Your Match Year

September 8, 2023

Land Acknowledgement

I acknowledge Canada as the land of the First Nations, Inuit, and Métis.

I acknowledge that CaRMS' office, located in Ottawa, stands on the traditional territory of the Anishinaabe Algonquin People.

I pay homage to the Indigenous peoples, past, present, and future, from all Nations across Canada, who contribute to the strength of this country. We are grateful for the opportunity to live, work, and learn in this place.

Walkthrough of the match phases

Policies, process, your expectations, and match data

Answer your questions

An introduction to CaRMS

What is CaRMS?

- Established in 1970 as a response to a hectic, decentralized application and selection process

- Key stakeholders, including learners, banded together to help realize the idea of an open, fair and transparent match process that advances the interests of both learners and training programs

- CaRMS has been integral to the system's evolution over the past 50+ years

Policy vs process

Match Policy + Eligibility Requirements	Match Process + Algorithm	Match Results

17 Canadian Faculties of Medicine

Provincial Ministries of Health

The Association of Faculties of Medicine of Canada (AFMC)

+

carms

=

What is the match?

A fair and objective way for:

- Applicants to decide where they wish to apply for training

- Programs to decide whom they wish to interview and train

Match outcomes are determined using:

- Rank order lists from applicants and programs
- Quota (number of positions) assigned to programs
- Algorithm

Phases of the Match Cycle

Application Period	File Review	Interviews	Rank Programs	Match Results

September	December	January	February	March
October		February		
November				

Application period | File review | Interviews | Rank programs | Match results
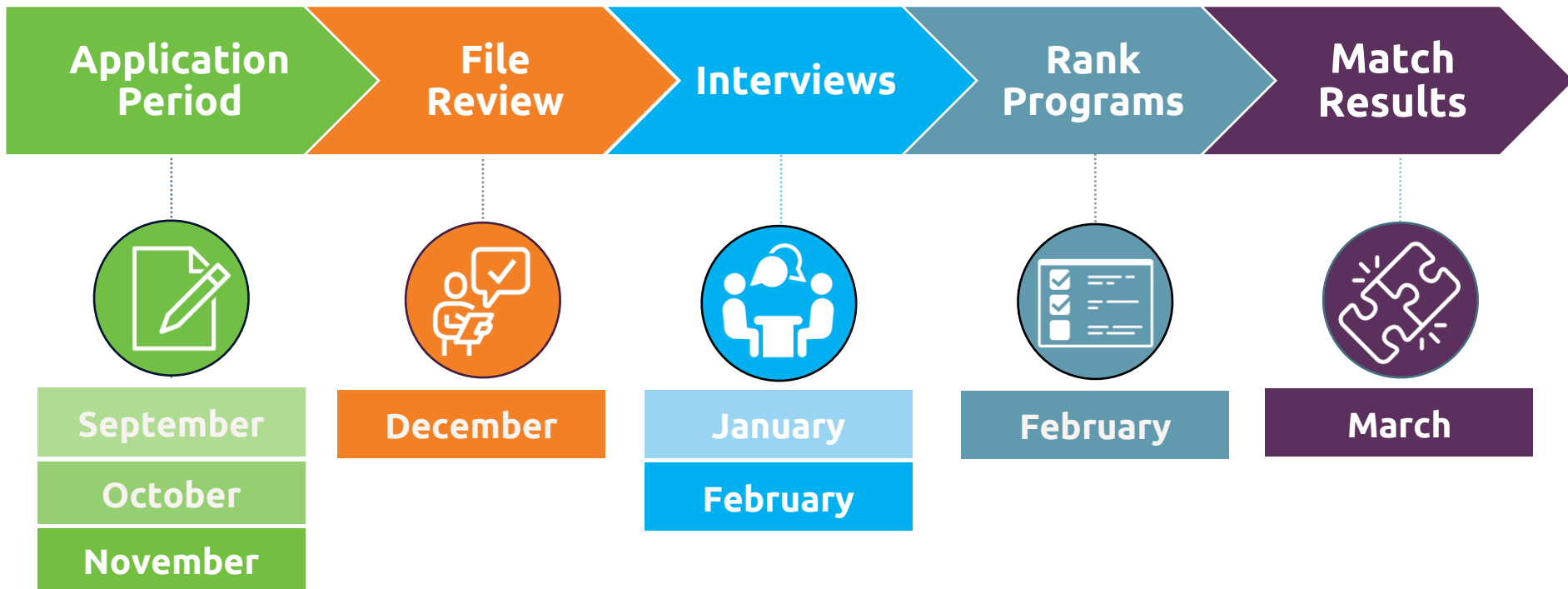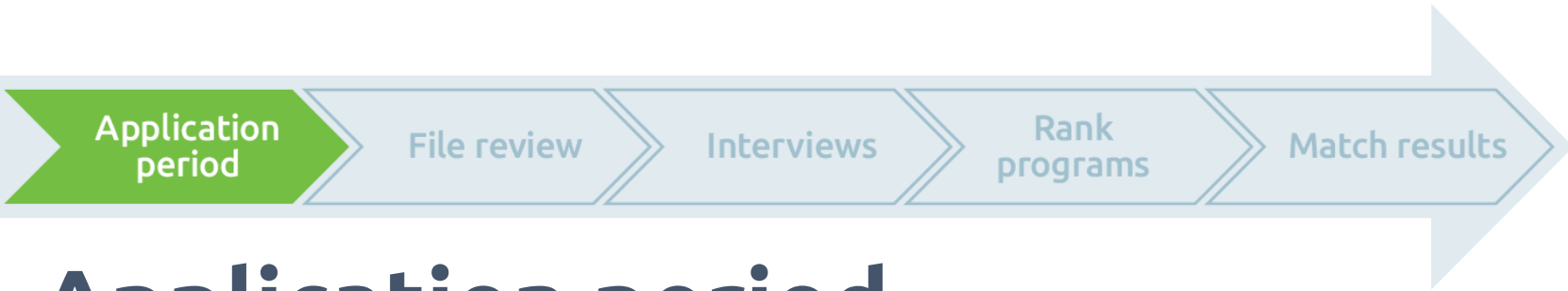
Application period

Application Period

September 20, 2023 – December 1, 2023

- ✓ Review the timelines

- ✓ Review program descriptions

- ✓ Complete your applications

- ✓ Upload supporting documents

- ✓ Assign **requested** documents to programs

- ✓ Submit your applications to programs
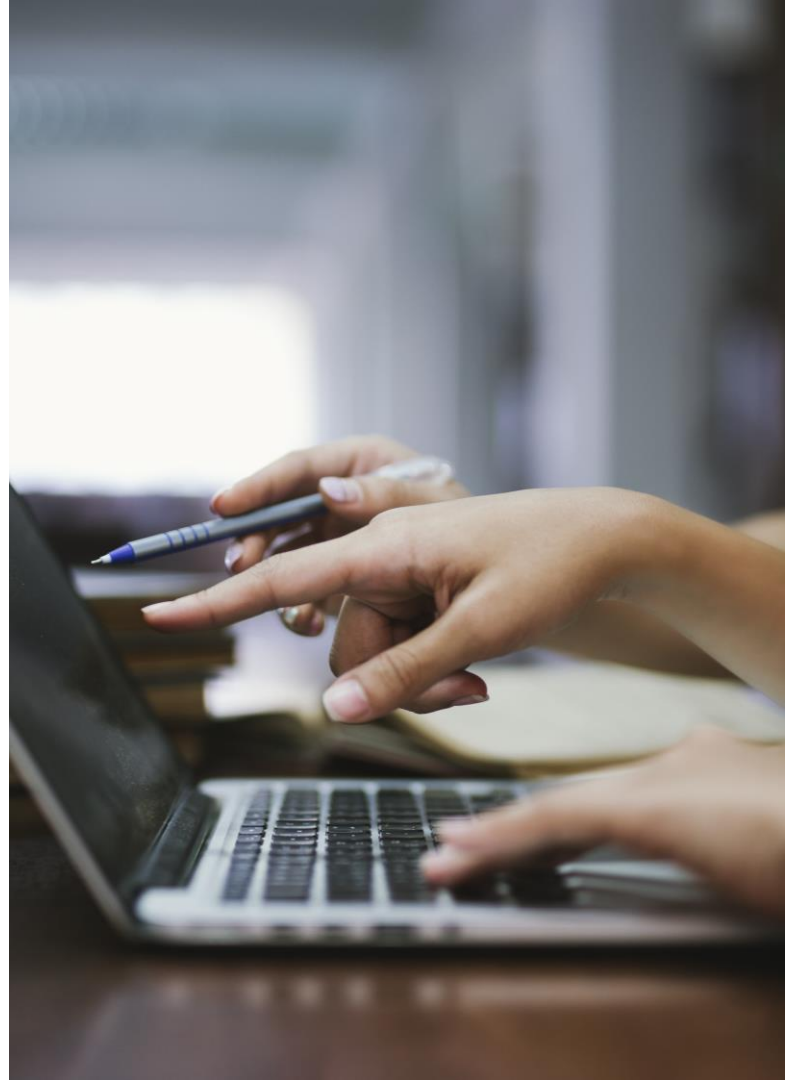
Program descriptions

Available on carms.ca by **September 20, 2023**

Information includes:

- Available positions (Quota)
- Required documents
- Selection criteria
- What to expect in training

Getting started with CaRMS Online

✓ Access information is distributed to you by email on September 20 after 12:00 (noon) ET.

