RESIDENCY APPLICATION AS A CANADIAN D.O. STUDENT

Studentdo.ca
facebook.com/CanadianDO
facebook.com/groups/COMSA
facebook.com/groups/COMSA.premed
We always try our best to disseminate accurate information, however, please keep in mind that document is not meant to substitute legal resources. Double check your resources!

Stay updated with changes: AOA-ACGME merger, Canadian rules and regulations

Specialty specific/province specific details (Quebec!)
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- J1 vs H1?
- Freida
- VSAS (Visiting Student Application Service)
- OPT (Optional Practical Training) application process
- J1 application process
- CaRMS
# Success Stories from 2016 Match

## US Match

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Matches</th>
<th>J1 visa</th>
<th>OPT/H1b Visa</th>
<th>AOA match (AOA and AOA/ACGME dual accredited)</th>
<th>NRMP match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family medicine</td>
<td>14</td>
<td>9</td>
<td>5</td>
<td>9</td>
<td>5</td>
</tr>
<tr>
<td>Internal medicine</td>
<td>6</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>ENT</td>
<td>2</td>
<td>2</td>
<td></td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Radiation Oncology</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Radiology</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>1</td>
<td>1</td>
<td></td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>Anesthesiology</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>27</strong></td>
<td><strong>15</strong></td>
<td><strong>12</strong></td>
<td><strong>13</strong></td>
<td><strong>14</strong></td>
</tr>
</tbody>
</table>

## Canadian Match

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Matches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Medicine</td>
<td>1</td>
</tr>
</tbody>
</table>
Question 1: Do I need a visa?
Question 2: J1 or H1b?
Question 3: How picky am I about location? (most H1 offering hospitals are in the Midwest or Northeast, more often in rural areas than big cities)
  - If I have to practice in a rural location for 3 years, do I want to spend this time during residency or during the first 3 years after residency?
Question 4: Do I ever want to practice in Canada? (aka. am I ok with an AOA program with a more preferred specialty/location)
  - In the rare case that you aren’t aware of this already, Canada currently doesn’t recognize AOA only residencies (Dual Accredited residencies are fine)
In a relationship with an American?

Time line: Green card application might take about a year. However, PGY1 can be done via OPT.
<table>
<thead>
<tr>
<th>J1</th>
<th>H1</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUCH easier to obtain (most university affiliated programs)</td>
<td>MUCH more limited. Many academic institutions do not offer them due to $$</td>
</tr>
<tr>
<td>J1 waiver: 3 years of underserved OR home country for 2 years (these requirements CANNOT be waived once your J1 starts, even if you get married to a US citizen).</td>
<td>Once finished with residency, you will need to find an employer who continues to sponsor H1- green card (somewhat less restrictive than H1 sponsorship for residency).</td>
</tr>
<tr>
<td>Residency + J1 waiver + H1 → Green card</td>
<td>You can change your status from H1 to a green card if you get married to a US citizen.</td>
</tr>
<tr>
<td>No Step 3 scores required</td>
<td>Requires Step 3 score prior to application (i.e. score received latest by Jan. prior to match). However, F1 visa allows application for one year of OPT (Optional Practical Training).</td>
</tr>
</tbody>
</table>
## J1 VS. H1

<table>
<thead>
<tr>
<th>J1</th>
<th>H1</th>
</tr>
</thead>
</table>
| Requires Statement of Need:  
NOTE: You cannot get a Statement of Need from Health Canada for AOA only programs | No Statement of Need required: AOA only programs are fine (H1b will not require you to contact Canadian officials) |
| New quota applied for statement of need |  |
| Much easier to get a fellowship, BUT  
Health Canada won’t issue statement of need for fellowships >1 year after 2016 | Much more restrictive to get a fellowship for the same reason that hospitals don’t want to spend $$ sponsoring visa |
| Cost to hospital: 200-400$ | Cost to hospital: 6K-10K in lawyer fees (you cannot offer to pay this fee by law) + complicated paperwork |
| Spouse can tag along your J1 visa to work | Spouse will have to apply for a separate work visa (i.e. TN) |
**UNDERSERVED AREAS**

