McMaster University

Family Medicine

Enhanced Skills Information Night

October 2026

Why family medicine, why an extra year, and why McMaster?

More information:
https://fammed.mcmaster.ca/education/postgraduate/enhanced-skills/

@McMasterFamMed

The Department of Family Medicine recognizes and acknowledges that we are located on the traditional territories of the Haudenosaunee and Anishnaabeg nations. This territory, covered by the Upper Canada Treaties, is within the lands protected by the “Dish With One Spoon” Wampum agreement and is directly adjacent to the Haldimand Treaty territory.

Agenda

Welcome & Enhanced Skills Overview - Dr. Henry Siu
Addictions Medicine- Dr. Joel Schmidt
Care of the Elderly (COE) - Dr. Henry Siu
Palliative Care - Dr. Alex Farag
Emergency Medicine - Dr. Alex Mitcham
Sports & Exercise Medicine (SEM) - Dr. Wade Elliott
Family Practice Anesthesia (FPA) - Dr. Jesse Guscott
Family Medicine Obstetrics - Dr. Morgan Black
Rural/Regional Self-Design - Dr. Peter Wells
Research & Scholarship - Dr. Claire Bodkin
Q&A
Closing Remarks- Dr. Henry Siu

Introduction to PGY3 at McMaster

- Our Enhanced Skills (PGY-3) Program offers a wide range of options for residents seeking additional training after their 2-year Family Medicine Residency Program.

- The intention of PGY-3 is to support residents in further developing their skill set in an identified area of interest in order to best serve their future community.

Our Enhanced Skills Programs can be divided into two categories:

Category 1 Programs

- 1 year in duration
- Follow a structured curriculum
- Lead to a recognized CFPC Certificate of Added Competence

Category 2 - Self-Designed Programs

- 3-12 blocks (months) in duration
- Resident-identified specific goals and objectives
- NO Certificate of Added Competence on completion

*****All PGY2s are eligible to apply to all programs, independent of residency home-base.*****

PGY3 Positions Available for 2025-2026

CATEGORY	PROGRAM	CERTIFICATE OF ADDED COMPETENCE	MONTHS	# POSITIONS	PRIMARY PRACTICE SETTING
CATEGORY 1	Addiction Medicine	Yes	12	1	KW Region and Hamilton
	Care of the Elderly			2	Hamilton and Niagara Areas
	Palliative Care			4	Hamilton Area
	Sports & Exercise Medicine			1	Burlington/Hamilton
	Emergency Medicine			9	Hamilton (5) KW (2) Niagara (2)
	Family Practice Anesthesia			3	Rural/Regional/ Brantford/Hamilton
CATEGORY 2	Rural/Regional Self Design	No	3-9	6-8	Rural/Regional
	Research & Scholarship	No	12	1	Hamilton Area
	Family Medicine Obstetrics	No	6	2	Hamilton Area

McMaster PGY3 Application Summary

PROGRAM	2025-2026	2024-2025	2023-2024	2022-2023	2021-2022	2020-2021	2019-2020	2018-2019
Total Applicants	196	168	178	196	182			
PC	19	21	21	29	30	26	20	17
SEM	11	12	12	19	16	13	9	20
FPA	30	18	18	17	11	14	5	16
COE	3	4	4	4	6	3	4	2
EM	104	99	107	105	105			
AM	2	-						
Rural/Regional Self-Design	12	11	8	12	13	16	26	17
Research & Scholarship	3	0	0	2	1	1	-	-
ES-Obstetrics	12	13	8	8	-	-	-	-

All Category 1 Program applications will be through carmsonline.ca.

TIMELINE – Category 1 & 2 Programs

September - Submission and assignment of applications

October/November - National interview period

December - Match results

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Addiction Medicine

Addiction Treatment Needs are Large…and Growing

Public Health Ontario

- 105% increase in the number of opioid-related mortalities in Ontario from 2018 to July 2023 (most recent data available)

- 102% increase in the number of opioid-related emergency department visits in Ontario from Jan 2018 to July 2023 (most recent data available)

Why Choose Addiction Medicine?

Fulfilling because….

- See significant positive changes
- Work at intersection of treatment, prevention, mental health, and the social determinants of health.
- Chance to treat the whole person
- Many mental health presentations

Challenges…

- Relapsing & remitting condition
- Some people die
- Environmental syndromes

McMaster Addiction Medicine Program, PGY3

Draft Rotation Schedule for 2025-2026

Learning Experience	Number of Blocks
Medical Detox	1
Hospital Consult Service	2
Opiate Agonist Clinic	1
RAAM Clinic	2
Harm Reduction & Safer Supply	1
Residential Treatment, including Concurrent Mood/Anxiety/Trauma Disorders	2
Perinatal Addictions	1
Selectives	1-2
Scholarship/Advocacy/Policy	1

McMaster Addiction Medicine Program, PGY3

- Goal: To train family physicians to achieve competence in a specific skillset, providing care in Addiction Medicine. The program aims to graduate leaders and champions in clinical care, leadership and education, while meeting community needs.