✓ Complete your registration to activate your account

✓ Review your applicant contract and data sharing options

✓ Participate in the R-1 match

Participation fee:

$290.84

(includes application to four programs)

AFTER FOUR PROGRAMS

Additional program application fees:

$59.49

(per program)

Your CaRMS contract

- Outlines your **obligations**, as well as those of CaRMS, and faculties throughout the match process

- A match is a **binding** contract between you and programs

- You are responsible for the completeness and accuracy of the information provided to CaRMS and programs

- You are expected to conduct yourself in an ethical and professionally responsible manner

Client code of conduct

- The Match is a high-stakes process, but the pressures associated with the application process are not an excuse for inappropriate interactions with CaRMS staff.

- CaRMS has developed a client Code of Conduct that any hostile, threatening, or intimidating interactions with any of the CaRMS team will not be tolerated.

- Any proposed sanctions will not impact the applicant's ability to participate in a Match but will be designed to restrict the ability to access the CaRMS Help team for guidance on process or product usage.

Match Violations Policy

- Protects your right to a fair and safe match experience by requiring everyone involved to behave professionally, ethically and responsibly

- Provides **clear examples** of actions that could constitute violations

- **Sanctions based on severity of violations**—ranging from a remedial caution to a multi-year ban from the match

- Reporting a suspected violation will not affect your application or match status

- Report suspected violations to compliance@carms.ca

Visit **carms.ca/policies** to review
the Match Violations Policy

Medical Identification Number for Canada (MINC)

- The MINC is a is a unique identifier for all individuals who enter the Canadian medical education system.

- Required to participate in the match

Ways to obtain a MINC:

1) Reach out to your Undergraduate office
2) Contact the Medical Council of Canada (MCC) and register for your MCCQE1 examination

Data sharing agreements

- CaRMS shares data with organizations outside of the application and matching process

- You are able to review the consent module within CaRMS Online and control what you choose to share

- Choosing to not share your data has no impact on your application or match process
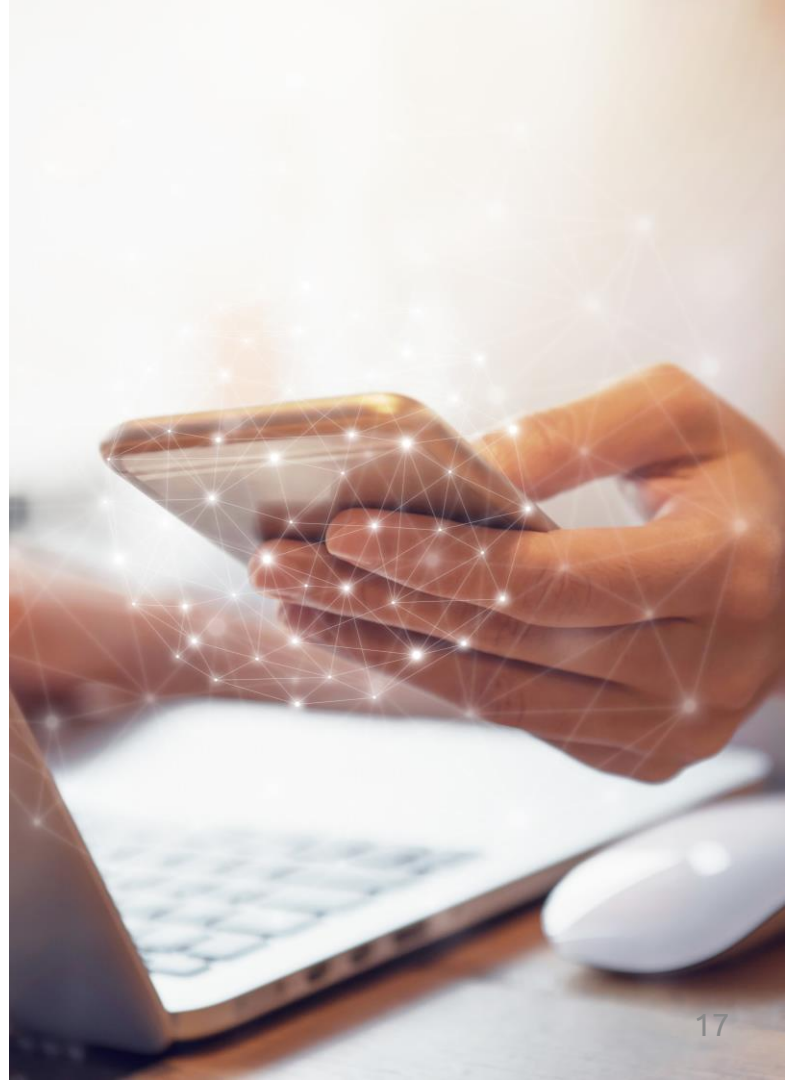
Preview of CaRMS Online

MY INFORMATION ▼ **MY DOCUMENTS** ▼ **MY APPLICATION** ▼ **MY RESULTS** ▼

Profile

☑ Personal Information
☑ Language Skills
☑ Licensure

Education

☑ Non-Medical Education
☑ Medical Education
  Undergraduate Clerkship
☑ Electives
  Postgraduate Training/
☒ Internships
☒ Residency Electives
☑ Non Clinical Training

Examinations

⚠ physiciansapply.ca transfers
  United States Medical Licensing
☒ Examination
⚠ Language Proficiency
☒ Certifications

Experience

☑ Work
  Scholarly Activities and
☑ Research
☑ Volunteer
☒ Clinical Practice
☒ Fellowships
☑ Publications / Presentations
☑ Achievements & Interests

Requested documents

✓Medical school transcript

✓Medical Student Performance Record (MSPR)

✓Proof of citizenship

✓Personal letter(s)

✓Photo (JPEG max. 2 MB)

✓Reference documents

✓Additional document(s) requested by programs

Be mindful of the file size when uploading documents – 5MB limit (except photo)

Transcript and MSPR

- You have the ability to upload the Transcript yourself within your CaRMS Online account

- The MSPR must be submitted to CaRMS by your undergraduate office

- Follow the local policies of your faculty regarding document submission to CaRMS

Proof of citizenship

Option 1 (takes approx. 3 weeks)

Register for the Medical Council of Canada Qualifying Examination Part 1 (MCCQE1).

- Upon registration, send your legal status documents to the MCC by **October 20th** for verification.

- Once verified, you'll be granted an Identity Validity Period (IVP) which is valid for 5 years.

- You can transfer your verified legal status and IVP from the MCC directly in your CaRMS Online account for use in the match.

Option 2

Upload a **notarized** or **certified** proof of citizenship/legal status document in your CaRMS Online account.

- Acceptable documents vary by province

- Refer to provincial criteria and program descriptions for guidance

Personal letter

- Created in CaRMS Online
  - My Documents > Personal letters

- Required by each program

- Requested content varies by program

- This is a time-consuming task

- Suggestion: have your final letter(s) reviewed by a third party

Photos you should be considering…

- 2 MB size limit and JPG format only.

Reference Documents

Things to consider

- Determine your reference needs
  - Which discipline(s) or programs will you apply to

- Reference requirements vary by program

- Requirements will be confirmed within program descriptions on September 20th

- Back up references in case referee is unable to submit on time

Reference Documents – Cont.

An **early reference document form** is available on carms.ca

- Used to make a request **prior** to the system opening on September 20th

- Should only be used if you want traditional letters of reference

- Cannot use towards programs that require:

  o AFMC-approved Structured Reference Letters (Family Medicine, Emergency Medicine, Orthopedic Surgery)
  o Formulaire d'appui (Quebec universities)
  o Other program specific reference forms

Reference Documents – Cont.

How to request references in CaRMS Online

1. Create a reference request in your CaRMS Online account
   - My Documents > Reference Requests
   - Select the type of reference you need (discipline, language, referee details)

2. Once finalized, send the request to your referee

3. Referees are asked to submit their references in CaRMS Online by November 30th

4. Review the status of your reference document in the **Document Tracking** section of CaRMS Online

CASPer test

- The CASPer test may be required by some provinces and/or programs. You must review provincial criteria and program descriptions

- Sessions offered can be found on the *Acuity Insights* website and have **limited** seating

- Information regarding the dates to write the test and status updates regarding your result will be emailed to you during the application period

- Complete the Casper test in the language of the program to which you are applying

- *Acuity Insights* will request **consent to share** your result with CaRMS

- **CaRMS will receive the result and add it into your CaRMS Online account**

- Results are only valid for **the current match cycle**

Family Medicine Professional Choices Assessment (FM-ProC)

- FM-ProC is a situational judgment that is specifically create for Family Medicine

- **Information regarding registration will be available within the participating Family Medicine program descriptions**

- You can complete the assessment in the language you are most comfortable in (French of English).

