



AIMGA NEWSLETTER

Edition 6
October 2022



Bringing Diversity to Healthcare
www.aimga.ca

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PATIENT NAVIGATORS

AIMGA's Patient Navigator Program (PNP) which has been made possible with funds from the Government of Alberta commenced Cohort 2 in September. A total of 56 applications were received and of these applicants, 17 were selected to participate. The aim of this program is to provide skill-based training to Internationally Trained Physicians who are interested in working in the areas of patient navigation, health promotion, and community-based health initiatives. Participants receive patient navigation and interpreter certification (via York University and CISOC). Other components of the program include the development and delivery of health-related workshops in community and health promotion. The program also includes a practicum component to gain hands-on experience.

AIMGA is working with various partners to seek opportunities in the area of patient navigation. We are in the process of following up with the 18 participants who successfully completed Cohort 1 and look forward to sharing outcomes with you in our future newsletter. [For more details, please click here to visit our PNP page on our website.](#) Our final cohort will commence in January for your information.

A shout out to employers and community organizations, if you would be willing to host one of our PNP participants for their practicum placement or would like a health-related presentation, please contact Abigail, our PNP Coordinator, via email at abigail@aimga.ca. Our participants are eager to put their skills to use.

For a recent article by our partners on the need for patient navigation, [please click here!](#)



Guest Speaker: Larry Gauthier, an Indigenous educator

CAREER TRANSITION PROGRAM

AIMGA's successful Career Transition Program (CTP) for IMGs has launched its 13th cohort on the 20th of September 2022 with a total of 19 participants. A total of 41 candidates were interviewed. This cohort is offered online with sessions held every Tuesday and Thursday evening for a total of 10 weeks. The next cohort of CTP will begin in January and applications are being accepted. For more information please email Abigail and abigail@aimga.ca. Please note this program has been made possible with funds from the Government of Canada (IRCC) and therefore IMGs must be permanent residents or refugees to participate.

MENTORSHIP

AIMGA is excited to be able to offer additional support for our members through our mentorship program. In addition to regular symposiums designed to foster opportunities for successful colleagues to engage with current members, we plan to provide opportunities for IMGs to engage with employers in panel discussions.

We are working on creating mentorship circles, and one-to-one mentoring sessions.

Our goal is to help members receive direction for licensure, clinical assistantships, practice ready assessments, and obtain guidance on exam preparation. Our program is going to arrange opportunities to gain mentorship in a Canadian clinical setting, and in pursuit of employment relevant to your short, and long-term goals through alternative career pathways.

We hope to expand our objectives around the development of a centralized platform for mentors and mentees, with a toolkit, podcasts, and spotlights of successful AIMGA members.

Watch for an orientation coming soon.

If you are interested in participating in the Mentorship Program, please fill in the interactive questionnaire, and do not forget to mention your interest to an AIMGA Advisor when completing your Needs Assessment.

[Click here: Mentorship Needs Assessment Form](#)

MINI MULTIPLE INTERVIEW PREPARATION FOR IMGs APPLYING TO RESIDENCY IN ALBERTA

For members who are registered for the upcoming AIMGP MMI as part of their application to residency in Alberta, we've got you covered.

PART 1 - MMI WORKSHOP:

This is an educational workshop. This session will include an overview of what to expect and look at how you will be assessed. There will be some samples as well as practice questions to get you feeling confident about the upcoming AIMGP MMI. This session is open to all who have proof of AIMGP eligibility.

PART 2 - MOCK MMI:

This fee-for-service session consists of a mini mock MMI (5 stations). MMI interviewers will vary from session to session and may include AIMGA staff, residents, practicing physicians, and other allied healthcare professionals. Participants will be assigned to rounds. A group feedback session will follow. This is recommended for those during the MMI for the first time.

To register for the sessions, please go to our AIMGA calendar. <https://aimga.ca/calendar/>
Fee for the MMI Preparation program (part 2) is \$100.