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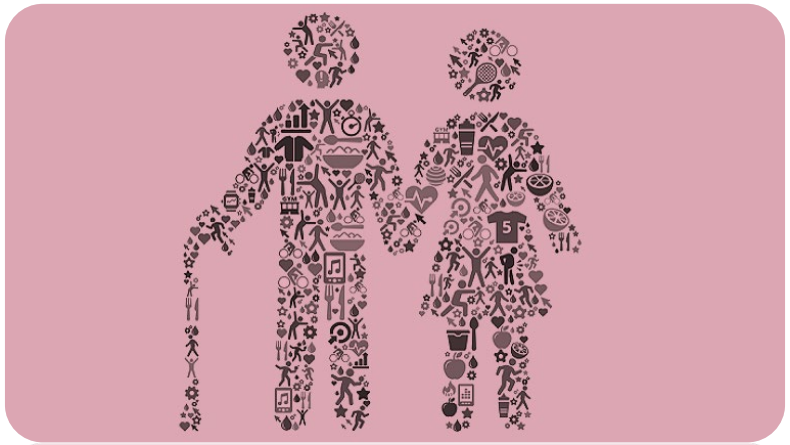
Care of the Elderly (COE)

Care of the Elderly Enhanced Skills Program

Goal: To develop Care of the Elderly (COE) family physicians who are competent in providing primary health care to their whole community, with specific skills to lead and advocate for high-quality elderly care in areas of clinical service, research and education.



Therefore, an ideal candidate can…

- Articulate how Care of the Elderly PGy3 program aligns with their career goals, and how they could contribute back to the community they will serve

- Demonstrate involvement and commitment in providing care for the elderly through:
  - Elective Experiences
  - Volunteer/Advocacy Work
  - Awards/Recognitions
  - Scholarship (e.g. presentations/posters, publications, research, education)

- Demonstrate leadership skills through:
  - Extra-curricular activities
  - Organizing committees
  - Local, provincial and/or national group initiatives

Tips for your Application Package

- Make sure your CV reflects an interest in COE
- Have your referees speak specifically about your COE experiences/aspirations
- In your personal statement, highlight how this PGY3 program could align with your career goals with respect to leadership, advocacy and/or scholarship in COE

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Palliative Care

So you want to be a PGY-3 in Palliative Care? You will need to be…

- Passionate about learning
- Flexible
- Inquisitive
- Compassionate
- Hard working
- Comprehensive
- Understanding
- Research oriented
- Patient (good whole person care takes time)

PGY-3 Palliative Care

- You will need to demonstrate:
  - Interest or experience in palliative care
  - Skills – liberal arts/scholar/athlete/social interests/leadership
  - Motivation
  - Independence
  - Organizational Skills
  - Interpersonal Skills

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Emergency Medicine

The Facts

More rumors than truth

Succeed at FM - **PD letter critical. We want well-rounded learners**

Small world - text messages, emails, phone calls. We hear about learners.

Courses - Encouraged but not required i.e. ACLS, PALS, NRP, ATLS

Research - not essential

The key is to demonstrate your ability to handle a workload during residency and be outgoing, independent and successful

	Total reported (%)	Matched (%)	Unmatched (%)
Emergency Medicine Elective	90.8	66.9	33.1

Emergency Medicine

- PD Group meets on a regular basis to standardize programs

Emergency Medicine Residency Programs

University of British Columbia
Emergency Medicine Program
St. Paul's Emergency Dept
1081 Burrard St
Vancouver BC V6Z 1Y6
Telephone: (604) 806-8877

University of Calgary
Emergency Medicine Program
Foothills Hospital
1403-29th St NW, Rm C231
Calgary AB T2N 2T9
Telephone: (403) 944-1651

University of Alberta
Emergency Medicine Program
205 College Plaza
8215 – 112 Street
Edmonton AB T6G 2C8
Telephone: (780) 492-9961

University of Saskatchewan
FM-Emergency Medicine Program
Room 1B-14
Regina General Hospital
1440 14th Avenue
Regina SK S4P 0W5
Telephone: (306) 766-3706