- CaRMS will receive the score and add it into your CaRMS Online account

Other potential requested documents

- Language exams
  - Test de français international (TFI)
  - TOEFL and/or IELTS

- Custom resumé (CV)

- Undergraduate and Graduate transcript(s)

Translation services for bilingual applicants

- We facilitate third-party translations for **MSPR's** and **Reference Documents**

- Transcripts do not need to be translated

- Before you can request translations:

  o Your account must be set as bilingual (both French and English)
  o The original language document must already be in your account

- CaRMS' translation service is not mandatory – other third-party translations are accepted

- Centralized translation request and receipt within CaRMS Online

Translation requests

- Translations are guaranteed if requested by the translation request deadline

- Students will be able to review the translated MSPR prior to the application deadline

- Reference documents are confidential and cannot be viewed

- The original (pre-translated) reference document is combined with the translated once returned to CaRMS

Reference document (per reference)
$133.90

MSPR
$321.62

Application to programs

- Opens on November 1, 2023 at 12:00 (noon) ET

- You apply to a University + Discipline + Location (UBC + Family Medicine + Vancouver)

- You are charged a program application fee for each university + discipline only (i.e. one charge for NOSM Family Medicine, regardless of number of sites)

- Three-step process:
  - ✓ Select the program(s)
  - ✓ Assign requested documents
  - ✓ Submit your application(s)

AFTER FOUR PROGRAMS

Additional program application fees:

$59.49

(per program)
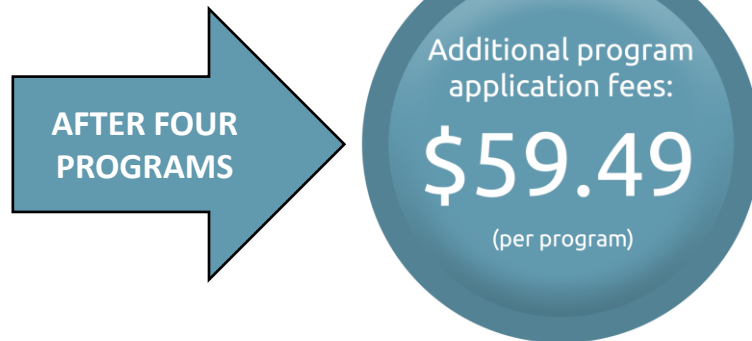
Document Assignment Checklist

Document assignment:

| Canadian citizenship ✓ | Reference documents ✗ | Additional documents ✗ |

Required:

- Personal Letter ❓
- Photo

- Medical School Transcript
- Medical Student Performance Record
- Custom Résumé / CV ❓

Conditionally required:

☐ **I acknowledge the program's requirements and consider the document assignment status to be "Complete".**

Select the documents you wish to assign to this program.

Show [10 ▼] entries

Search: [Search]

Assign	Document	Title	Language	Date document received
☐	Abstract/Publications	Publications & presentations	EN	08/11/2020

Application Deadline

December 1, 2023 at 12:00 (noon) ET

- Applied to programs and ensured you have assigned **all requested documents**

- Applications and documents submitted after the deadline will be **time-stamped as late**

Application behavior leading up to submission deadline

Average number of CMG program applications

Chart: Average number of CMG program applications by year

- 2014: 14.1
- 2015: 16.8
- 2016: 17.7
- 2017: 18.8
- 2018: 20.6
- 2019: 21.2
- 2020: 21.4
- 2021: 21.2
- 2022: 24.6
- 2023: 22.5

Legend: CMG

1st iteration
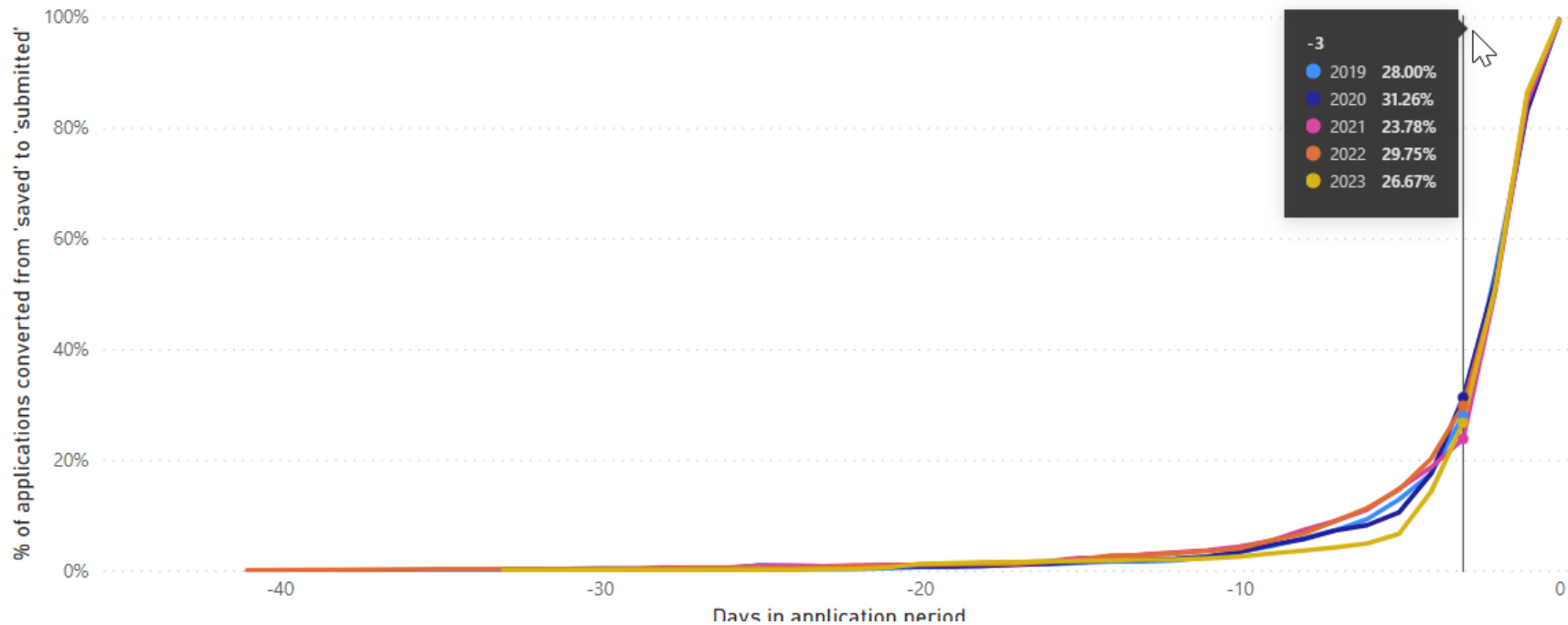
Application period | File review | Interviews | Rank programs | Match results
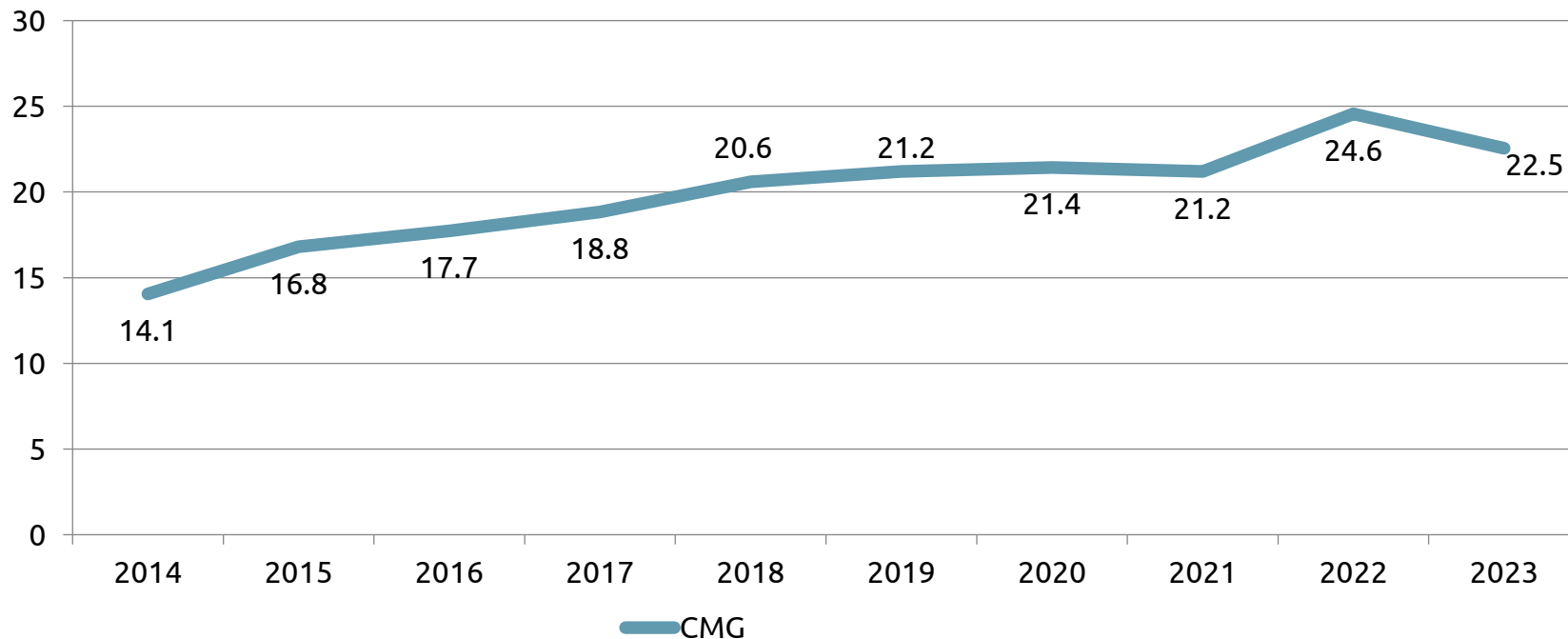
File review