- Could be as close as 1-2 hours away from major metropolitan
- Sign on bonus (loan reimbursement for US citizens, most will not waive Canadian loans)
- Sovereign immunity! (protection against lawsuits)
- Competitive compensation
- More friendly patients/support staff

https://datawarehouse.hrsa.gov/tools/analyzers/geo/ShortageArea.aspx
STATEMENT OF NEED FOR J1 VISA

- First come first serve; from Health Canada
  - Application opens on NRMP match day in March
- Major changes announced in 2015
  - Anticipated decrease in number of statement of need
- Only 1 year fellowships will be granted new statement of need
- No Statement of need will be issued for sub-specialization (fellowships >1 year)
  - Unless it’s for pediatrics or OBGYN
- More resources: Health Forces Ontario, Society of Canadians Studying Medicine Abroad (Facebook group)
# J1 Statement of Need Quota by Health Canada

## List of Needed Specialties

<table>
<thead>
<tr>
<th>Specialty Training</th>
<th>2015 # issued</th>
<th>2016 Limit</th>
<th>2017 Limit (estimated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomical or General Pathology</td>
<td>16</td>
<td>15</td>
<td>TBC</td>
</tr>
<tr>
<td>Anesthesiology</td>
<td>14</td>
<td>25</td>
<td>TBC</td>
</tr>
<tr>
<td>Cardiac Surgery</td>
<td>0</td>
<td>5</td>
<td>TBC - decrease anticipated</td>
</tr>
<tr>
<td>Dermatology</td>
<td>0</td>
<td>30</td>
<td>TBC</td>
</tr>
<tr>
<td>Diagnostic Radiology</td>
<td>9</td>
<td>10</td>
<td>TBC</td>
</tr>
<tr>
<td>Emergency Medicine (4 year program only)</td>
<td>11</td>
<td>40</td>
<td>TBC - decrease anticipated</td>
</tr>
<tr>
<td><strong>Family Medicine</strong></td>
<td><strong>183</strong></td>
<td><strong>295</strong></td>
<td>TBC - decrease anticipated</td>
</tr>
<tr>
<td>General Surgery</td>
<td>13</td>
<td>15</td>
<td>TBC</td>
</tr>
<tr>
<td><strong>Internal Medicine</strong></td>
<td><strong>196</strong></td>
<td><strong>200</strong></td>
<td>TBC - decrease anticipated</td>
</tr>
<tr>
<td>Medical Microbiology</td>
<td>0</td>
<td>5</td>
<td>TBC</td>
</tr>
<tr>
<td>Neurology</td>
<td>13</td>
<td>20</td>
<td>TBC</td>
</tr>
<tr>
<td>Nuclear Medicine</td>
<td>2</td>
<td>5</td>
<td>TBC</td>
</tr>
<tr>
<td>Obstetrics and Gynecology</td>
<td>16</td>
<td>20</td>
<td>TBC - decrease anticipated</td>
</tr>
<tr>
<td>Ophthalmology</td>
<td>3</td>
<td>10</td>
<td>TBC</td>
</tr>
<tr>
<td>Otolaryngology</td>
<td>0</td>
<td>5</td>
<td>TBC</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>46</td>
<td>55</td>
<td>TBC - decrease anticipated</td>
</tr>
</tbody>
</table>

3 years after J1

CONRAD 30 - 30 spots per state in underserved areas.
- Rate limiting factor might be the quota of 30 spots rather than number/desirability of underserved area.
- Most CONRAD 30 waivers are for primary care.

https://www.uscis.gov/working-united-states/students-and-exchange-visitors/conrad-30-waiver-program

Military waiver?

Other waiver options?
Explore the nature of waiver jobs: location; in patient vs. outpatient. https://www.practicematch.com/physicians/physician-job-search.cfm
WHERE DO I START WITH MY PROGRAM APPLICATION LIST?

- Freida
- Include in search keyword “J1 and/or H1”
FREIDA Online

Search Programs
Define and narrow your search by selecting one or more of the following options.