PART 1 ONLINE

PART 1 (60 Seats):
OCTOBER 22 - Online
Time: 1:00PM–4:00PM

PART 1 (60 seats):
OCTOBER 26 - Online
Time: 1:00PM–4:00PM

PART 2 ONLINE

DAY TIME:

PART 2 (15 Seats):
OCTOBER 27 - Online
Time: 9:00AM–12:00PM

PART 2 (15 Seats):
OCTOBER 27 - Online
Time: 1:00PM–4:00PM

PART 2 (10 Seats):
NOVEMBER 5 - Online
Time: 1:00PM–4:00PM

EVENINGS:

PART 2 (10 Seats):
OCTOBER 26 - Online
Time: 6:00PM–8:30PM

PART 2 (10 Seats):
NOVEMBER 2 - Online
Time: 6:00PM–8:30PM

PART 2 (10 Seats):
NOVEMBER 9 - Online
Time: 6:00PM–8:30PM

PART 2 IN-PERSON EDMONTON

Zeidler Ledcor Centre:
University of Alberta
8540 112 St NW

PART 2 (30 seats):
OCTOBER 23 - In Person
Time: 1:00PM–4:00PM

If you wish to be added to the **waitlist**, please email melat@aimga.ca.



HOW AIMGA IS HELPING MEMBERS APPLYING TO CARMS

The CaRMS Prep course is open to those members applying to 2022/23 CaRMS (Canadian Residency Matching Service) cycle.

The course consists of 4 consecutive sessions to help members applying to CaRMS to:

- become familiar with the expectations of resident physicians within the Canadian context and the underlying values of the Canadian healthcare system;
- navigate the CaRMS application portal and prepare supporting documents as required by the programs;
- prepare a well-organized CV/Resume and Personal Statement; and
- complete fully their CaRMS application.

Participation in ALL 4 sessions is required. The number of seats for each intake is kept to 20 to allow class interaction and discussions. Seats will be provided on a first-come, first-serve basis.

CaRMS Prep Round 1 – In Person Calgary

Days: Fridays – October 7, 14, 21, and 28

Time: 9:30am – 12:30pm MST

Delivery Mode: Once a week - 4 consecutive sessions

Facilitator: Rossalia Videlova

CaRMS Prep Round 2 – In Person Edmonton

Days: Tuesdays – October 18 and 25, November 1 and 8

Time: 1:00pm – 4:00pm MST

Delivery Mode: Once a week - 4 consecutive sessions

Facilitator: Tisha Raj

CaRMS Prep Round 3 – Online

Days: Fridays – November 4, 18, 25 and December 2

Time: 6:00pm – 9:00pm MST

Delivery Mode: Once a week - 4 consecutive sessions

Facilitator: Teresa Lau and Rossalia Videlova

CaRMS Prep Round 4 – Online

Days: Fridays – November 4, 18, 25 and December 2

Time: 9:30am – 12:30pm MST

Delivery Mode: Once a week - 4 consecutive sessions

Facilitator: Tisha Raj and Rossalia Videlova

CaRMS Prep Round 5 – Online

Days: Saturdays - November 5, 12, 19, 26

Time: 9:00am – 12:00pm MST

Delivery Mode: Once a week - 4 consecutive sessions

Facilitator: Kathleen Hall

CaRMS Workshops:

A series of CaRMS workshops will also be offered for those who are unable to participate in the CaRMS Prep Courses.

Workshops include:

- **The CaRMS Application (100 seats)**
(Oct. 3 @ 6pm, Nov. 9 @ 12pm)
- **The CaRMS CV/Resume (100 seats)**
(Oct. 17 @ 6pm, Nov. 16 @ 12pm)
- **The CaRMS Personal Statement (100 seats)**
(Oct. 24 @ 6pm, Nov. 23 @ 12pm)
- **CaRMS Q&A Session (100 seats)**
(Oct. 31 @ 12pm, Nov. 30 @ 12pm)

One-to-One Consults:

AIMGA is here to support members throughout the CaRMS cycle. You may also book one-to-one consults with advisors to review your application, resume, and personal statement(s).



MEMBER SPOTLIGHT - OUR STUDY GROUP MODERATORS

We'd like to acknowledge and thank our moderators



Dr. Hira Waqar

TDM Study Moderator (Sundays 10am-1pm)

Hira Waqar was born in Pakistan and moved to Canada in 2001. After finishing her high school, she completed her BSc in Biology from the University of Calgary. She then went on to get a MD degree from the American University of Caribbean. She completed clinical rotations in hospitals in the United States and England. Hira recently completed her family medicine training from Pakistan and is waiting for her PRA assessment to begin. She successfully passed the TDM and enjoys working with members of AIMGA to do the same.



