

CaRRMS

Some advice from the other side

Presented by Jay Shanahan & Jasmine Waslowski

Who we are



Jay Shanahan

Applied to OB/GYN across Canada

Matched to Memorial University of
Newfoundland

Current PGY2 in OB/GYN at MUN

Who we are



Victoria Shaw

Applied to Family Medicine, primarily rural programs

MATCHED to UBC Rural Okanagan Family Medicine

Current 4th Year Student at NOSM

Who we are



Emmett Harrison

Applied to 11 FM sites in Western Canada

Matched to Rural FM Swift Current, SK,
University of Saskatchewan

Current 4th Year student at the University of
Saskatchewan, Regina Cohort.

Who we are



Brooke Edwards

Applied to 6 FM sites, 5 in Ontario, 1 out of province

Got 6 interviews, declined 2 out of wanting a nice interview schedule

Matched to Rural FM Owen Sound, ON, McMaster University

Current fourth year student at Western

Who we are



Alex Pearce

Applied to 24 programs total, between 6 different schools (UBC, Mac, Queens, NOSM, MUN, Dal)

Got 6 interviews, went to them all (which was honestly very feasible, had an interview every 2-3 days over 2 weeks)

Matched to Rural FM Collingwood, ON, McMaster University

Current 3rd year student McMaster University, Hamilton Campus

Who we are



Christine Patterson

Applied to Emerg, Anesthesia, and a random assortment of family med programs (BC, Alberta, Dal)

