

*These training requirements apply to those who begin training on or after July 1, 2025.*

In addition to Surgical Foundations experiences,<sup>1</sup> the following training experiences are required, recommended, or optional, as indicated:

### **TRANSITION TO DISCIPLINE (TTD)**

*The focus of this stage is an introduction to the specialty of Plastic Surgery, providing an orientation to the educational program and to the setting in which residents will train and work. This stage also serves to assess and verify the competencies acquired in medical school and their application to the patient population served by Plastic Surgery.*

#### **Required training experiences (TTD stage)**

##### **1. Clinical training experiences:**

###### **1.1. Any surgical service that is able to provide the following clinical experiences:**

- 1.1.1. Inpatient service
- 1.1.2. Consultation to other inpatient services and the emergency department
- 1.1.3. Outpatient clinics and/or office
- 1.1.4. Operative experience
- 1.1.5. After-hours coverage

##### **2. Other training experiences:**

###### **2.1. Orientation to**

- 2.1.1. The training program and relevant policies and procedures
- 2.1.2. The Plastic Surgery Portfolio and local electronic platform
- 2.1.3. The local institution(s) and clinical environment(s)

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<sup>1</sup> Surgical Foundations provides a common curriculum and clinical training in the fundamental skills of surgery for residents in nine Royal College recognized surgical disciplines including Plastic Surgery.

2.1.4. The operating room

2.2. Focused experience providing early clinical and technical skills training (e.g., boot camp, skills laboratory)

**Optional training experiences (TTD stage)**

3. Other training experiences:

3.1. Anatomy laboratory

**FOUNDATIONS OF DISCIPLINE (F)**

*The focus of this stage is the development and application of knowledge and skills needed to assess and manage patients. Residents work within the interprofessional hospital environment and community setting as they take on operative, consultative, and research responsibilities.*

**Required training experiences (Foundations stage)**

1. Clinical training experiences:

1.1. Service providing initial trauma management (such as emergency medicine, general surgery, trauma team, orthopedic surgery, or plastic surgery)

1.2. Plastic Surgery

1.2.1. Inpatient service

1.2.2. Consultation to other inpatient services and the emergency department

1.2.3. Outpatient clinics and/or office

1.2.4. Operative experience

1.2.5. Minor procedures facility

1.2.6. After-hours coverage

1.3. Plastic Surgery in the community setting

1.4. Orthopedic surgery<sup>2</sup>

1.4.1. Inpatient service

1.4.2. Consultation to other inpatient services and the emergency department

1.4.3. Outpatient clinics and/or office

1.4.4. Operative experience

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<sup>2</sup> The orthopedic surgery experience includes hands-on experience in cast application, and operative experience with the basic principles of fracture care and fixation.

1.4.5. After-hours coverage

1.5. General surgery<sup>3</sup>

1.5.1. Inpatient service

1.5.2. Consultation to other inpatient services and the emergency department

1.5.3. Outpatient clinics and/or office

1.5.4. Operative experience

1.5.5. After-hours coverage

1.6. Intensive care unit

2. Other training experiences:

2.1. Formal instruction in

2.1.1. Emergencies in Plastic Surgery, including necrotizing infections, ischemic limb/digit, and compartment syndrome

2.1.2. Medical imaging

2.1.2.1. Radiographic interpretation of adult and pediatric hand fractures

2.1.2.2. Radiographic and computerized tomography (CT) interpretation of the craniofacial skeleton

2.1.3. Pharmacology

2.1.3.1. Opioid prescribing

2.1.4. Workplace occupational health and safety

2.1.4.1. Radiation safety

2.1.4.2. Laser safety

2.1.4.3. Transmissible diseases

2.1.5. Quality improvement and patient safety

2.1.6. Critical appraisal of medical literature

2.1.7. Physician wellness and fatigue management

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<sup>3</sup> The general surgery experience includes outpatient assessment of patients with breast cancer, and operative experience in the closure of abdominal wounds.

- 2.2. Surgical skills laboratory
  - 2.2.1. Cadaver dissections
  - 2.2.2. Flap dissections
  - 2.2.3. Microsurgery skills
  - 2.2.4. Splinting and casting
- 2.3. Focused experience providing clinical and technical skills training (e.g., boot camp)
- 2.4. Completion of a course in or recertification in advanced cardiac life support (ACLS)
- 2.5. Completion of an advanced trauma life support (ATLS) course
- 2.6. Initiation and/or participation in a scholarly research project
- 2.7. Participation in critical appraisal activities, such as journal club
- 2.8. Teaching junior learners