Dr. Nadia Arshad

QE1 Study Moderator (Monday 9am-12pm)

Nadia graduated from Dow University of Health Sciences and practised in the fields of Family Medicine and Emergency Medicine and served in various roles to foster the health of her community. She aspires to not only help the body heal but wants to address the mental well-being and health of the patients she serves as well. Nadia has extensively helped individuals with mental disorders and has successfully been able to maximize their integration into the workforce. She is eagerly exploring careers within the healthcare sector in Canada and wishes to be a resourceful healthcare professional to her community.



Dr. Narmeen Umar

QE1 Study Moderator (Tuesday 6:30pm-8:30pm)

Narmeen is a Medical Doctor from Pakistan, with over 5 years of experience in both acute and non-acute settings. She is currently pursuing a Master's in Medicine at the University of Alberta and also holds an Administrative position at Alberta Health Services. She is an active volunteer of the Canadian Cancer Society and has become a Committee Member for the Breast Cancer Campaign. She has cleared both Canadian and US licensing examinations. Her goal is obtain a position in an Internal Medicine Residency Program.



Dr. Naofel Minhaz

QE1 Study Moderator (Thursday 6:30-8:30pm, Saturday 1-4pm)

Naofel Minhaz obtained his medical education and training at the Dhaka Medical College Hospital under the University of Dhaka, Bangladesh. He completed a 52-week rotational internship including Internal Medicine, General Surgery, Obstetrics & Gynecology, Pediatrics, and Psychiatry. Later, he worked in an emergency department for two years and gained experience managing various medical and surgical emergencies. He started a residency program in Endocrinology and Metabolism at BSM Medical University, Dhaka, before immigrating to Canada.

Naofel has passed MCCQE1, NAC OSCE, USMLE Step 1 and Step 2 CK, and obtained ECFMG certification. He aspires to obtain a residency position in Family/Internal Medicine.



Dr. Nadia Perveen

**Study Group Coordinator and QE1 Study Moderator
(Wednesday/Friday 9:00am-12:00pm, Thursday 1-4pm)**

Nadia Perveen has over 5 years of experience in Family Medicine, Emergency Medicine, and Obstetrics and Gynecology. After completing one year of internship, she obtained FCPS-1 in obstetrics and gynecology (with first merit order). She was a devoted OBGYN resident, serving marginalized and under privileged populations. She loves community work and has worked as a first responder for the 2005 earthquake, polio campaigns, and flood victims in Pakistan. Currently, she works as a telemedicine physician serving rural areas of Pakistan and AIMGA's study group coordinator.

If you are interested in moderating future study groups, please contact our Study Group Coordinator, Nadia Perveen, at nadia@aimga.ca.

Our NAC OSCE Study Groups will commence in January 2023.

AIMGA STAFF

Executive Director



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Administrative Team



MELAT GEBRESILASSIE



MARYANNE STEINER

Research and Evaluation



NASHIT CHOWDHURY

Advisor Team



ROSSALIA VIDELOVA



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Other Coordinators



PAM HEATH

Project Coordinator



ABIGAIL ANUGENGEN

Patient Navigator and
Career Transition Program



JOYCE LAM

Graphic Design
and Communications



KATHLEEN HALL

Mentorship



NADIA PERVEEN

Study Group

We are here to serve you every step of the way!

AIMGA'S PROGRAMS



INFORMATION & ORIENTATION

AIMGA provides various information sessions which include an overview of the pathways to licensure, services and programs, and career sessions to ensure our members are making informed decisions regarding next steps and their career pathways.



OBSERVERSHIP/MENTORSHIP

AIMGA offers observerships in clinical settings that offer an excellent opportunity to learn in the specific context of the Canadian healthcare system. AIMGA also offers mentorship opportunities for members to connect with mentors, employers, and others.



EXAM STUDY GROUPS

The moderated study groups for the Medical Council of Canada (MCC) exams present an excellent opportunity for IMGs to connect with peers and to work together to prepare. We offer QE1, NAC OSCE, and TDM study groups.