University of Manitoba
FM - Enhanced Skills - EM
Max Rady College of Medicine
Rady Faculty of Health Sciences
NA 529 - 770 McDermot Avenue
Winnipeg MB R3E 0T2
Telephone: (204) 977-5664

Western University
Emergency Medicine Program
London Health Sciences Centre
800 Commissioners Rd East
Room E1-102
London ON N6A 5W9
Telephone: (519) 667-6538

McMaster University
Department of Emergency Med
Hamilton General Hospital
McMaster Clinic, 2nd Floor
237 Barton St. East
Hamilton ON L8L 2X2
Telephone: (905) 521-2100
ext 76207

University of Toronto
Emergency Medicine Program
Dept of Family & Community Medicine
500 University Ave., 3rd Floor
Toronto ON M5G 1V7
Telephone: (416) 978-1019

Northern Ontario School of Medicine
Emergency Medicine Program
935 Ramsey Lake Road
Sudbury ON P3E 2C6
Telephone: (705) 662-7170

Queen's University
Dept of Family Medicine
Haynes Hall, Room 311
115 Clarence St, 3rd Floor
Kingston ON K7L 3N6
Telephone: (613) 533-9300
ext 73005

University of Ottawa
Emergency Medicine Program
The Ottawa Hospital
Civic Campus
1053 Carling Ave., E-Main
Room EM-206, Box 227
Ottawa ON K1Y 4E9
Telephone: 613-798-5555
ext 18578

McGill University
Room B2.117, Dept of Emergency
Montreal General Hospital
1650 Ave. Cedar
Montréal QC H3G 1A4
Telephone: (514) 934-1934
ext. 42501

Université de Sherbrooke
Faculté de médecine
3001, 12e av nord
Sherbrooke QC J1H 5N4
Telephone: (819) 346-1110

Université of Montréal
Directrice du programme en medicine d'urgence
Hôpital Sacré Coeur
5400 ouest boul. Gouin
Montréal QC H4J 1C5
Telephone: (514) 338-2222

Université Laval
Faculté de médecine
Pavillon Ferdinand-Vandry, bureau 4617
1050, avenue de la Médecine
Québec (Québec) G1V 0A6
Telephone: (418) 656-2131
poste 3678

Dalhousie University
Department of Emergency Medicine
1796 Summer Street, Suite 355
Halifax, Nova Scotia B3H 3A7
Telephone: (902) 473-4220

Memorial University
Emergency Medicine Program
The Health Sciences Centre
300 Prince Philip Drive
St John's NL A1B 3V6
Telephone: (709) 864-6535

- **18 Programs**
- **135 Positions**

McMaster Structure

Tintinalli Rounds

Simulation

Ultrasound

Practical: Cadaver Lab, ACLS, PALS, NRP, Musculoskeletal, Airway

Academic Project

Wellness: BBQ, Retreat, Graduation

Exams: orals, written, National Practice, ECG

A typical residency year would include:

- 4 blocks – Emergency Medicine
- 1 block – Emergency Pediatrics
- 1 block – Trauma
- 2 blocks – ICU
- 1 block – CCU
- 1 block – Elective
- 1 block – Anesthesia
- 1 block – Plastic & Orthopedic Surgery
- 1 block – POCUS

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Sports & Exercise Medicine

Optimal Candidate- SEM

Residents applying should have:

- Demonstrated a keen interest and rationale for why want to pursue PGY-3 SEM training
- A reasonable plan how they envision SEM fitting into their future practice
- An understanding why McMaster is a good fit
- Interest in advancement of Sport & Exercise Medicine in the community (medical and/or geographical)
- Aspirations to be a medical leader in SEM practice at local, regional or national levels
- Interest in contributing to learning/scholarly pursuits during PGY 3 year

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Family Practice Anesthesia

Optimal Candidate- Family Practice Anesthesia

- Interest in generalist medicine combining anesthesia with primary care (Family med/ER)
- Desire to serve a rural community
- Inclination for technical and procedural skills
- Vigilance for patient safety
- Tolerance for uncertainty and an ability to absorb feedback in a speciality where every staff person practices differently

Goals of the Program

- The PGY3 year in Anesthesia is designed to provide resident trainees with the skills necessary to practice Anesthesia as part of a comprehensive family medicine practice to serve rural populations.
- The goal is to produce physicians who can provide safe, competent general, neuraxial and regional anesthesia for uncomplicated procedures on relatively healthy patients, including children over the age of two years.
- The skills learned during this year also enhance the ability of the trainee to act as a community resource in emergency situations.
- Procedural and cognitive resuscitative skills with an emphasis on human factors will be taught and reinforced through simulation.
- Of critical importance is the ability of the trainee to be able to exercise judgment in assessing the appropriateness of cases for elective surgery, with reference to their own skills and the available infrastructure for postoperative management in the community.