File Review period

December 1, 2023 – January 15, 2024

✓ Review program descriptions for interview details

✓ Practice your interview skills

✓ Review the **Interview Offer Status** section within your CaRMS Online account
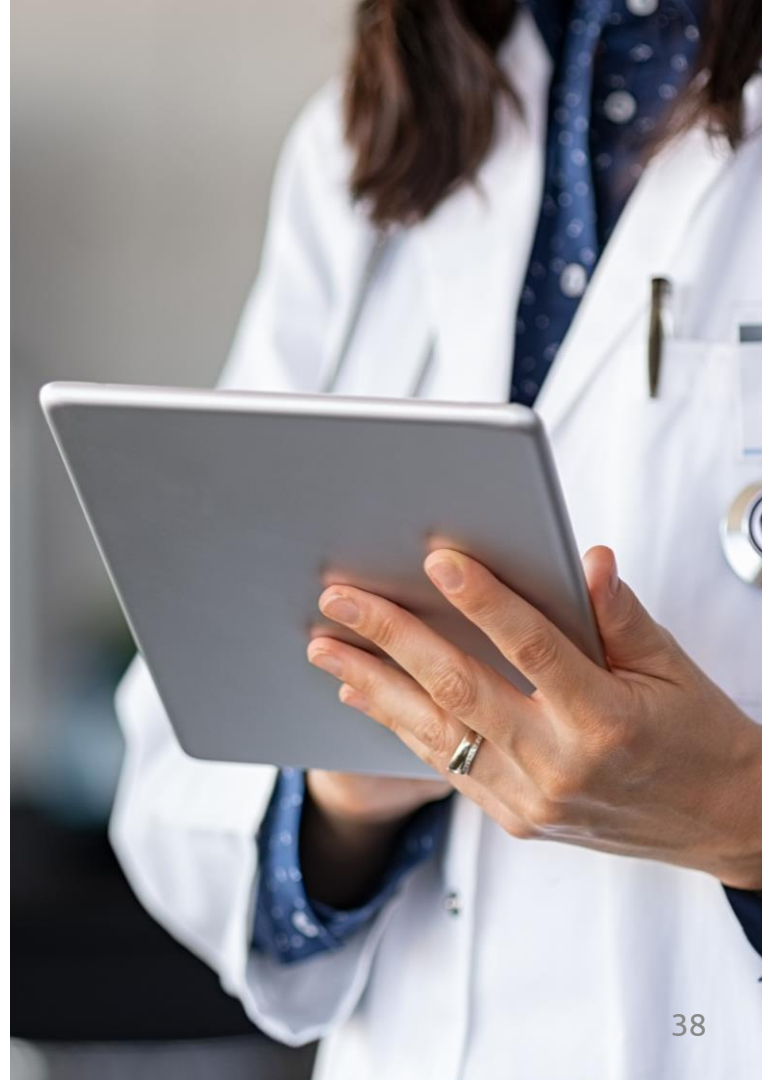
What are programs looking for in my application?

Programs must enter the following information within their program descriptions:

- **Program goals**

    o **Example:** Residents in our program acquire the necessary skills to prepare them for practice in any setting, and in particular - northern and rural communities.

- **Selection process goals**

    o **Example:** Applicants who possess attributes of prioritizing their own personal well-being and work-life balance.

What are programs looking for in my application?

- **Components that are evaluated during the file review and interview processes**

  - o **Example:** Extra-curricular activities as it demonstrates if the applicant prioritizes personal interests and work-life balance.

- **Specify if they evaluate information gathered outside of the CaRMS application**

  - o **Example:** We search applicants on social media

- **Indicate any potential reasons they would not rank an applicant**

  - o **Example:** Unprofessional or inappropriate behavior during interviews or the match process

Application period | File review | **Interviews** | Rank programs | Match results

Interviews

Interview period

January 15 – February 4, 2024

✓ Review [interview guidelines](#) on carms.ca

✓ You will be able to view the global interview schedule and specific interview dates for the programs you applied to.

✓ Interviews will be conducted virtually for the 2024 match cycle

✓ Ensure you are ready for any interviews at this time

Interview offer status

Interview offer status legend
✅ Selected for interview
❌ Not selected for interview
🕐 Waitlisted
❗ Not conducting interviews in this match/iteration
⊖ Application submitted after interview status update deadline. The program is not obligated to update your interview status

- This tool allows you to know whether you should expect an interview offer from each program.

- This is **not** a tool to schedule interviews.

CMG applications resulting in an interview offer

Application period   File review   Interviews   **Rank programs**   Match results

Rank programs
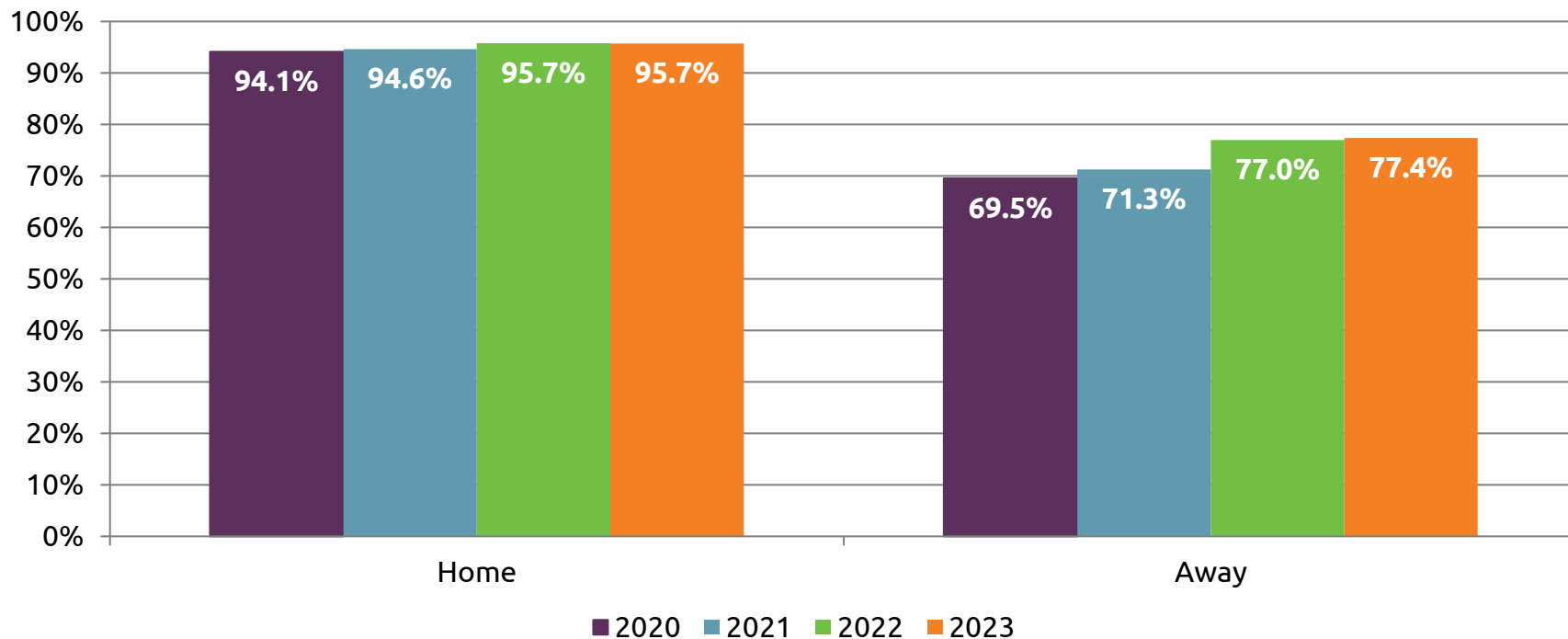
Ranking period

February 1 – February 29, 2024 at 15:00 ET

✓ Create your rank order list

✓ SUBMIT your rank order list **before the deadline of <u>February 29, 2024 at 15:00 ET</u>**

✓ Deadline is **<u>FINAL</u>** and no modifications can be made after the deadline.

Best practices when ranking programs

- Rank in your **preferred** order

- Rank **only programs** where you are willing to match

- **No obligation** to rank a program after an interview

- Any previous conversations with programs regarding mutual interest are **not official, nor binding**

- Listing a residency program on your submitted rank order list establishes a **legal binding commitment to your match result**

Applicant Rank Order List
Example

1	University of Ottawa / Pediatrics / Ottawa
2	Queen's University / Pediatrics / Kingston
3	University of Toronto / Pediatrics / Toronto
4	McMaster University / Pediatrics / Hamilton
5	Western University / Pediatrics / London
6	NOSM / Pediatrics / Sudbury
7	University of Ottawa / Family Medicine / Ottawa
8	Queen's University / Family Medicine / Kingston
9	University of Toronto / Family Medicine / Toronto
10	McMaster University / Family Medicine / Hamilton
11	Western University / Family Medicine / London
12	NOSM / Family Medicine / Sudbury

Ranking as a couple

- Ranks get considered mutually

- Ability to rank the same program multiple times

- Your match result is tied to that of your partner

- You can retract the couple option **before** the rank order list deadline

Planning a couple's rank order list

1. Rank programs in the same city

2. Rank programs in close proximity

3. Rank programs that are farther apart

4. The **no match** option is available **as a last resort** to allow one member of a couple to match if the other could not

Applicant A Rank Order List	Applicant B Rank Order List
1 University of Calgary / Pediatrics / Calgary	1 University of Calgary / Neurology / Calgary
2 University of Alberta / Pediatrics / Edmonton	2 University of Alberta / Neurology / Edmonton
3 University of British Columbia / Pediatrics / Vancouver	3 University of British Columbia / Neurology / Vancouver
4 University of Saskatchewan / Pediatrics / Regina	4 University of Saskatchewan / Neurology / Regina
20 University of Calgary / Pediatrics / Calgary	20 University of Alberta / Neurology / Edmonton
21 University of Alberta / Pediatrics / Edmonton	21 University of Calgary / Neurology / Calgary
22 University of British Columbia / Pediatrics / Vancouver	22 University of Alberta / Neurology / Edmonton
23 University of Saskatchewan / Pediatrics / Regina	23 University of British Columbia / Neurology / Vancouver
100 University of Ottawa / Pediatrics / Ottawa	100 University of Calgary / Neurology / Calgary
101 University of Calgary / Pediatrics / Calgary	101 University of Ottawa / Neurology / Ottawa
102 University of Ottawa / Pediatrics / Ottawa	102 University of Alberta / Neurology / Edmonton
555 No match	555 University of Calgary / Neurology / Calgary

1

2

3

4

You must know what you are willing to accept as your match result in the ranking period

- Success in the match is different for all applicants

- Determining which programs to rank can go beyond your interview experiences (rural or urban, west coast or east coast, personal interests)

- **Reminder:** there is no opportunity to change your rank order list after the deadline – please refer to the Match Violation Policy.

