

**2025**  
**VERSION 1.0**

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

**NOTE:** *This document applies to residents in both adult and pediatric Endocrinology and Metabolism. Throughout this document, unless otherwise indicated, all clinical experiences are intended to refer to an experience with the patient population relevant to the resident's training stream: adult or pediatric.*

## **ELIGIBILITY REQUIREMENTS TO BEGIN TRAINING (adult stream)**

***These eligibility requirements apply to those who began training in Internal Medicine prior to July 1, 2023.***

Royal College certification in Internal Medicine

**OR**

Eligibility for the Royal College examination in Internal Medicine

**OR**

Registration in a Royal College-accredited residency program in Internal Medicine (see requirements for these qualifications)

A maximum of one year of training may be undertaken during training for certification in Internal Medicine

***These eligibility requirements apply to those who began training in Internal Medicine on or after July 1, 2023.***

Royal College certification in Internal Medicine

**OR**

Completion of the Core stage in a Royal College-accredited residency program in Internal Medicine (see requirements for these qualifications)

Training in Endocrinology and Metabolism may overlap with completion of requirements for certification in Internal Medicine (see requirements for the Overlap Training and Alternative Pathway to Internal Medicine Certification)

### **ELIGIBILITY REQUIREMENTS TO BEGIN TRAINING (pediatric stream)**

Royal College certification in Pediatrics

#### **OR**

Successful completion of the Transition to Practice stage of training in a Royal College accredited residency program in Pediatrics<sup>1</sup>

### **ELIGIBILITY REQUIREMENTS FOR EXAMINATION<sup>2</sup>**

All candidates must be Royal College certified in Internal Medicine or Pediatrics in order to be eligible for the Royal College examination in Endocrinology and Metabolism.

The following training experiences are required, recommended, or optional, as indicated:

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

*The focus of this stage is to introduce residents to the subspecialty of Endocrinology and Metabolism, providing a comprehensive orientation to the educational program and to the setting in which they will train and work. This stage also serves to assess and verify the competencies acquired in the base specialty and their application to the patient population served by Endocrinology and Metabolism.*

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

1. Clinical training experiences:

1.1. Endocrinology and metabolism clinical service

1.1.1. Clinic and/or consultation service to the emergency department and inpatient services, including critical care

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<sup>1</sup> Some programs in Quebec may permit eligible trainees to begin subspecialty training before completion of the Pediatrics Transition to Practice stage. However, as with all jurisdictions, trainees in Quebec must achieve all generalist competencies of the Pediatrics specialty prior to certification in Pediatrics. To learn more about the entrance requirements for a specific Endocrinology and Metabolism program, speak to the relevant postgraduate medical education office.

<sup>2</sup> These eligibility requirements do not apply to Subspecialty Examination Affiliate Program (SEAP) candidates. Please contact the Royal College for information about SEAP.

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2. Other training experiences:
  - 2.1. Orientation to the post-graduate medical education office and program, including structure, policies, portfolio, resources, and expectations
  - 2.2. Orientation to the hospital(s), including policies and procedures, information systems, and electronic medical records
  - 2.3. Orientation to the interprofessional team and their roles, particularly with regard to diabetes management

**Recommended training experiences (TTD stage)**

3. Clinical training experiences:
  - 3.1. After-hours coverage of the endocrinology and metabolism service
  - 3.2. Diabetes camp (for pediatric stream)

**Optional training experiences (TTD stage)**

4. Clinical training experiences:
  - 4.1. Endocrinology and metabolism longitudinal clinic
  - 4.2. Diabetes camp (for adult stream)

**FOUNDATIONS OF DISCIPLINE (F)**

*The focus of this stage is the development of clinical competence in assessment and management of individuals with uncomplicated endocrine conditions. This includes performing and interpreting findings of the focused physical examination and counselling patients and families.*

**Required training experiences (Foundations stage)**

1. Clinical training experiences:
  - 1.1. Endocrinology and metabolism clinical service
    - 1.1.1. Clinic or consultation service to intensive care settings, emergency department, and wards, or both
    - 1.1.2. Longitudinal clinic
    - 1.1.3. Diabetes or other endocrinology interprofessional clinic
    - 1.1.4. After-hours coverage

2. Other training experiences:
  - 2.1. Formal instruction in the basic and clinical sciences of endocrinology and metabolism, including
    - 2.1.1. Endocrine physiology
  - 2.2. Endocrine emergencies
  - 2.3. Critical appraisal activities, such as journal club
  - 2.4. Identification of a supervisor and initiation of a scholarly project
  - 2.5. Participation in divisional educational activities, such as rounds and case discussions

### **Recommended training experiences (Foundations stage)**

3. Clinical training experiences:
  - 3.1. Endocrinology and metabolism clinical service
    - 3.1.1. Virtual care
  - 3.2. Specialized clinics
4. Other training experiences:
  - 4.1. Attendance at annual scientific meeting of the Canadian Society of Endocrinology and Metabolism or Diabetes Canada, or both (for adult stream)

### **Optional training experiences (Foundations stage)**

5. Clinical training experiences:
  - 5.1. Performance of ultrasound guided thyroid fine needle aspiration (for adult stream)

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

*In this stage, residents build on their achieved competencies to provide assessment and management of individuals with any endocrine condition, including the interpretation of complex investigations, and managing individuals with diabetes with insulin therapy and diabetes-related technologies. Residents experience endocrinology practice in different care settings, including pediatric and adult endocrine care, as well as interprofessional clinics. In addition to the focus on care for individual patients, this stage includes taking on more responsibility for teaching and supervising junior colleagues and engaging in scholarly activity.*