Matched to Anesthesia in Saskatoon

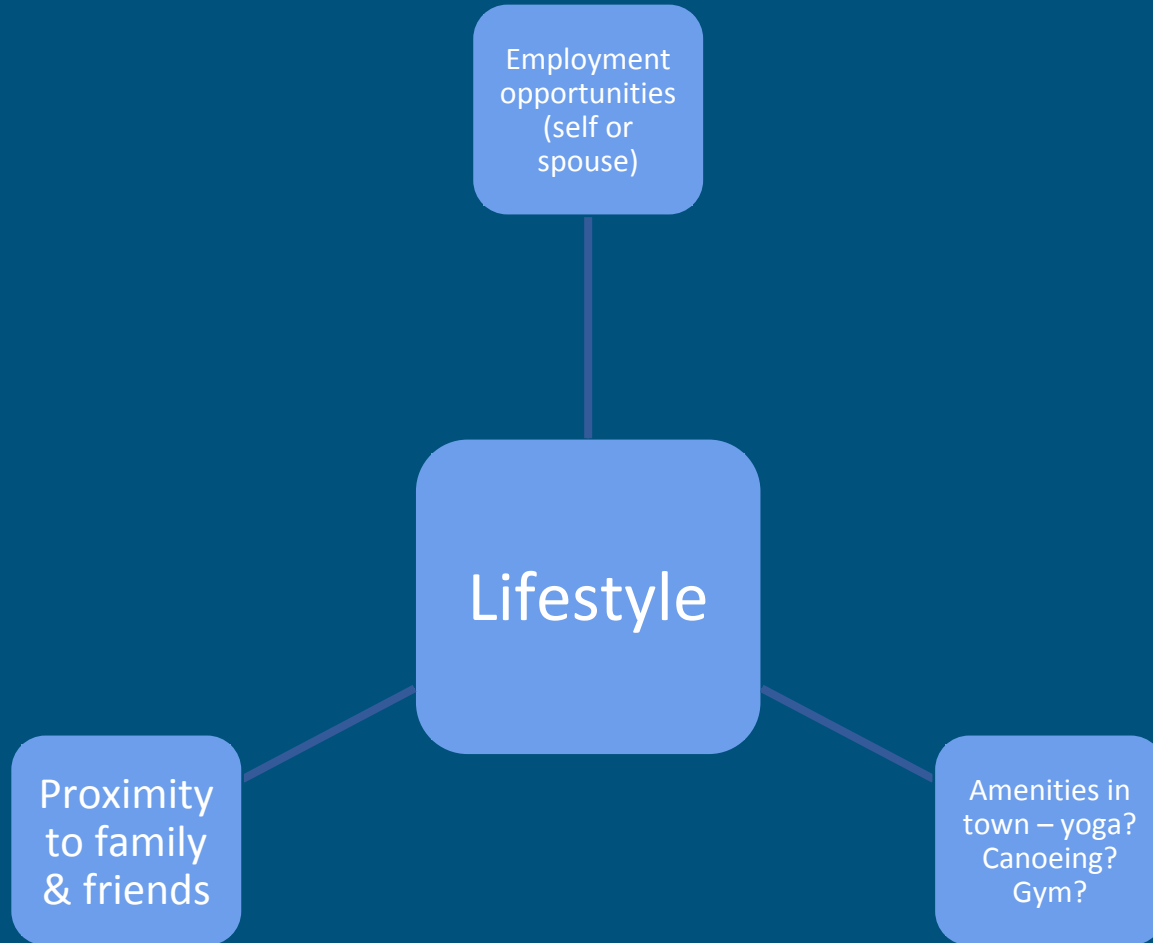
Current 4th year student at U of A