Specialties
- Internal Medicine

Locations (State and/or Region)
- Florida

Keywords
- Hib

FREIDA Online Information
- FREIDA Online Information
- Program Search
- Institution Search
- Medical School Affiliations Search
- Specialty Training Statistics
- Graduates' Career Plans
- About FREIDA Online
- Contact FREIDA Online
Be careful of the Freida’s flawed computer algorithm:

- Some examples of these: University of Iowa (J1 only); Memorial Hospital of Rhode Island at Brown University (will continue to sponsor H1 if you’re already on H1 for research or other reason); Mercy Catholic Medical Center (H1 on rare occasion); MedStar for FM (some H1, but cannot guarantee)

- H1 at a for profit institution: you’ll be fighting to win a lottery along with professionals in all other fields, unlike non-profit hospitals i.e. Crozer Chester Hospital in Philadelphia (in 2016, 216,000 applications for 65,000 spots)
H1B: FM Programs in PA

FREIDA Online

Search Results

8 program(s) match your search criteria. Results are sorted by keyword relevance. Programs with * have additional information.

UPMC Medical Education (Presbyterian Shadyside Hospital) Program
Program Id: 1204112280 *
Specialty: Family Medicine
City/State: Pittsburgh/Pennsylvania

St Luke’s Hospital Program
Program Id: 1204121603 *
Specialty: Family Medicine
City/State: Bethlehem/Pennsylvania

Main Line Health System/Bryn Mawr Hospital Program
Program Id: 1204131261 *
Specialty: Family Medicine
City/State: Bryn Mawr/Pennsylvania

York Hospital Program
Program Id: 1204111286 *
Specialty: Family Medicine
City/State: York/Pennsylvania
H1B: IM Programs in PA

Search Results
18 program(s) match your search criteria. Results are sorted by keyword relevance. Programs with * have additional information.

Sidney Kimmel Medical College at Thomas Jefferson
University/TJUH Program
Program Id: 1404121379 *
Specialty: Internal Medicine
City/State: Philadelphia/Pennsylvania

Mercy Catholic Medical Center Program
Program Id: 1404111375 *
Specialty: Internal Medicine
City/State: Darby/Pennsylvania

Pennsylvania Hospital of the University of Pennsylvania
Health System Program
Program Id: 1404111376 *
Specialty: Internal Medicine
City/State: Philadelphia/Pennsylvania

UPMC Medical Education (McKeesport Hospital)
Program
Program Id: 1404121368 *
Specialty: Internal Medicine
City/State: McKeesport/Pennsylvania

Crozer-Chester Medical Center Program
Program Id: 1404131514 *
Specialty: Internal Medicine
City/State: Upland/Pennsylvania
DUAL ACCREDITED PROGRAMS

Welcome to Opportunities - AOA-Approved Post Doctorial Training

[0] items in folder

Basic Search

Search By:

Residency ▼ Clear Search Advanced Search

Attention Students! Click here to read important Match information!

Specialty(s):

Anesthesiology - AN
Dermatology - D
Diagnostic Radiology - DR
Emergency Medicine - EM
Family Medicine/Emergency Med - FEM
Family Medicine and OMT - FP
Integrated FM/NMM - FPNM
Internal Med-Emergency Med - IEN
Internal Medicine - IN
Integrated IM/NMM - IMNM

To Select Multiple Values use "Ctrl" + Click.

State(s):

North Carolina
North Dakota
Ohio
Oklahoma
Oregon
Pennsylvania
Rhode Island
South Carolina
South Dakota
Tennessee

To Select Multiple Values use "Ctrl" + Click.

Program Information:

Dual AOA/ACGME accredited Program.

Search Clear Search Advanced Search
Practice in Canada? - in addition to licensing exams, consider differences in length of training.