Previous R-1 Match Data

- What percentage of CMGs match?

- What percentage of CMGs matched to their first-choice **discipline**?

- What percentage of CMGs matched to their first-choice **rank**?

93.5% of final-year CMGs matched in the first iteration of the 2023 R-1 Main Residency Match

81.6% of final-year CMGs matched to their first-choice discipline in the first iteration of the 2023 R-1 Match

CMGs matched to first choice discipline, by discipline group

99.4%

94.8%

77.7%

76.0%

Family Medicine — Internal Medicine — Surgical disciplines — Non-surgical disciplines
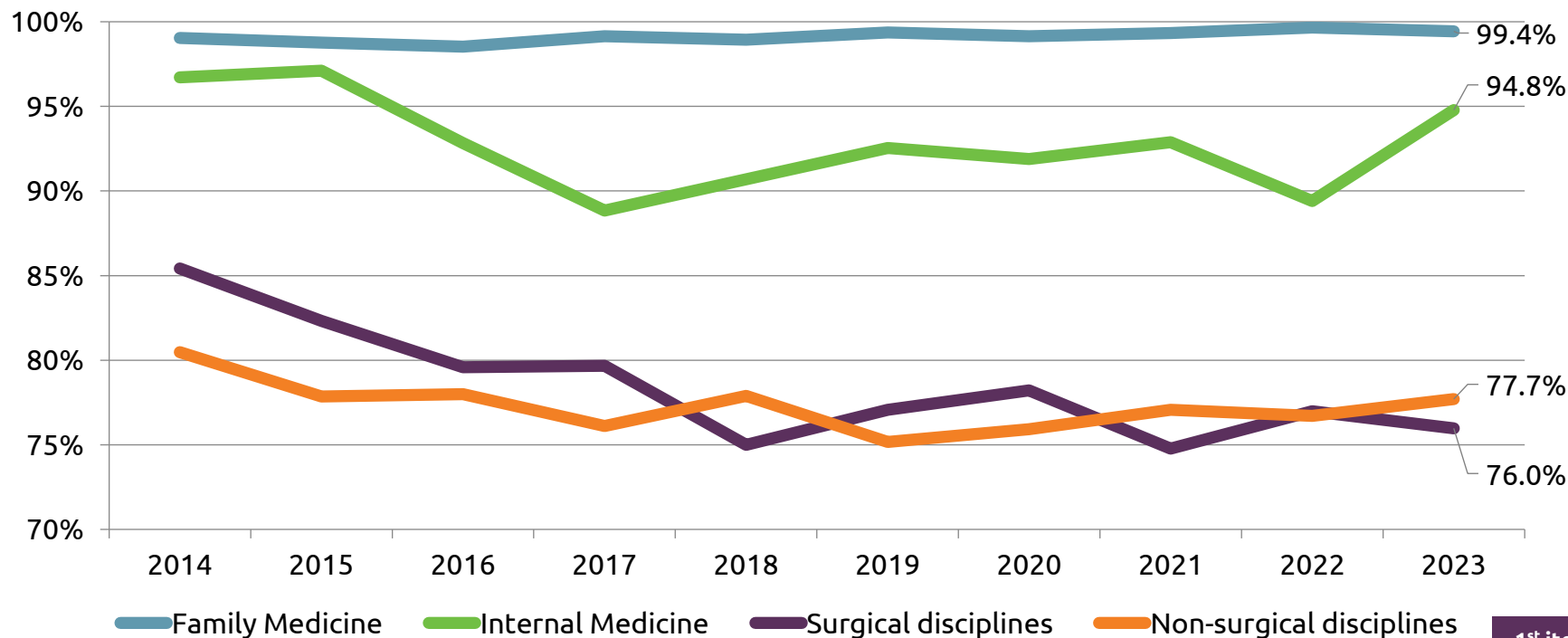
1st iteration

61.6 % of final-year CMGs matched to their **first-choice rank** in the first iteration of the 2023 R-1 Match

CMGs matched to one of their top three program choices, by discipline group
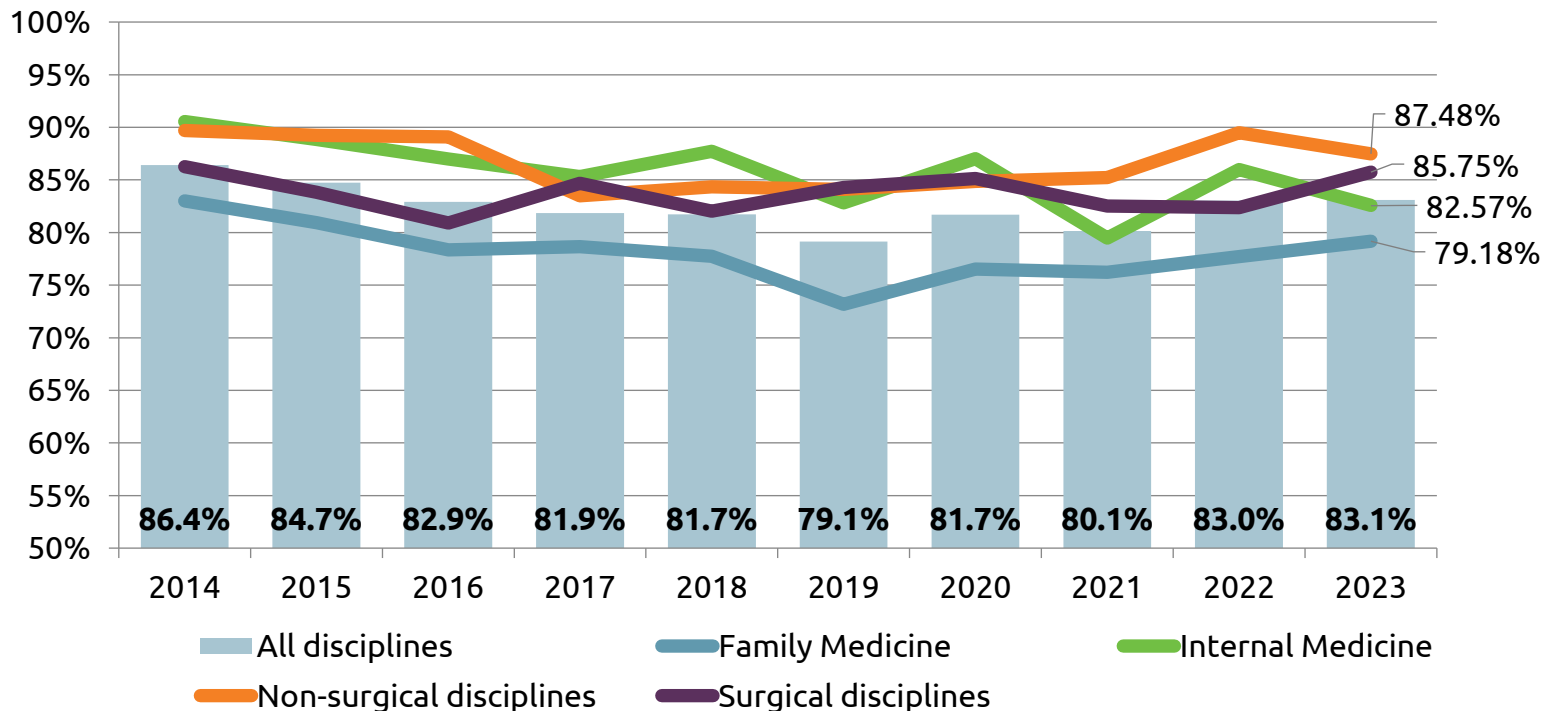
Program choice 2023	
1st	61.2%
2nd	14.1%
3rd	7.8%
4th	4.6%
5th	2.9%
6th	1.7%
7th	1.2%
8th +	6.4%

All disciplines: 86.4% (2014), 84.7% (2015), 82.9% (2016), 81.9% (2017), 81.7% (2018), 79.1% (2019), 81.7% (2020), 80.1% (2021), 83.0% (2022), 83.1% (2023)

2023 values: 87.48%, 85.75%, 82.57%, 79.18%

Legend: All disciplines, Family Medicine, Internal Medicine, Non-surgical disciplines, Surgical disciplines