Learning Experiences

- We offer a program in Family Practice (FP) Anesthesia that combines learning experiences in tertiary care centres in Hamilton, large regional community hospitals and smaller FPA type community hospitals.

- The learner will have a well rounded experience, building skills in general, pediatric and obstetrical anesthesia as well as neuraxial and regional anesthesia.

- The learner will also have a horizontal learning experience in Family Practice Anesthesia. This will involve regularly scheduled one-week blocks with FP Anesthetists and will combine OR time with time in primary care settings such as office practice, hospitalist medicine and emergency medicine.

- There is some flexibility to tailor both the content and geography of rotations to meet the learner's specific needs.

Anesthesia Sample Schedule

2 BLOCKS	1 WEEK	3 BLOCKS	1 WEEK	3 BLOCKS	1 WEEK	2 BLOCKS	1 WEEK	2 BLOCKS
Hamilton (General, pediatric, low-risk, high volume obstetrics)	FP Anesthesia	Community Anesthesia	FP Anesthesia	Community Anesthesia	FP Anesthesia	McMaster University Medical Centre, Hamilton (pediatrics, higher-risk obstetrics)	FP Anesthesia	Hamilton General Hospital, Hamilton (General, Trauma)

Please note: these are sample schedules. Communities and Academic centres as well as rotation type can be modified.

Time available: Three 12-month positions
Program Director: Dr. Jesse Guscott jesse.guscott@medportal.ca
For further program information contact: fmpgy3@mcmaster.ca

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FM-Obstetrics

Objectives for residents in the program:

- Gain confidence and skills to work to enhance the capacity for comprehensive care and to support continuity of care in various communities.
- Be equipped to integrate their obstetrical skills training into comprehensive family practices and deliver community-based primary care.

FM-Obstetrics

Learning Opportunities

Antepartum:
- Experience in antepartum delivery of care in Family Medicine models
- Management of common complications and presentations
- Opportunity for experiences working with antepartum patients with substance use disorder and perinatal addiction

Pediatric and newborn experience:
- Hospital care of infant including complications (hypoglycemia, hyperbilirubinemia, NAS, NOWS) and resuscitation (attend NRT calls)

Intrapartum:
- Admit and manage labor and delivery of low risk and "medium risk" singleton pregnancies
- Management of common urgent and emergent presentations
- Exposure to a variety of intrapartum decision-making strategies
- Vacuum/Instrumental delivery
- First assist Cesarean Section delivery

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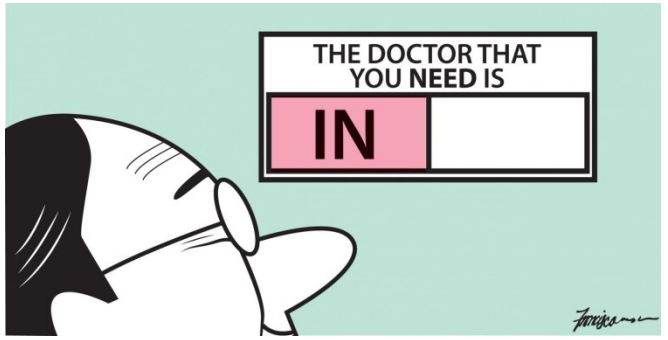
Rural/Regional Self Designed

Training generalist specialists

Rural/Regional Enhanced Skills



This program allows residents to:

- Build on skills sets already acquired in Family Medicine
  (i.e. Emergency Medicine, Obstetrics, Palliative, etc)
- Feel comfortable in the uncomfortable
- Meet a community need
- Add to their skill set to be a comprehensive care physician
- Be able to work in a practice offering a broad scope skill set

Rural/Regional Enhanced Skills Positions

- Program is self-designed with Resident and Program Director
- Multiple positions available ranging from 3 – 9 blocks each

Thanks to our partners at ROMP and Mac-CARE who support these positions through community opportunities and rotation placements!

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Research & Scholarship

Research and Scholarship

- SELF-DESIGNED: program for up to 12 months
- OBJECTIVES: gain confidence in research and/or scholarship skills; and develop, make progress with, and hopefully complete a scholarly project of their choosing.
- EXAMPLES of potential project focus :
  - An area of clinical interest
  - Social and ecological determinants of health
  - Advocacy, policy, justice, equity
  - Health humanities, narrative, art, spirituality and healing
  - Medical education, curriculum development
  - Information technology
  - Effective use of social media for scholarly activity

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Questions?

Enhanced Skills Contacts:

fmpgy3@mcmaster.ca