By introducing a competency-based medical education model to resident training and specialty practice, the CBD initiative will break down specialist education into a series of integrated stages — starting at transition to discipline and moving through practice. The CBD Competence Continuum provides a quick look at the new stages which begin upon entry into a discipline-specific residency following the attainment of the MD designation.

- **Entry to residency**
  - **MD**

- **Transition to discipline (orientation and assessment)**
  - ROYAL COLLEGE EXAMINATION
  - **Core of discipline**

- **Continuing professional development (maintenance of competence and advanced expertise)**
  - **Transition to practice**

- **Transition out of professional practice**
  - **Certification**
  - **Continuing professional development**

1. Competence by Design (CBD)
2. Milestones at each stage describe terminal competencies