- **FM**: no problem. 3 years in US, 2 years in Canada.
- **IM**: 3 years in US, 4 years in Canada. US grads will have to make up for 1 year via an additional chief resident year or an one year fellowship (i.e. Geriatrics).
- **ER, OB and Anesthesiology** also have differences in length of training.
  - Don’t forget FM with ER/OB/Anesthesia option in Canada.
- **AOA only programs**: tricky waters with the merger; accreditation timeline might gets pushed back.
COMLEX 3 or USMLE 3 exam (not required for J1)
However, PGY 1 can be done via OPT
OPT (OPTIONAL PRACTICAL TRAINING)

- Functions as work visa. 12 month extension of F1 study visa. Can be used toward PGY1.
- Can apply for either J1 or H1 afterwards.
- Application process: can apply 90 days before the end of study period. You CAN apply before match results are released. You DO NOT need a job offer.
  - i.e. if your last day of class is April 30\textsuperscript{th} (not graduation in May), you can apply as early as Jan. 30\textsuperscript{th}.
OPT (OPTIONAL PRACTICAL TRAINING)

- Application processing time: can take up to 90 days. Can be shorter if you apply early
  - Advantage of applying early: you can leave the US more freely during your vacation.
  - Disadvantage: if you matched with a J1 only hospital, it’ll be a waste of OPT application fee of $380 + unnecessary paperwork.
    - You could theoretically cancel your OPT application if it’s early enough
    - If you use OPT and apply for J1 for PGY 2, you run the risk of competing for a decreased statement of need quota the following year
Some states will require you to have a SSN prior to obtaining medical license.

States who routinely have lots of IMGs will not:
- i.e. Pennsylvania, you can only apply for US social after starting your program.

Recommend inquiring an on-campus job (i.e. tutor) with minimum time investment and acquire SSN:
- it’s also very useful for applying for credit card, sign housing contract, internet, cell phone, etc.
J1 APPLICATION TIME LINE

Early 4th year
- Obtain ECFMG number to obtain access to OASIS to apply for DS-2019

March of 4th year
- Wait for results from match day
- Contact Health Canada Administrator for checklist of documents for statement of need
- Contact residency coordinator re: starting sponsorship process for J1
- Contact health force Ontario for advisor for action plan
- Collect letters and documents for health Canada packet
- Contact school to request for letter of intent (2 copies) for upcoming graduation to be mailed to Health Canada
- Upload documents into OASIS
- Make contact with the TPL of your program
- Once statement of need has been issued and all documents uploaded, wait for word on approval for DS-2019
- DS-2019 will be issued from ECFMG to your program and your program will be responsible for forwarding it to you
- Upon receiving DS-2019, pay SEVIS fee of $180
J1 APPLICATION TIME LINE

June before internship

- Bring DS2019 and necessary documents to US port of entry to enter via J1 status
- Bring passport, DS-2019, I-94 with D/S status to your program to confirm of your arrival
- After being in the US on J1 status for 10 days, can apply for social security number
VSAS (VISITING STUDENT APPLICATION SERVICE) FOR AUDITION ROTATIONS

- Consult H1/J1 results from Freida; narrow down your list via visa/geographic preferences
- VSAS can be a very very painful process because immunization paperwork need to be done before you are accepted. Each hospital has a different set of paperwork.

<table>
<thead>
<tr>
<th>Institution</th>
<th>Catalog Published</th>
<th>Applications Accepted</th>
<th>Applications Processed</th>
<th>VSAS Required Documents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akron Children’s Hospital</td>
<td>MD</td>
<td>Early April</td>
<td>Early April</td>
<td>AAMC</td>
</tr>
<tr>
<td>Akron General Medical Center</td>
<td>MD</td>
<td>March, annually</td>
<td>April, annually</td>
<td>AAMC</td>
</tr>
<tr>
<td>Abbey Medical College</td>
<td>MD</td>
<td>April 1, 2016</td>
<td>April 1, 2016</td>
<td>AAMC</td>
</tr>
<tr>
<td>Albert Einstein Coll of Med</td>
<td>MD</td>
<td>April 15</td>
<td>April 15</td>
<td>AAMC</td>
</tr>
<tr>
<td>Albert Einstein Hlthcoro Netwk</td>
<td>MD</td>
<td>February 7, 12 pm EST</td>
<td>March 4, annually</td>
<td>AAMC</td>
</tr>
<tr>
<td>Aipert Med Som of Brown U</td>
<td>MD</td>
<td>February</td>
<td>04/18/16</td>
<td>AAMC</td>
</tr>
<tr>
<td>Anne Arundel Medical Center</td>
<td>MD</td>
<td>Early April</td>
<td>2 months prior to elective</td>
<td>AAMC</td>
</tr>
<tr>
<td>Atlanta Medical Center</td>
<td>MD</td>
<td>February of Each Year</td>
<td>Early March</td>
<td>AAMC</td>
</tr>
<tr>
<td>Baylor College of Medicine</td>
<td>MD</td>
<td>March 28, 2016</td>
<td>March 28, 2016 for the f...</td>
<td>AAMC</td>
</tr>
<tr>
<td>Baylor Univ Medical Center</td>
<td>MD</td>
<td>March/April</td>
<td>May 1st</td>
<td>AAMC</td>
</tr>
<tr>
<td>Baystate Medical Center</td>
<td>MD</td>
<td>March</td>
<td>Emergency Medicine: Ma...</td>
<td>AAMC</td>
</tr>
</tbody>
</table>
THINGS TO CONSIDER