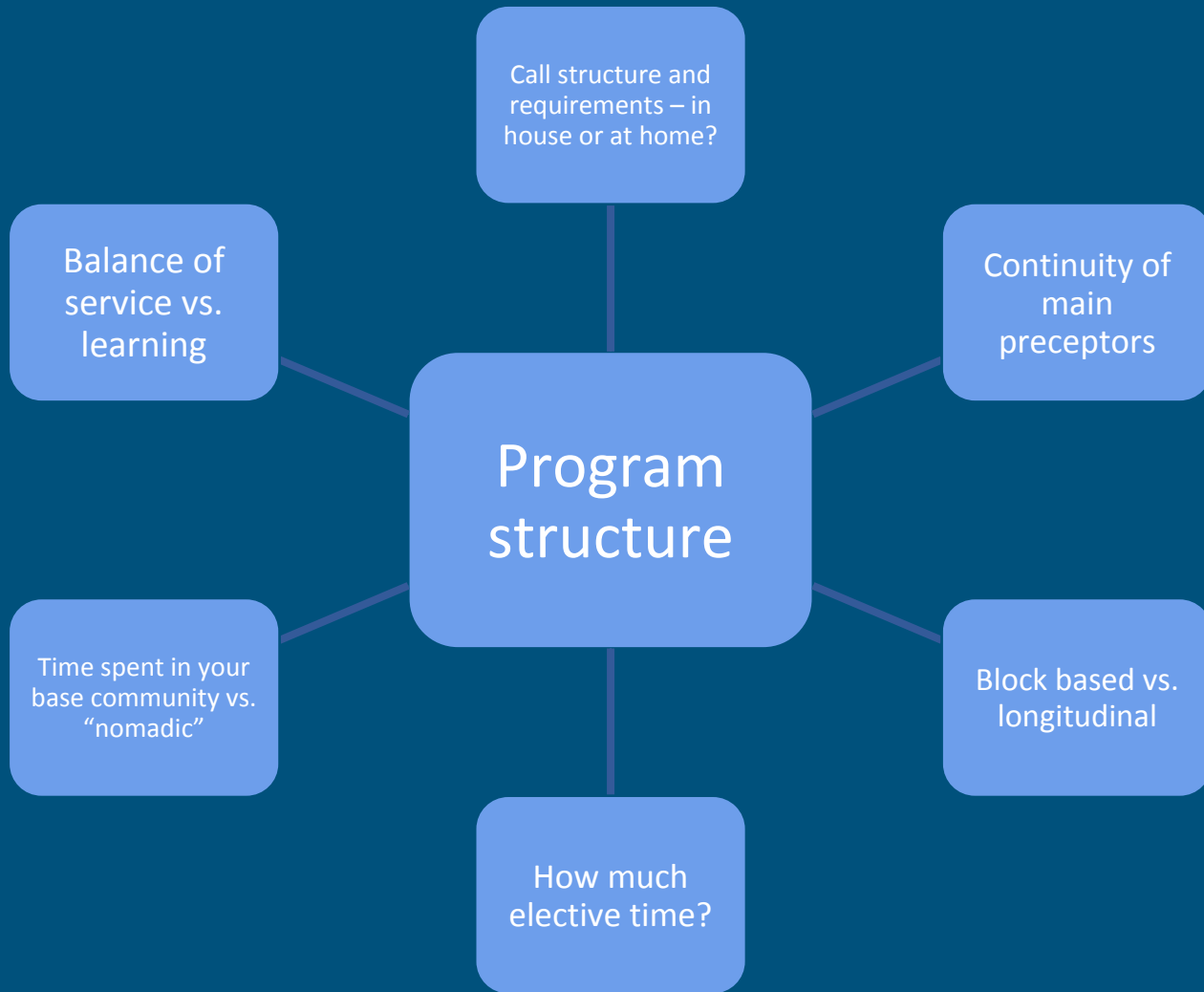


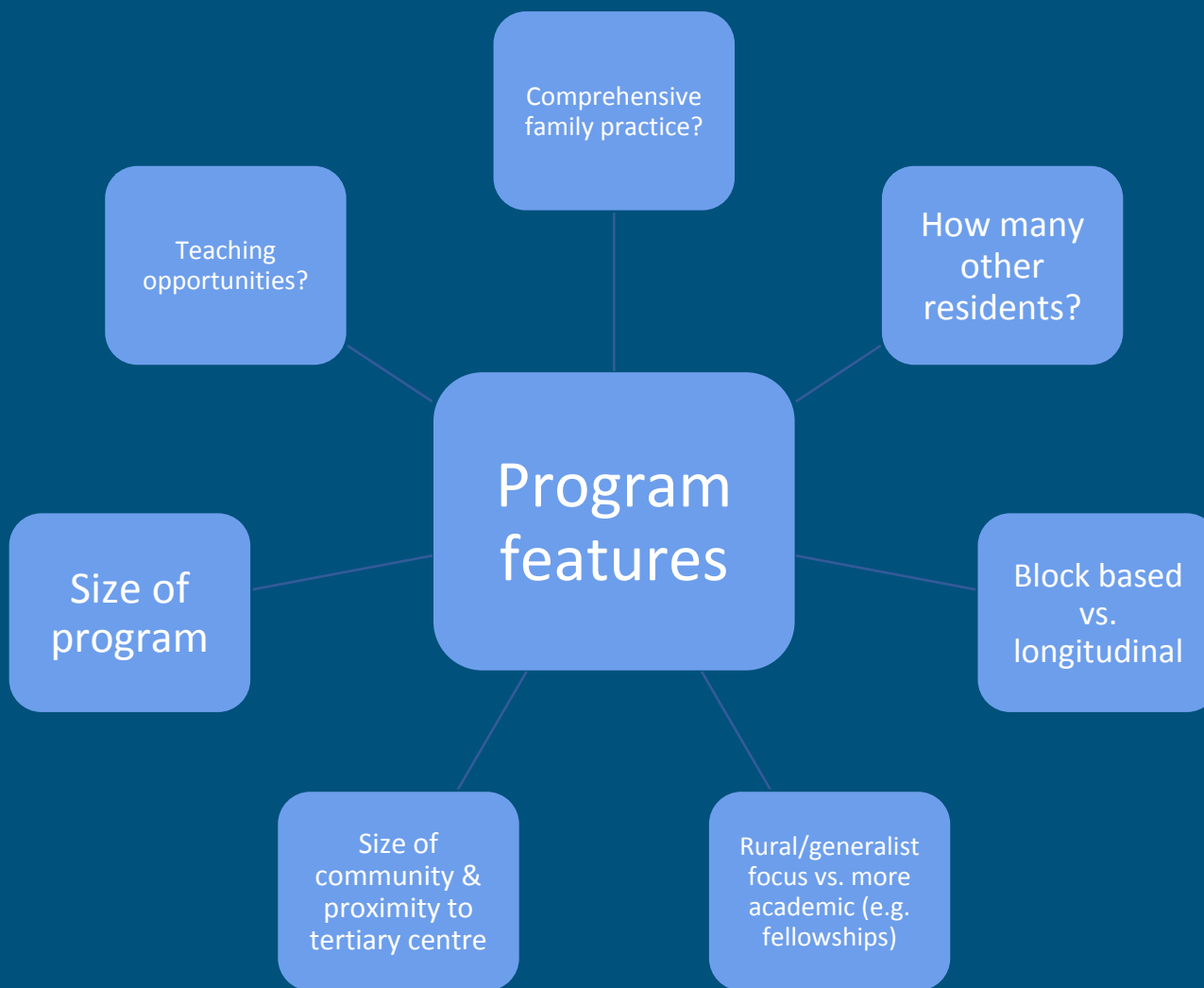
What we looked for in programs

A Thematic Analysis...









