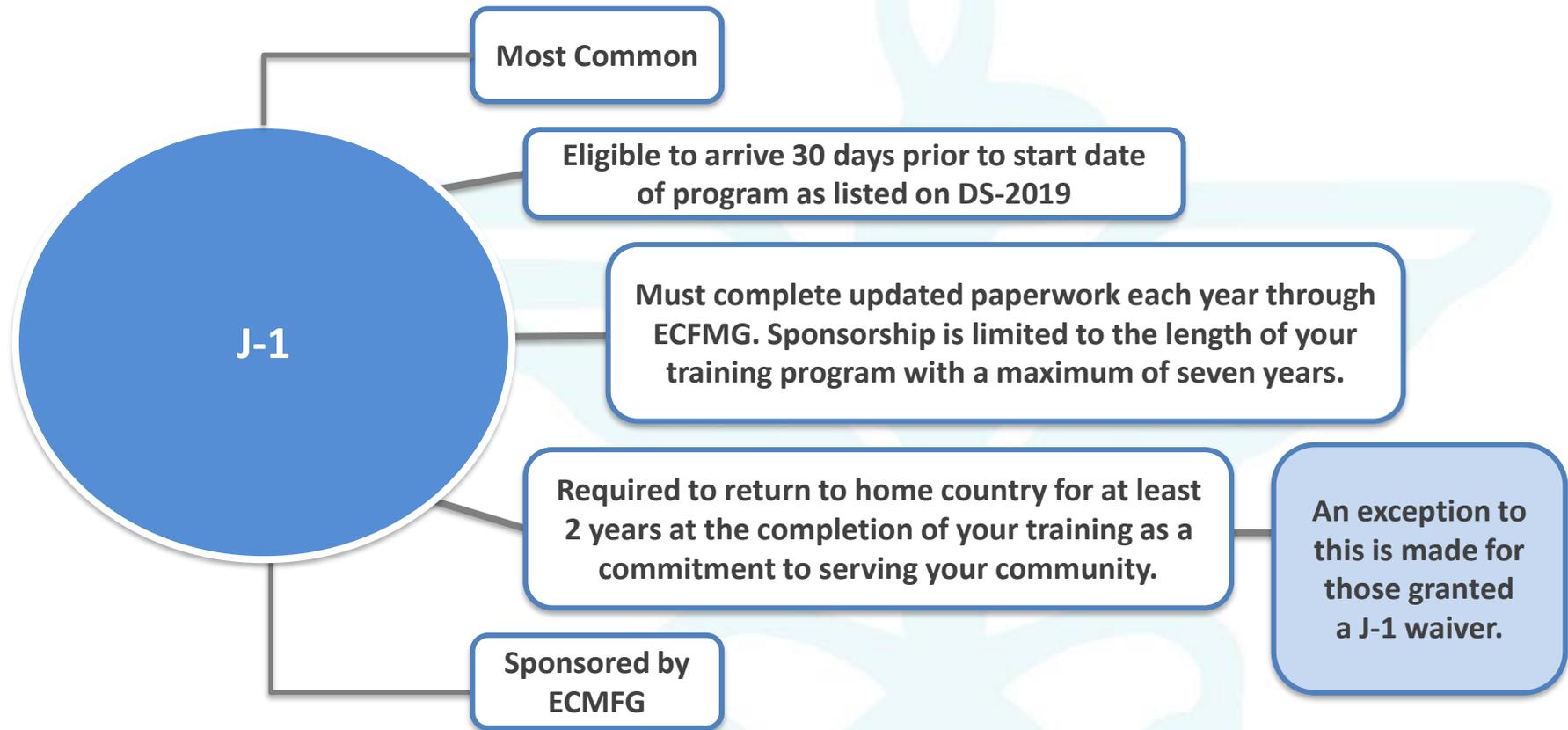
## H-1B Visa



*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.*



## J-1 Visa





## Important Qualifications According to ECFMG

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Pass USMLE  
Step 1 & Step 2 CK

ECFMG Certified  
\*ECFMG Pathway Application,  
OET and Kaplan CSA

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.



## Before the Match for J-1 Visa Applicants

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- **Apply for programs that accept applicants needing a J-1 visa (the same applies to H-1B visas).**
  - Data shared by ECFMG, indicated that as of January 2020, 51% of J-1 physicians trained in Internal Medicine Residency Programs.
  - 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.ecfm.org/evsp/applicants.html>  
ECFMG J-1 Data: <https://www.ecfm.org/evsp/data.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 or Shortly 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.



## Obtaining a J-1 Visa

Stay in close contact with ECFMG throughout the process

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

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

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

Obtain an ECFMG Certificate (after you graduate)

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)

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.



## ECFMG Resources for J-1 Visas

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### 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](mailto: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



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# Questions

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