1st iteration

CMG couples match rates

2019	2020	2021	2022	2023
98 couples	106 couples	106 couples	102 couples	106 couples
100%	100%	100%	100%	100%
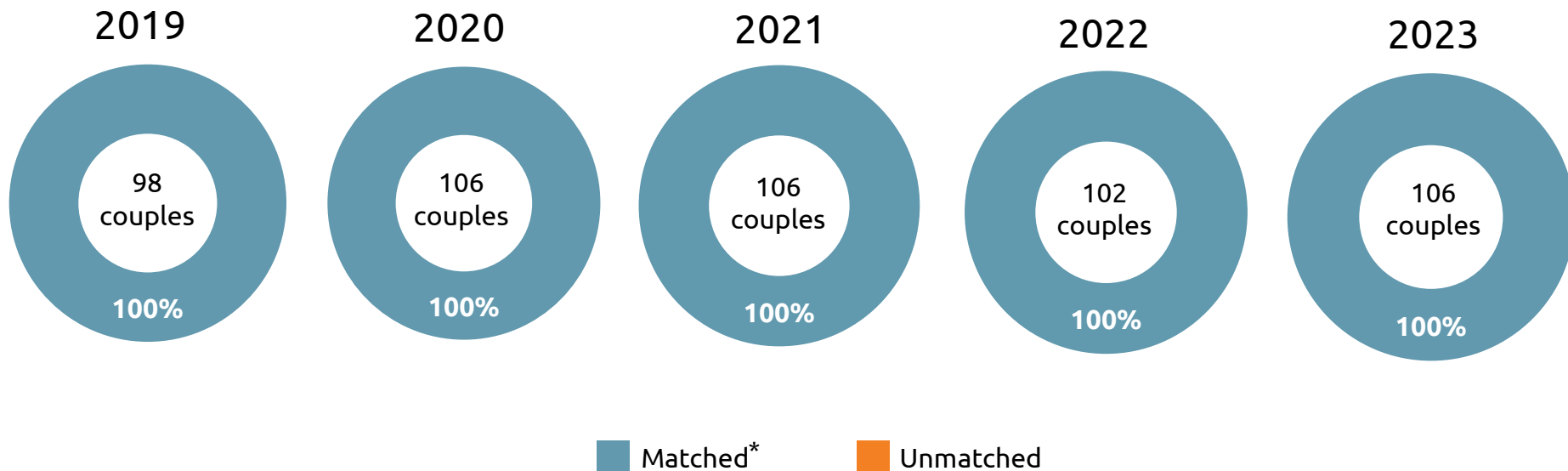
Matched*   Unmatched

*Includes couples that matched only one partner

2023 CMG individual matched rank results

A bar chart titled "2023 CMG individual matched rank results" with "Rank level" on the x-axis and "Number matched" on the y-axis. Legend: # Matched.

Rank level	# Matched
1	1 578
2	374
3	199
4	118
5	77
6	46
7	31
8	29
9	22
10	17
11	13
12	6
13	9
14	9
15	6
16	1
17	2
18	1
19	6
20	3
21	1
23	4
24	2
27	1
28	1
29	2
30	1

1st iteration
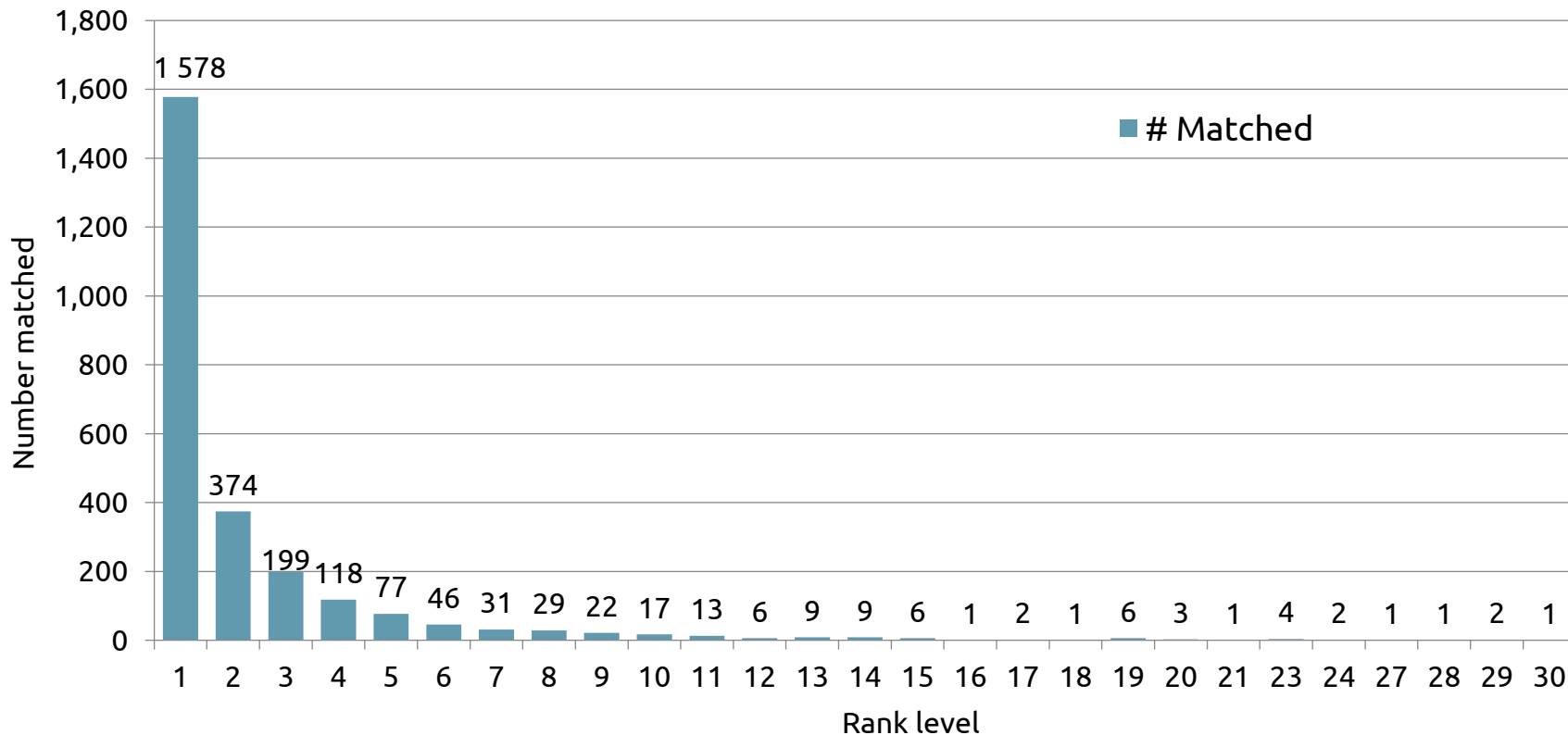
CMG quota, participation and ratio

2023 CMG first choice discipline compared to availability (supply ≥ demand)

Positions/Applicant first choice discipline

Discipline	Value
Hematological Pathology (Positions = 4)	4.00
Medical Microbiology (Positions = 5)	2.50
Public Health and Preventive Medicine including Family Medicine (Positions = 15)	1.67
Family Medicine (Positions = 1409)	1.61
General Pathology (Positions = 8)	1.60
Public Health and Preventive Medicine (Positions = 10)	1.43
Medical Genetics and Genomics (Positions = 10)	1.43
Internal Medicine (Positions = 481)	1.16
Neurology (Positions = 53)	1.10
Anatomical Pathology (Positions = 32)	1.10

1st iteration

2023 CMG first choice discipline compared to availability (supply < demand)

Discipline	Positions/Applicant first choice discipline
Psychiatry (Positions = 181)	0.94
Pediatrics (Positions = 141)	0.92
Orthopedic Surgery (Positions = 52)	0.85
Neurosurgery (Positions = 20)	0.83
General Surgery (Positions = 85)	0.82
Physical Medicine & Rehabilitation (Positions = 33)	0.80
Neurology - Pediatric (Positions = 7)	0.78
Radiation Oncology (Positions = 22)	0.76
Urology (Positions = 31)	0.74
Obstetrics and Gynecology (Positions = 93)	0.70
Cardiac Surgery (Positions = 9)	0.69
Anesthesiology (Positions = 140)	0.69
Emergency Medicine (Positions = 77)	0.68
Nuclear Medicine (Positions = 9)	0.64
Diagnostic Radiology (Positions = 79)	0.63
Otolaryngology - Head and Neck Surgery (Positions = 28)	0.56
Dermatology (Positions = 28)	0.54
Vascular Surgery (Positions = 11)	0.52
Ophthalmology (Positions = 38)	0.49
Plastic Surgery (Positions = 23)	0.46

Positions/Applicant first choice discipline

1st iteration

Is there a formula that guarantees a successful match?

No, there are no hacks for the match!

Rank in your **preferred** order and not by where you feel you have the best chance of securing a position
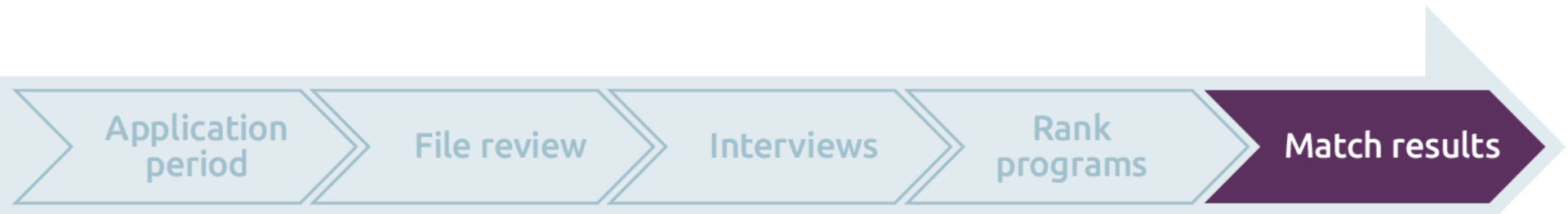
What does the Match Algorithm do?