- When is your lease up? - willing to break lease/sublet/pay double rent? (some hospitals provide free/subsidized housing. Rotatingroom.com)

- Email places you want to audition and inquire about their visa status (things change from year to year) - do this by Jan-Feb of M3.

- Apply to multiple places on VSAS for the same month, or assign one hospital for multiple months

- Don’t be stingy to spend $$ on ERAS application fees and DO apply for back up programs/specialty (SOAP may not be visa friendly; compromise on specialty/geography)
THINGS TO CONSIDER

- Schedule light rotation(s) in Nov-December to ensure enough interview dates
  - Consider pre-interview dinner and travel times (ACGME interviews often have a pre-interview dinner, so prepare to spend 2 days per interview)

- Good rotation to consider
  - ER - can usually take about 2 weeks off
Second looks are important and treat them as mini-away rotations!

Use COMSA/alumni network!

Write thank you letters
RANK LIST PRIORITIES

- Visa type
- Location
- Specialty
- Quality of program

Dilemma:
J1 at a great program + great location
vs.
H1 at a decent program + less desirable location
CaRMS (Canadian Match) Eligibility

- The rules or each province vary and keep changing, check the CaRMS website for the latest information.
- See CaRMS section on COMSA website
  [http://www.studentdo.ca/drupal_beta/osteopathic_students/boards/MCC](http://www.studentdo.ca/drupal_beta/osteopathic_students/boards/MCC)

<table>
<thead>
<tr>
<th>Province</th>
<th>Iteration</th>
<th>Exams required</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ontario</td>
<td>IMG</td>
<td>NAC, MCCEE</td>
</tr>
<tr>
<td>Quebec</td>
<td>1 iteration for all CMG and IMG</td>
<td>MCCEE</td>
</tr>
<tr>
<td>British Columbia</td>
<td>CMG</td>
<td>MCCEE</td>
</tr>
<tr>
<td>Manitoba</td>
<td>IMG</td>
<td>NAC, MCCEE</td>
</tr>
<tr>
<td>Alberta</td>
<td>IMG</td>
<td>NAC, MCCEE, Alberta IMG assessment</td>
</tr>
</tbody>
</table>
CARMS STRATEGY

- Beneficial to do Canadian electives and get LOR from teaching/residency hospitals
  - Letters from non-teaching hospital attending's won't be as beneficial

- The Canadian match is after the AOA match and before the NRMP match
  - You must withdraw from the AOA match if you want to take part in CaRMS.
  - You will automatically be withdrawn from NRMP if you match CaRMS or AOA.
  - In the event you match more than 1 residency program, the one you match first will be honored by CaRMS, AOA and NRMP. This will also be considered a violation on your part.
SHOULD I APPLY TO CARMS?

- If you match via the IMG iteration, you must do a 5 year ROS (return on service). Almost always in a rural area.
- If you intend to work as a specialist in Canada, it might be beneficial to do a Canadian residency. For Family Medicine it doesn’t really matter.
Carms - Finances

- MCCEE $1,737 CDN
- NAC $2,309 CDN
- Q bank for MCCEE - Canada Q Bank $75 for one month
- The cost of doing Canadian electives and Canadian boards can be extra $4000-$5000
- However, FM in Canada is only 2 years, which means if you match, you will get one more year of attending salary!