

Basic Information for Internationally Trained Medical Graduates Arriving in Canada

Dr. Sara Ahmed Malik

NOTE: This document is prepared by the Internationally Trained Medical Graduates (IMG) Office of AMMAC (Ahmadiyya Muslim Medical Association of Canada). It provides preliminary information derived from the current websites designated for IMGs wishing to practice in Canada. The content is based on input from highly experienced IMGs, both successful and unsuccessful, to help new IMGs make informed decisions about the routes they can take. Every IMG is advised to carefully review the official website of the province that best suits their needs and fulfill the application eligibility requirements as early as possible. If the eligibility requirements are not met within a specified period, the chances of entering practice are significantly reduced.

To work as a physician in Canada, you must primarily pass the professional exams and have recognized residency training in your specialty. Securing residency in Canada is highly competitive. Canada also recognizes residency training from the UK, Australia, New Zealand, South Africa, and the USA. If you have completed residency in one of these countries, contact the AMMAC Office for further guidance.

Broadly speaking, an IMG may enter medical practice through one of the following routes:

1. CARMS (Canadian Resident Matching Service):

This route is most suitable for recent graduates or those who have completed all the eligibility requirements within the past 1-2 years and have little or no experience in independent practice. Some essential eligibility requirements include passing the Professional Exams (QE1 and NAC OSCE), as well as recent English Proficiency Exams

(IELTS or CELPIP) taken within the last two years, and obtaining a Certificate of Professional Conduct (COP). If you are in Canada, it is advisable to gain volunteer experience in a medical setting. There is a fixed number of seats available across Canada, and fresh graduates have the best chance of being matched. A snapshot of CARMS and IMGs can be found here: <https://www.carms.ca/pdfs/carms-forum-2024.pdf>

You will need to apply to the provinces and specialties of your choice. The more provinces and disciplines you select, the better your chances. Each choice incurs a fee, which can be significant for most new IMGs. For detailed information, visit: CARMS Website, <https://www.carms.ca/>. You may encounter unfamiliar terminology and official links, so it is recommended to make a list of questions while navigating the site. AMMAC can assign a physician to assist you with any clarifications.

2. Provincial Routes of Practice Ready Assessment (PRP):

Canada has 10 provinces and 3 territories, and several provinces offer Provincial IMG Programs. Below are the links to detailed information for each province:

- *Alberta:* AIMG <https://www.aimg.ca/>
- *British Columbia:* BC IMG Program <https://www2.gov.bc.ca/gov/content/health/practitioner-professional-resources/physician-compensation/return-service-programs/pgme-img-program>
- *Manitoba:* University of Manitoba IMG Program <https://umanitoba.ca/explore/programs-of-study/international-medical-graduate-img-programs>
- *Newfoundland & Labrador (NFL):* NFL Licensure Pathways <https://workinhealthnl.ca/licensure-pathways-for-physicians/>



PEXELS

- *New Brunswick*: NB PRA <https://cpsnb.org/en/practice-ready-assessment-nb>
- *Nova Scotia*: Nova Scotia IMG Program <https://www.img-nova-scotia.ca/>
- *Ontario*: CPSO IMG Registration <https://www.cpso.on.ca/Physicians/Registration/International-Medical-Graduates>
- *Saskatchewan*: University of Saskatchewan IMG Program <https://cmelearning.usask.ca/specialized-programs/img/what-is-img.php>

Each provincial program has variable eligibility requirements, which generally include passing professional medical exams and recent experience as an independent physician in the specialty you are applying for. Most programs require you to be a current resident of the province in which you are applying. It is essential to review the website of the province you are interested in to understand the detailed eligibility criteria and prepare a list of questions to ask an Ahmadi physician at AMMAC.

Some Helpful Points:

- If your visit to Canada is planned, try to pass the prerequisite professional medical exams before arriving.
- Review your clinical rotations from undergraduate

studies in various disciplines to ensure they match the eligibility requirements. If necessary, update them before arriving.

- Ensure that your English proficiency exams are recent; aim to complete them close to the date of your application.
- This document provides only a broad introduction to the process, which can be long, tedious, frustrating, financially stressful, and disappointing. However, it is a transformative path in terms of both service to humanity and financial outcomes. Prayers, patience, perseverance, and persistence will reward the hard work and financial burden, Insha'Allah!
- Avoid seeking advice from those outside the medical field. Create a support group with others in the same situation. Surround yourself with people who can help bring out the best in you. Be part of AMMAC for additional support.

For further information, contact us:

- Website: AMMAC <https://ammac.org>
- Email: ammac@ahmadiyya.ca / ammaccanada@gmail.com
- Phone: +1-905-832-2889 EXT. 2662 (leave a message)