**Required training experiences (Core stage)**

1. Clinical training experiences:

1.1. Breadth of endocrinology and metabolism in different settings to include

1.1.1. Consultation to the emergency department, intensive care settings, and inpatient services

1.1.2. Clinic

1.1.3. Longitudinal clinic

1.1.4. Diabetes or other endocrinology interprofessional clinic

1.1.5. Pediatric endocrinology and metabolism consultation service or clinic (for adult stream)

1.1.6. Adult endocrinology and metabolism consultation service or clinic (for pediatric stream)

1.1.7. After-hours coverage

1.1.8. Participation in multidisciplinary care rounds, such as tumour board or case rounds

2. Other training experiences:

2.1. Formal instruction in the basic and clinical sciences of endocrinology and metabolism

2.2. Formal instruction in

2.2.1. The Truth and Reconciliation Commission of Canada's Calls to Action in health

2.2.2. Patient safety and quality improvement

2.2.3. Resource stewardship

2.3. Ongoing participation in scholarly activity (i.e., scholarly project)

2.4. Critical appraisal activities, such as journal club

2.5. Presentation at or participation in divisional educational activities, such as rounds and case discussions

2.6. Provision of informal and/or clinical teaching for junior learners

2.7. Resident wellness activities

**Recommended training experiences (Core stage)**

3. Clinical training experiences:

3.1. Endocrinology and metabolism

3.1.1. Virtual care

3.1.2. Community setting (for adult stream)

3.2. Reproductive endocrinology (for adult stream)

3.3. Gender-affirming care

3.4. Clinical chemistry, including endocrine assays

3.5. Pathology (for adult stream)

3.6. Radiology (for adult stream)

3.7. Nuclear medicine (for adult stream)

4. Other training experiences:

4.1. Formal instruction in

4.1.1. Research methodology

4.1.2. Disclosure of medical error and adverse events

4.1.3. Conflict resolution

4.1.4. Ethics and professionalism, including

4.1.4.1. Consent

4.1.4.2. Interactions with industry

4.2. Participation in a quality improvement project

4.3. Attendance and/or presentation of project at a local, national, or international scientific meeting relevant to endocrinology and metabolism

**Optional training experiences (Core stage)**

5. Clinical training experiences:

5.1. Endocrinology and metabolism

5.1.1. Specialized clinics, including those that provide services such as (for adult stream)

5.1.1.1. Fertility

5.1.1.2. Diabetic foot care

5.1.1.3. Retinopathy

- 5.1.2. Care for vulnerable populations (for adult stream)
- 5.1.3. Community setting
  
- 5.2. Observation of common endocrine-related surgery (for adult stream)
- 5.3. Nuclear medicine (for pediatric stream)
  
- 6. Other training experiences:
  - 6.1. Teaching junior learners
  - 6.2. Participation in the administrative duties of the program and/or service (e.g., scheduling, triaging referrals)
  - 6.3. Completion of an advocacy project

## **TRANSITION TO PRACTICE (TTP)**

*The focus of this stage is the consolidation of clinical skills required for independent practice, including preparation for practice management and continuing professional development.*

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

- 1. Clinical training experiences:
  - 1.1. Endocrinology and metabolism in the role of junior attending<sup>3</sup>
    - 1.1.1. Service providing consultation to the emergency department, intensive care settings, and inpatient services
    - 1.1.2. Clinic
    - 1.1.3. Longitudinal clinic
    - 1.1.4. After-hours coverage
  
- 2. Other training experiences:
  - 2.1. Formal instruction in practice management
  - 2.2. Participation in the administrative duties of the program and/or service (e.g., scheduling, triaging referrals)
  - 2.3. Completion of a scholarly project

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<sup>3</sup> “Junior attending” means that the resident assumes responsibility for patient care, and leadership in the education and clinical supervision of junior colleagues, with as much independence as permitted by ability, law, and hospital policy.

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## **CERTIFICATION REQUIREMENTS**

Royal College certification in Endocrinology and Metabolism requires all of the following:

1. Royal College certification in Internal Medicine or Pediatrics
2. Successful completion of the Royal College examination in Endocrinology and Metabolism
3. Successful completion of the Royal College Endocrinology and Metabolism Portfolio

## **NOTES**

The Endocrinology and Metabolism 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.

The purpose of the “longitudinal clinic” experience in section 4.1 of the Transition to Discipline and sections 1.1.3 of the Foundations, Core, and Transition to Practice stages is to provide experience in following patients over multiple visits and participate in their care over the evolution of their condition and its treatment. It is recommended that this consists of a regularly scheduled clinic for at least eighteen months over the course of training that encompasses one month in total time.

The duration of the educational experiences in pediatric Endocrinology and Metabolism (for adult stream) and adult Endocrinology and Metabolism (for pediatric stream) in sections 1.1.5 and 1.1.6 respectively of the Core stage are recommended to consist of at least one month, or equivalent.

## **MODEL DURATION OF TRAINING**

Progress in training occurs through demonstration of competence and advancement through the stages of the Competence Continuum. Endocrinology and Metabolism is planned as a two-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, overlap training, the availability of teaching and learning resources, 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 Endocrinology and Metabolism’s suggested course of training, for the purposes of planning learning experiences and schedules, is as follows:

- 1-2 months in Transition to Discipline
- 1-4 months in Foundations of Discipline
- 15-18 months in Core of Discipline
- 2-3 months in Transition to Practice

**Guidance for postgraduate medical education offices**

The stages of the Competence Continuum in Endocrinology and Metabolism are generally no longer than

- 2 months for Transition to Discipline
- 4 months for Foundations of Discipline
- 18 months for Core of Discipline
- 3 months for Transition to Practice
- Total duration of training – 2 years

*This document is to be reviewed by the Specialty Committee in Endocrinology and Metabolism by December 2027.*

**APPROVED** – Specialty Standards Review Committee – February 2024