CAREER TRANSITION PROGRAM

The Career Transition Program assists IMGs who are considering an alternative career pathway in health as a short or long-term goal. CTP includes career workshops, coaching sessions, mentoring circles, and a mock interview with employers and HR consultants.



MCAP ONLINE

MCAP (Medical Communication Assessment Program) is a 12-week program for IMGs seeking licensure via CaRMS, ACSAP, or PRA routes. Facilitated sessions include standardized patients, physician examiners, communication educators, and online supports.



CaRMS PREPARATION PROGRAM

This program assists IMGs to understand the underlying principles and values of the Canadian healthcare system and the essential skills and attributes required to function effectively as a physician within the Canadian context.



IELTS/OET PREPARATION

The IELTS/OET preparation courses at AIMGA are designed for IMGs who are seeking an orientation and to develop test-taking strategies for success and to achieve the language proficiency requirements for licensure.



MMI PREPARATION COURSE

The Multiple-Mini Interview (MMI) Preparation Course is a 2-day preparation course which includes an educational component, sample scenarios, and, a mock MMI and feedback session. This course is held after the NAC OSCE in the fall.



OSCE PREPARATION COURSE

The OSCE Preparation Course is a 2-day preparation program which includes a hands-on workshop, a mock OSCE, mock exam and, a group feedback session. This is offered twice per year prior to the actual NAC OSCE exams.



LUNCH & LEARN / NETWORKING SESSIONS

Lunch & Learn and Networking sessions are informal sessions for our members to network with one another and to learn about a topic of interest, research, employment, programs, and other relevant topics.



LECTURES & WORKSHOPS

AIMGA offers a variety of lectures and workshops throughout the year based on the needs of IMGs. These include workshops to support study groups, those applying for CaRMs, those selected for residency, and those interested in professional development.



PATIENT NAVIGATOR PROGRAM

AIMGA is pleased to offer this skills based program for IMGs seeking employment as health navigators to support citizens who require supports. This program is offered in partnership with AIMGA, York University, and CILISAT (interpreter translator certification).



HEALTH AND WELLNESS TEAM

AIMGA believes in bringing diversity to healthcare and offers volunteer opportunities for members to support the overall health and wellbeing of various ethnocultural communities. We believe our members have an essential role in community as do our partners.



RESEARCH AND EVALUATION

One of our values is to deliver quality programs and services and to advocate for IMGs therefore, research and evaluation is an important part of the work we do. As we are funded, it is important our members update their profiles and complete surveys.



ONE-ON-ONE CONSULTS

AIMGA advisors are with you at every step of the process to help you achieve your employment and professional goals. We assist with applications, resumes, interview preparation, and more. Appointments can be made through our website.



NEEDS ASSESSMENTS

AIMGA advisors conduct needs assessments for members. These assessments look at members' background education, training, and career goals. Recommended next steps and services are provided. These are essential to developing a career plan.

MEMBERSHIP STATS

October 21, 2022

AIMGA has 3000+ members

AIMGA is a non-profit organization dedicated to the successful integration of International Medical Graduates (IMGs). We believe our clients have a contribution to make within our communities. (Updated: October 21, 2022)



1736
Active Members



1200
Female



518
Male

79% are younger than 45 years old
43% have been in Canada less than 4 years
59% have been out of practice less than 3 years



647
Calgary

358
Edmonton

175
Rural Alberta

533
Out of province

1046
493
113

Permanent Residents /
Refugees
Canadian Citizens
Other



200+

Members have
completed
AIMGA's Career
Transition Program

Top 5
Countries
of Origin



485
Nigeria

264
Pakistan

172
India

64
Egypt

60
Bangladesh

Top 5
Specialties



981
Family
Medicine

115
Internal
Medicine

75
OBGYN

75
Pediatrics

46
Surgery



400+

Licensed physicians
across Alberta have
contributed to AIMGA

June to October 2022

AIMGA has 3000+ members

June



1345
Active Members



559
Calgary

286
Edmonton

128
Rural Alberta

353
Out of province

July



1420
Active Members



583
Calgary

303
Edmonton

135
Rural Alberta

381
Out of province

August



1534
Active Members



608
Calgary

321
Edmonton

150
Rural Alberta

437
Out of province

September



1622
Active Members



629
Calgary

335
Edmonton

164
Rural Alberta

476
Out of province

October



1736
Active Members



647
Calgary

358
Edmonton

175
Rural Alberta

533
Out of province

THANK YOU, MONICA!