Specialist lens

Surgical


- Most will require urban centre, but some are more open to rural rotations!

Emerg

- “Honestly, all programs are good and difficult to distinguish based on their description in CaRMS.”

Anaesthesia

- Program size
- Longitudinal call
- Number and type of fellowship programs

A close-up photograph of a woman with blonde hair and blue eyes, smiling warmly. She is wearing a blue jacket. The background is a vast field of tall green grass under a cloudy sky. A blue speech bubble with a white border is positioned in the upper left corner of the image.

Don't forget to check
out the SRPC Rural
Residency Catalogue!

How do I find out what is required?

1

CaRMS website

2

R&R, FMF, etc

3

Ask admin for current
resident contacts

How many schools
should I apply to? How
many programs?

[and how do I not go crazy?]

It depends!

You can decline interviews;
better to apply to more
and decline later!

Do you like the
location?

Do you like the
program?

Can you see
yourself working
there?

Last minute anxiety!

Too many can be
overwhelming!

Family medicine

Specialty



How many sites at each school?

- Apply to the sites you are interested in
- Keep in mind a lot of the rural sites have only 1-3 spots
- Urban sites have more spots, “back up”

I heard I can add sites after interviews?

- **Tip!** To avoid extra cost when you think you may not get an interview at one school: apply to a couple sites, and if you get the interview, add sites after
- Look closely at CaRMS because some schools you **CANNOT** add sites too after the interview
 - Most you can
- Cost to add site = \$33



Timeline for applying

...here we go!



June 26th, 2019 at
12:00 (noon) ET

- Program description updates and login info distributed

September 4th,
2019 at 12:00
(noon) ET

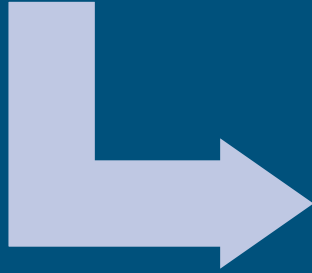
- Can login to CaRMS and begin application

November 20th,
2019 at 12:00 ET

- Deadline to submit

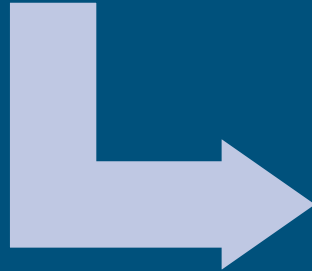
January 18th,
2020 – February
9th, 2020

- National interview period



February 12th,
2020 at 14:00
ET

- Rank order list due



March 3rd,
2020 at 12:00
(noon) ET

- Match day

When to start?

- Early!
 - Try to reflect on experiences beforehand (take notes!)
- CV ongoing
- Personal letters in August
- Start filling out CaRMS when it opens
- Take advantage of lighter rotations/electives to get stuff done



Application components...

CV, Reference Letters, and more



Tips for CV?



There is no one right way to do it.

Photo by [Ben White](#) on [Unsplash](#)

CV headers, in order:

- Education
- Electives in Obstetrics and Gynecology
- Other Clinical Electives
- Research Experience
- Leadership Activities
- Extra-Curricular and Volunteer Activities
- Work Experience
- Awards and Accomplishments
- Certifications
- Affiliations/Memberships (remember to include SRPC!)
- Interests

There is no one
right way to do it.

CV headers, in order:

- Education
- Clinical Experience (FM first then other)
- Grants
- Publications and Presentations
- Awards and Honours
- Technical Skills and Certifications
- Conferences Attended
- Leadership Experience and Volunteering
- Memberships
- Hobbies and Interests

CV Headers in order:

- Education
- Elective experiences
- Core experiences (very brief what/where/how long) - probably more important for mac where our cores are all throughout clerkship
- Research and Corresponding publications
- Conferences & Seminars
- Leadership & Committees
- Employment (brief, just to show gaps in time really. No one really cares if you worked in Tim Horton's in grade 8)
- Awards & Scholarships
- Volunteering
- Interests and Activities (be honest here -- they often ask specifics to see you're not exaggerating)

There is no one
right way to do it.