Want to learn more about the match algorithm?

Visit carms.ca/algorithm for FAQs regarding the following:

- How it works

- Strategy & Best Practices

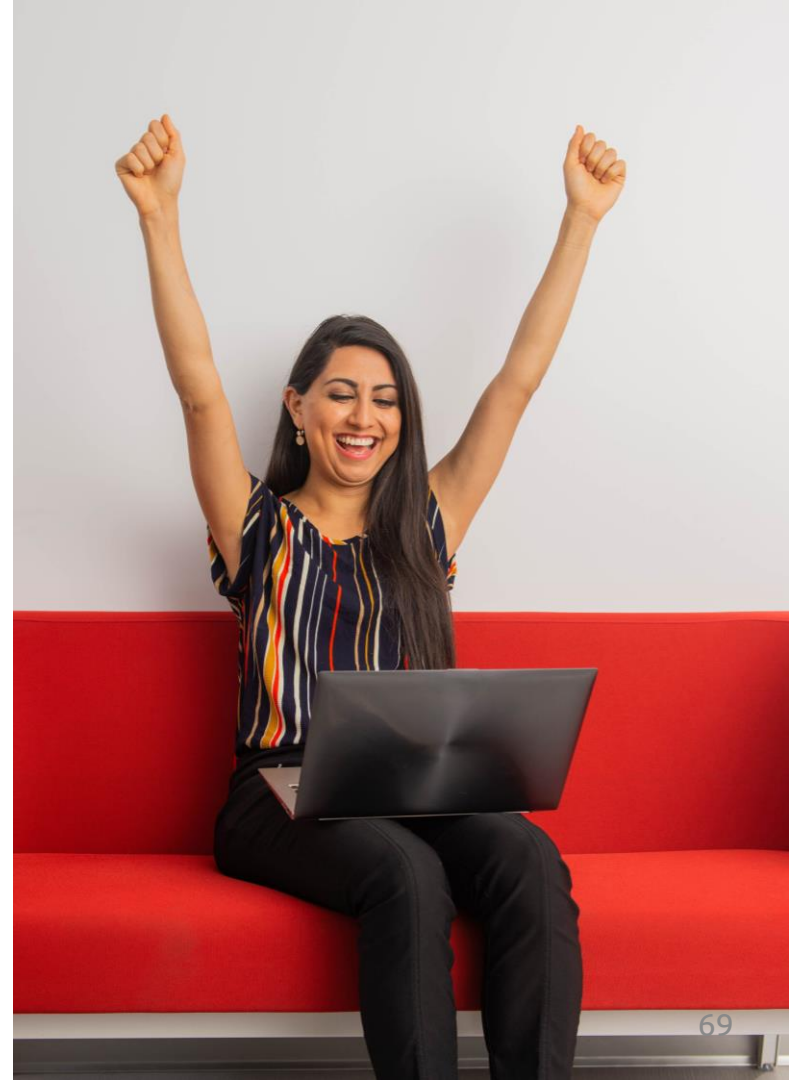- Couples ranking

- "What if" scenarios

Application period > File review > Interviews > Rank programs > **Match results**

Match results

Match Day

March 19, 2024, at 12:00 (noon) ET

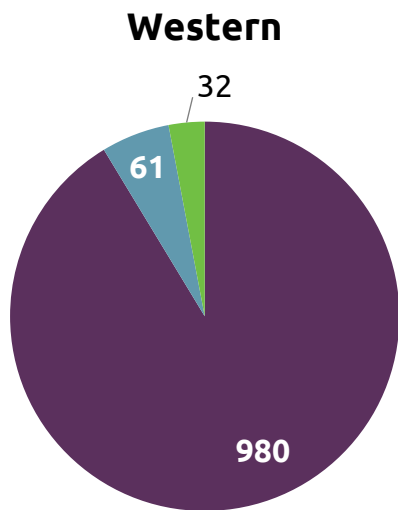- Access the **Match Results** section of your CaRMS Online account

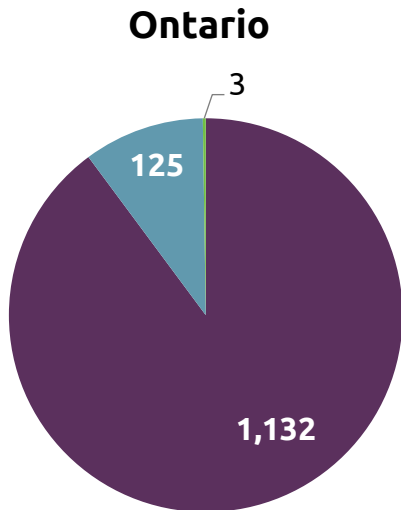# 2023 R-1 match regional highlights (CMG applicant view)

First iteration						
Region	**Current year graduates**			**Previous years graduates**		
	Matched	**% Matched**	**Unmatched**	**Matched**	**% Matched**	**Unmatched**
Western	758	94.6%	43	8	80.0%	2
Ontario	941	94.6%	54	5	83.3%	1
Quebec	798	90.7%	82	47	92.2%	4
Eastern	180	95.7%	8	6	100.0%	0

Second iteration						
Region	**Current year graduates**			**Previous years graduates**		
	Matched	**% Matched**	**Unmatched**	**Matched**	**% Matched**	**Unmatched**
Western	24	60.0%	16	5	45.5%	6
Ontario	29	65.9%	15	14	46.7%	16
Quebec	28	60.9%	18	4	36.4%	7
Eastern	2	28.6%	5	1	33.3%	2

Unmatched current year CMGs after second iteration

	2023	2022
National	1.9%	1.2%
Western	2.0%	2.0%
Ontario	1.5%	0.4%
Quebec	2.0%	1.3%
Eastern	2.7%	2.1%

2023 R-1 match regional highlights (program quota view)

Western

32
61
980

Fill rate: 97.0%

Ontario

3
125
1,132

Fill rate: 99.8%

Quebec

38
73
837
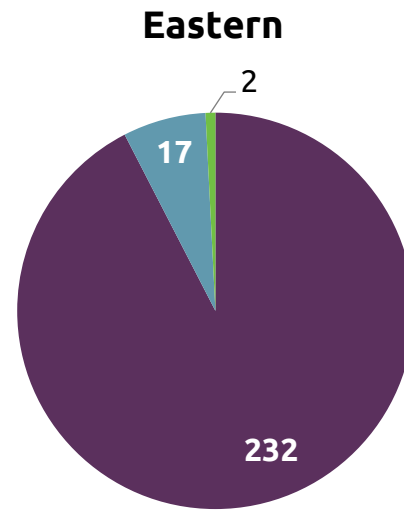
Fill rate: 92.3%

Eastern

2
17
232
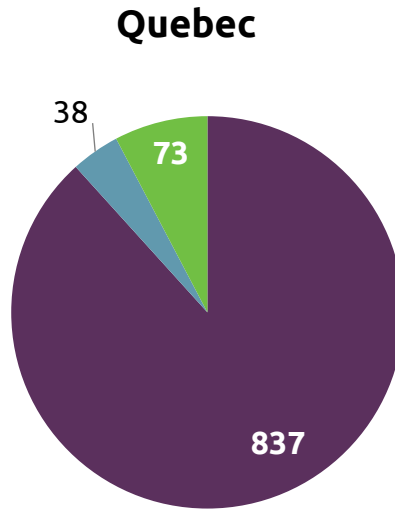
Fill rate: 99.2%

■ Filled positions in 1st iteration　　■ Filled positions in 2nd iteration　　■ Unfilled positions

Why might an applicant not match?

1. An applicant was not ranked by a program they ranked

2. An applicant did not rank a program that ranked them

3. An applicant was ranked by a program they ranked, but the program filled all their positions with preferred applicants

Advanced release of unmatched status

- You are able opt in or opt out of sharing your unmatched status with your undergraduate office

- Should you opt in and go unmatched, your status will be shared with your undergraduate office 24 hours before match day