**Recommended training experiences (Foundations stage)**

- 3. Clinical training experiences:
  - 3.1. Emergency Medicine
  - 3.2. Otolaryngology-Head and Neck Surgery
- 4. Other training experiences:
  - 4.1. Simulation training for communication skills
  - 4.2. Formal instruction in
    - 4.2.1. Wound care products
    - 4.2.2. Negative pressure dressings
    - 4.2.3. Research methodology and basic statistics
  - 4.3. AO Foundation basic course
  - 4.4. Canadian Medical Protective Association (CMPA) modules related to consent, and adverse events
  - 4.5. Review of resident logbook of surgical cases with academic supervisor

**Optional training experiences (Foundations stage)**

- 5. Clinical training experiences:
  - 5.1. Anesthesiology/perioperative medicine
  - 5.2. Internal Medicine

- 5.3. Infectious Diseases
  - 5.4. Physical Medicine and Rehabilitation
  - 5.5. Rheumatology
  - 5.6. Dermatology
  - 5.7. Dermatopathology
  - 5.8. Mohs surgery
  - 5.9. Neurosurgery
  - 5.10. Urology
  - 5.11. Vascular Surgery
  - 5.12. Oculoplastics
  - 5.13. Oral/maxillofacial surgery
  - 5.14. Pediatric Surgery
  - 5.15. Surgical oncology
  - 5.16. Surgical ophthalmology
  - 5.17. Diagnostic Radiology
6. Other training experiences:
- 6.1. Completion of an advanced burn life support (ABLS) course
  - 6.2. Simulation training and/or formal instruction in facial fractures

## **CORE OF DISCIPLINE (C)**

*In this stage, residents provide comprehensive consultation, assessment, and operative management for any patient requiring plastic surgery, either reconstructive or aesthetic, across the full range of conditions. This stage also introduces residents to the surgeon's role in the operations of the Plastic Surgery service, including managing the inpatient service and teaching junior learners.*

### **Required training experiences (Core stage)**

- 1. Clinical training experiences:
  - 1.1. Plastic Surgery across the breadth of the discipline, including: head and neck; maxillofacial; breast; chest wall, abdominal wall, and pelvis; hand and upper extremity; lower extremity; skin and soft tissue; burn and cold injury; aesthetic/cosmetic; pediatric and craniofacial
    - 1.1.1. Inpatient service
    - 1.1.2. Consultation to other inpatient services and the emergency department
    - 1.1.3. Outpatient clinics and/or office

- 1.1.4. Operative experience
- 1.1.5. Minor procedures facility
- 1.1.6. After-hours coverage
- 2. Other training experiences:
  - 2.1. Formal instruction in
    - 2.1.1. The basic and clinical sciences of Plastic Surgery
    - 2.1.2. Practice management
    - 2.1.3. Physician wellness
    - 2.1.4. Ethics
    - 2.1.5. Consent
  - 2.2. Simulation training for microsurgical skills
  - 2.3. Participation in critical appraisal activities, such as journal club, or formal instruction in critical appraisal
  - 2.4. Participation in quality improvement activities, such as quality assurance rounds and morbidity and mortality rounds
  - 2.5. Participation in leadership and/or management activities of the institution, division and/or program
  - 2.6. Participation in advocacy activities
  - 2.7. Formal presentations at rounds or scientific meeting(s)
  - 2.8. Completion and presentation of scientific research project
  - 2.9. Attendance and participation at local/regional, national, or international scientific meeting(s)
  - 2.10. Review of resident logbook of surgical cases with academic supervisor
  - 2.11. In-training examinations
    - 2.11.1. National in-training written examination
    - 2.11.2. Objective structured clinical examination (OSCE) or other format for intrinsic CanMEDS roles

**Recommended training experiences (Core stage)**

- 3. Clinical training experiences:
  - 3.1. Participation in interprofessional team meetings, such as breast team, wound care team, and/or multidisciplinary rounds, including tumour board
  - 3.2. Operative experience in gender affirming surgery
  - 3.3. Aesthetic surgery operative experience as operating surgeon (e.g., resident cosmetic clinic)
- 4. Other training experiences:
  - 4.1. Formal instruction in use of lasers
  - 4.2. AO Foundation skills courses in
    - 4.2.1. Craniofacial
    - 4.2.2. Hand and wrist
  - 4.3. Mentorship/guidance for preparation of fellowship applications

**Optional training experiences (Core stage)**

- 5. Clinical training experiences:
  - 5.1. Occupational therapy and/or hand therapy clinic
  - 5.2. Mohs surgery clinic
  - 5.3. Head and neck service, including operative experience and clinic
  - 5.4. Global health experience
- 6. Other training experiences:
  - 6.1. Simulation training for procedural skills in
    - 6.1.1. Cleft lip and palate surgery
    - 6.1.2. Cranial vault surgery