AIMGA would like to acknowledge Monica Spencer who dedicated 7+ years of her career serving members in her role as Program Administrator. Monica has retired to care for her spouse and spend time with family and grandchildren. Monica thoroughly enjoyed her work with AIMGA members and helping them connect to programs and services. She wishes members and staff all the best in their future careers.

We at AIMGA wish Monica all the best in her retirement and thank her for her time with AIMGA.

ANNOUNCEMENTS

CPSA announces new pilot project to accelerate registration of internationally-trained physicians

<https://cpsa.ca/news/cpsa-announces-new-pilot-project-to-accelerate-registration-of-internationally-trained-physicians/>

Calling for members for our member spotlight

We want to feature you on our social media accounts! Please contact Deidre Lake at deidre@aimga.ca.

AHS i4 2022 Conference - November 2-3

The upcoming i4 2022 AHS conference is on November 2-3! Cost: \$55 AIMGA has a promo code for our members. If interested, please contact Deidre at deidre@aimga.ca. [Click here for more details.](#)

An article featuring Nashit Chowdhury (AIMGA's Research and Evaluation Coordinator)

Health-wellness resources on Canadian immigrant service provider organizations' websites: A content, navigability, usability, and credibility analysis towards service & asset mapping:

Written by: Ayisha Khalida, Nashit Chowdhury, Mohammad ZI Chowdhury, Tanvir C Turinac
[Click here to read the article!](#)

Vaccine Confidence InfoBulletin

[Click here to read the article!](#)

Employers in Healthcare: Contact Us!

Employers, if you are seeking talent for employment opportunities, AIMGA's got talent! Make a difference in the life of a newcomer by getting them started on their career path in healthcare. If you have a job opportunity, please contact Abigail at abigail@aimga.ca.

EHL Virtual Coffees – Fall Networking Night

Join on October 27 for Virtual Coffees!
[Click here for more information or to register!](#)

How CCIS is helping Government Assisted Refugees

A video interview with Fariborz Birjandian, CEO.
[Click here to listen!](#)

AIMGA's members are working in partnership with CCIS and the Mosaic PCN to support Government Assisted Refugees in Calgary, Alberta.

AIMGA JOB FORUM

To see the list of employment options, please visit our website or click the link below:
<https://aimga.ca/forums/forum/employment-forum/>

Physician Opportunities for Licensed Physicians Unify Medical in Calgary:
<https://www.unifymedical.ca/>

IMG SURVEY

"Help advocate for IMGs by filling out this survey being conducted by our partners." - Deidre Lake

Link to Survey:

https://ubc.ca1.qualtrics.com/jfe/form/SV_40Q6xrQi06GEP30



The Researchers:

Dr. Karin Humphries, Associate Professor Emeritus, Faculty of Medicine, University of British Columbia, in partnership with MOSAIC, one of the largest settlement non-profit organizations in Canada, is conducting a study to address the lack of disaggregated data about graduates of medical schools outside Canada and the United States to help remove barriers so that access to the medical profession is based on competence of the individual regardless of place of education, race, or age.

The Purpose of the Survey:

We want to learn more about how to help people who have obtained their medical degrees outside of Canada and are seeking to obtain licensure in Canada. This survey will help us learn more about any challenges and barriers you may have experienced during this process.

HAPPY HALLOWEEN!

Monday, October 31, 2022
12:00pm-5:00pm
AIMGA Offices



Come stop by with your kids to say hello at the Calgary and Edmonton AIMGA offices to get some Halloween treats!

Calgary AIMGA Office
Crescent Centre
202, 1409 Edmonton Trail NE
T2E 3K8

Edmonton AIMGA Office
106 Street Tower
420, 10055 106 Street NW
T5J 2Y2

WHY OUR MEMBERS JOINED AIMGA





The right **person** in the right **seat** at the right **time**. We are here to assist at every step in the licensure process from application to integration.

OFFICE LOCATIONS:

AIMGA CALGARY

Crescent Centre
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www.aimga.ca



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Public Health
Agency of Canada
Agence de la santé
publique du Canada