- Undergraduate offices follow their own local practices to support students

Second iteration

Second iteration: key differences

- March 19 at noon ET – April 25 at noon ET, 2024

- Not all disciplines will be available in the second iteration

- Positions are not available in every location

- Positions can be competitive

    o i.e. IMGs are eligible for the same positions as CMGs in certain provinces

- Current medical residents are eligible to apply
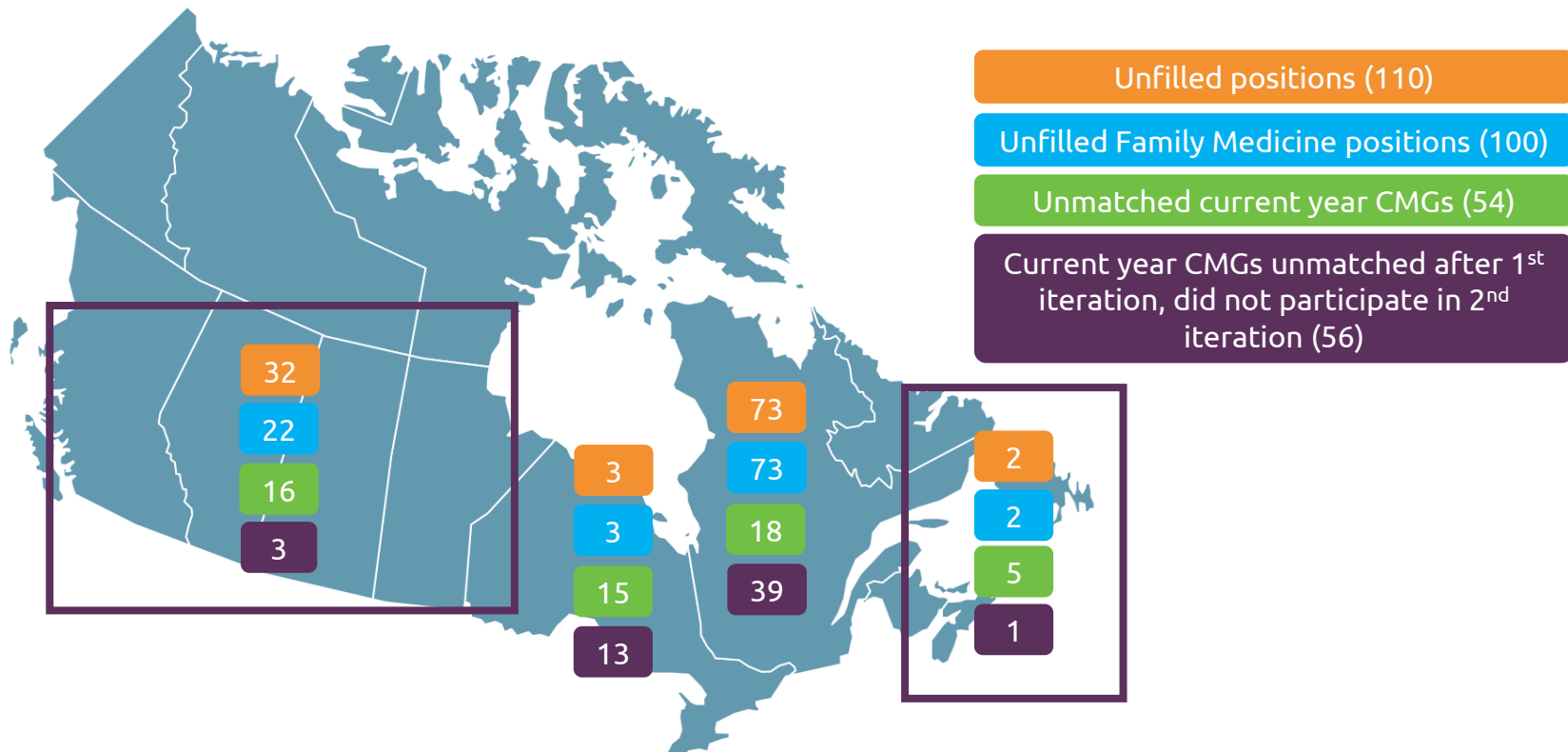
Unmatched current year CMGs after second iteration

Ontario and CAF added positions post-match to mitigate unmatched numbers
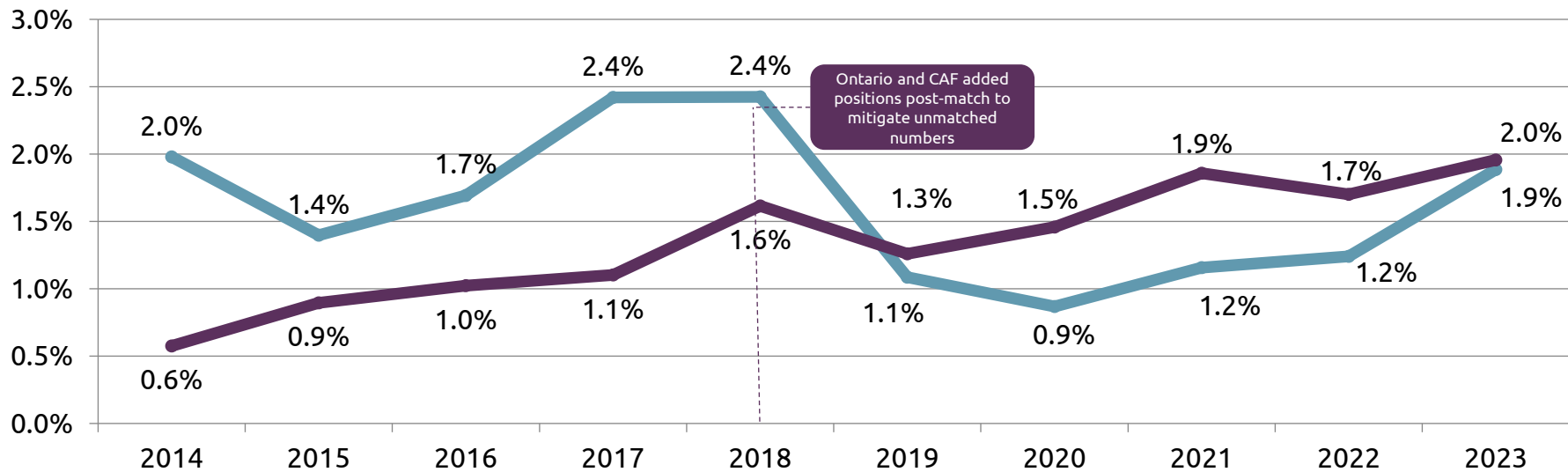
	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Unmatched current year CMGs after 2nd iteration	55	39	48	68	69	31	25	33	35	54
Current year CMGs who did not match in first iteration and did not participate in second iteration	16	25	29	31	46	36	42	53	48	56

— Unmatched current year CMGs after 2nd iteration

— Current year CMGs who did not match in first iteration and did not participate in second iteration

Unfilled positions and CMGs not matched after second iteration, by region

Unfilled positions (110)

Unfilled Family Medicine positions (100)

Unmatched current year CMGs (54)

Current year CMGs unmatched after 1st iteration, did not participate in 2nd iteration (56)

Data on carms.ca

- Over 60 reports available under the **Data & Reports** section

- Data showing relation between applicant reported electives and match results

- Interactive tool with 10+ years of R-1 data

- CaRMS Forum presentation slides

R-1 match electives data

R-1 match interactive data

Tips from CaRMS

- Participate in the match as soon as you can to ensure you receive important match information

- Read the communiqués and Help Center articles

- You can upload most documents yourself

  o Exceptions are the MSPR and Reference documents

- Mailed documents are not accepted

Getting the help you need

- carms.ca

- Help center – carms.zendesk.com

- Communiqués

- **Twitter:** @CaRMS_CA

- **Facebook:** Facebook.com/carms.ca

- **YouTube:** Youtube.com/CaRMSvideo

CaRMS client services team

Available Monday to Friday

- **By phone**
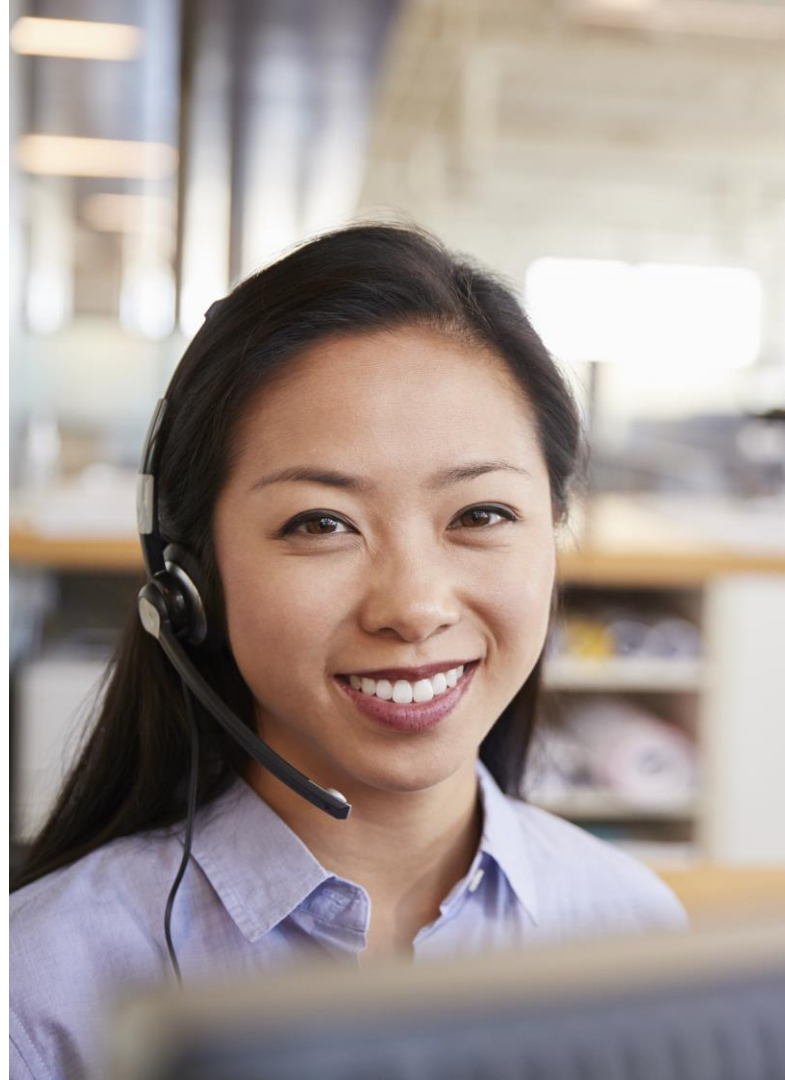   - 1.877.227.6742
    - 9am to 5pm ET (as of September 5th)

- **By chat (CaRMS Online)**
    - 9am to 5pm (ET)

- **By email**
    - help@carms.ca
    - aide@carms.ca

Questions & Survey

https://www.surveymonkey.com/r/GFDXS3J