## TRANSITION TO PRACTICE (TTP)

*The focus of this stage is the development of the knowledge and skills to comprehensively manage the work of a plastic surgeon for individual patients, the multiple demands of a clinic, and a day of surgical procedures. At this stage, the resident demonstrates autonomy and takes a leadership role in the provision of plastic surgery services in clinical and administrative situations.*

### Required training experiences (TTP stage)

#### 1. Clinical training experiences:

##### 1.1. Plastic Surgery, in the role of junior consultant,<sup>4</sup> including

- 1.1.1. Inpatient service
- 1.1.2. Consultation to other inpatient services and the emergency department
- 1.1.3. Outpatient clinics and/or office
- 1.1.4. Operative experience, including planning, coordination, and execution of an operative day of work
- 1.1.5. After-hours coverage

#### 2. Other training experiences:

##### 2.1. Formal instruction in practice management, including

- 2.1.1. Shadow billing of operative cases
- 2.1.2. Documentation for workers' compensation cases
- 2.1.3. Applications for government coverage for breast surgeries and other prior-authorization surgeries
- 2.1.4. Requirements related to medical records
- 2.1.5. Return to work documentation
- 2.1.6. Wait time review and management

##### 2.2. Mentoring junior learner in developing a wellness plan

##### 2.3. Participation in program academic activities

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<sup>4</sup> "Junior consultant" means that the resident assumes leadership in the education and clinical supervision of junior colleagues, with as much independence as permitted by ability, law and hospital policy.



**Recommended training experiences (TTP stage)**

- 3. Other training experiences:
  - 3.1. Formal instruction in practice management, including shadowing a mentor
    - 3.1.1. Human resource management
    - 3.1.2. Ethical billing and auditing
    - 3.1.3. Medicolegal liability and protection
    - 3.1.4. Privacy regulations, and application to office management
    - 3.1.5. Financial management

**Optional training experiences (TTP stage)**

- 4. Clinical training experiences:
  - 4.1. Plastic Surgery in a private practice setting
  - 4.2. Aesthetic surgery operative experience, including out-of-hospital facility
- 5. Other training experiences:
  - 5.1. Provision of formal teaching at an instructional course (e.g., ABLS)
  - 5.2. Review of resident logbook of surgical cases with academic supervisor

**CERTIFICATION REQUIREMENTS**

Royal College certification in Plastic Surgery requires all of the following:

- 1. Proof of attestation in Surgical Foundations (see the Surgical Foundations standards on the "Information by Discipline" page of the Royal College's website)
- 2. Successful completion of the Royal College examination in Plastic Surgery
- 3. Successful completion of the Plastic Surgery Portfolio

## NOTES

The Plastic Surgery Portfolio refers to the list of entrustable professional activities across all four stages of the residency Competence Continuum, and associated national standards for assessment and achievement.

Proof of attestation in Surgical Foundations is required for a resident to progress formally into the Core stage of training in Plastic Surgery. Some residents may “reach ahead” to start working on elements of the Core stage in Plastic Surgery but must present proof of the Surgical Foundations attestation to their program before they can be formally promoted into the Core stage of Plastic Surgery.

**American Board Certification:** Individuals who have met the requirements for eligibility of the American Board of Plastic Surgery are eligible for the Royal College examination in Plastic Surgery.

## MODEL DURATION OF TRAINING

Progress in training occurs through demonstration of competence and advancement through the stages of the Competence Continuum. Plastic Surgery is planned as a five-year residency program. There is no mandated period of training in each stage. Individual duration of training may be influenced by many factors, which may include the resident’s singular progression through the stages, the availability of teaching and learning resources, and/or differences in program implementation. Duration of training in each stage is therefore at the discretion of the faculty of medicine, the competence committee, and the program director.

## Guidance for programs

The Royal College Specialty Committee in Plastic Surgery’s suggested course of training, for the purposes of planning learning experiences and schedules, is as follows:

- 2 months in Transition to Discipline
- 16-22 months in Foundations of Discipline
- 30-38 months in Core of Discipline
- 4-6 months in Transition to Practice

### Guidance for postgraduate medical education offices

The stages of the Competence Continuum in Plastic Surgery are generally no longer than

- 2 months for Transition to Discipline
- 22 months for Foundations of Discipline
- 38 months for Core of Discipline
- 6 months for Transition to Practice
- Total duration of training – 60 months

*This document is to be reviewed by the Specialty Committee in Plastic Surgery by December 2027.*

**APPROVED** – Specialty Standards Review Committee – August 2019

**REVISED** (content related to Surgical Foundations only) – Specialty Committee in Plastic Surgery and the Office of Standards and Assessment – July 2024

**APPROVED** – Office of Standards and Assessment (as delegated by the Specialty Standards Review Committee) – July 2024