There is no one
right way to do it.

Reference letters - Key Tips!

- Aim for **STRONG** letters
- *Ask early* in clinical work
 - ◆ Rotations you feel went well, that relate to your specialty of interest
- Check CaRMS requirements
 - ◆ Some programs want letters from a different specialty or from someone outside of medicine
- Nice but ***not necessary*** to have a reference letter for a school you are applying to

Reference Letters - How to Ask

“Dr. X, I enjoyed working with you over the past 2 weeks, do you feel as though you have had enough experience working with me to write a **strong** reference letter?”

This way they have a potential “out”

If they aren't enthusiastic/happy to do it, you probably don't want their letter

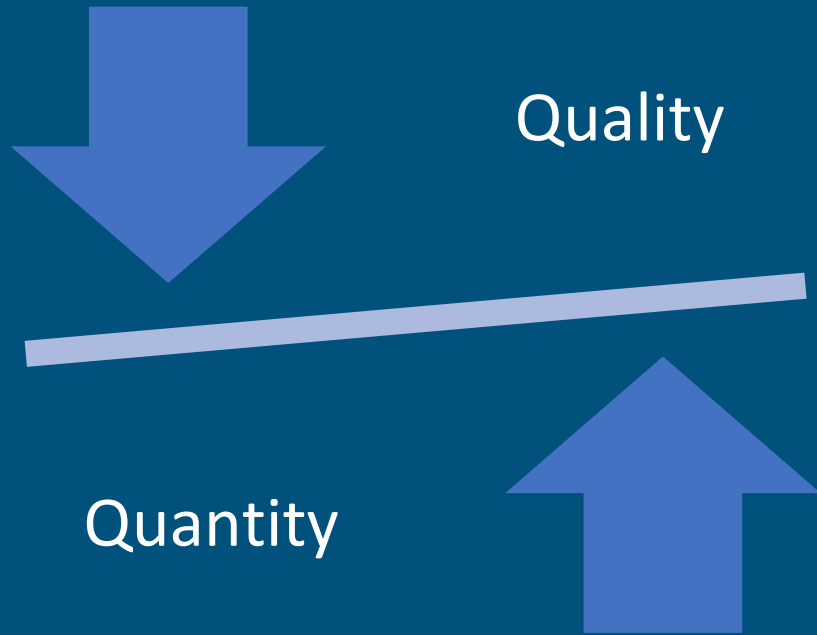


Interviews

When to attend & what to expect



How many interviews should you aim for?



- Individualized
- # of interviews offered does not always correlate with matching
- Most recommend <10 if not applying to multiple specialties (burnout!)
- Also consider the interview schedule!
 - Try to look it up in advance- but be flexible

Type of Interviews

- Panel
- MMI
- Modified personal interview



Photo by [Drew Hays](#) on [Unsplash](#)

Types of questions...

Who are you

CanMEDS

Clinical cases

Ethical/social
issues

Interpersonal

Current
events in
medicine

Procedural
skills

Interview Socials

- Good opportunity to ask residents questions in informal environment
- Get the vibe of the residency program
- Likely more important for smaller programs (ie emerg, anesthesia) than family medicine
- For family medicine, didn't feel they were crucial
 - Loud
 - So many people

Interview Socials



- Have fun!
- Don't drink too much
- Eat food beforehand even if they say there will be food
 - They often oversell the amount of food :-)

Rank List Tips

- Do what feels right
- Rank everywhere you interviewed, unless you have a good reason not to - *especially for competitive programs*
- There is NO ranking game
 - Watch the CaRMS video
 - https://www.youtube.com/watch?v=28CvXJ_DcGo
- Make notes on programs during the tour

One approach to ranking

- Make a list of your top 5
- Write out a list of priorities
 - For the program, for the town, personal, whatever is important to you
- See which of those programs satisfies the most

Match Day

- Take day off clinical duties if possible
- Have your supports
- Decide ahead of time how you will go about telling your classmates, friends, family
- Check in on friends/classmates



Photo by [mehul dave](#) on [Unsplash](#)

questions?

To connect with any of the contributors of this presentation,
email chairstudents@srpc.ca