Endocrinology / Metabolism Profile

Updated November 2016
### TABLE OF CONTENTS

- **General Information**
- Total number & number/100,000 population by province, 2016
- Number/100,000 population, 1995-2016
- Number by gender & year, 1995-2016
- Percentage by gender & age, 2016
- Number by gender & age, 2016
- Percentage by main work setting, 2014
- Percentage by practice organization, 2014
- Hours worked per week (excluding on-call), 2014
- On-call duty hours per month, 2014
- Percentage by remuneration method
- Professional & work-life balance satisfaction, 2013
- Number of retirees during the three year period of 2013-2015
- Total & Ministry funded postgraduate MD trainees, 2014-15
- PGY-4 & exiting postgraduate-MD trainees, 2014-15
- Postgraduate-MD trainees, 2014-15
- Location of 2013 postgraduate-MD exits, 2015
- Stress associated with finding employment at end of residency, 2012
- References
GENERAL INFORMATION

Endocrinology and Metabolism is the branch of medicine concerned with the study of the diseases of the endocrine organs, disorders of hormone systems and their target organs, and disorders of the pathways of glucose and lipid metabolism. It encompasses the assessment of patients with such disorders and the use of laboratory methods for diagnosis and monitoring of therapy. It also encompasses knowledge of endocrine physiology, particularly regarding normal control of hormone secretion and action.

Endocrinology and metabolism is a subspecialty of internal medicine. The practice involves the assessment, diagnosis and treatment of patients with diseases of the endocrine glands, disorders of hormone systems and their target organs, and disorders of metabolism.

Source: Pathway evaluation program
GENERAL INFORMATION

Endocrinologists take care of many conditions including:

- diabetes
- thyroid diseases
- metabolic disorders
- over/under production of hormones
- Menopause
- Osteoporosis
- hypertension
- cholesterol (lipid) disorders
- infertility
- lack of growth (short stature)
- cancers of the endocrine glands

This specialty also encompasses the use of laboratory methods for the diagnosis and monitoring of therapy. Endocrinology and metabolism is an intellectually challenging specialty and the patient population is diverse with respect to age, range of diseases and degree of illness. The research orientation of the practice attracts physicians with an interest in science rather than those who prefer more “hands-on” practice.

Source: Pathway evaluation program
GENERAL INFORMATION

After completing medical school, to become a specialist in endocrinology and metabolism requires an additional 6 years. Candidates must first be certified or enrolled in an Royal College-approved training program in internal medicine or pediatrics. All candidates must be certified in their primary specialty in order to be eligible to write the Royal College certification examination in endocrinology and metabolism.

Once certified in either of these, physicians must then go on to complete an additional 2 years of approved residency in adult or pediatric endocrinology and metabolism. Training must incorporate the principle of graded responsibility.

For further details on training requirements please go to:

Royal College of Physicians and Surgeons of Canada

Canadian Society of Endocrinology & Metabolism

Source: Pathway evaluation program
## Total number & number/100,000 population by province, 2016

<table>
<thead>
<tr>
<th>Province/Territory</th>
<th>Physicians</th>
<th>Phys/100k pop'n</th>
</tr>
</thead>
<tbody>
<tr>
<td>Newfoundland/Labrador</td>
<td>8</td>
<td>1.5</td>
</tr>
<tr>
<td>Prince Edward Island</td>
<td>0</td>
<td>0.0</td>
</tr>
<tr>
<td>Nova Scotia</td>
<td>13</td>
<td>1.4</td>
</tr>
<tr>
<td>New Brunswick</td>
<td>5</td>
<td>0.7</td>
</tr>
<tr>
<td>Quebec</td>
<td>170</td>
<td>2.0</td>
</tr>
<tr>
<td>Ontario</td>
<td>205</td>
<td>1.5</td>
</tr>
<tr>
<td>Manitoba</td>
<td>14</td>
<td>1.1</td>
</tr>
<tr>
<td>Saskatchewan</td>
<td>8</td>
<td>0.7</td>
</tr>
<tr>
<td>Alberta</td>
<td>60</td>
<td>1.4</td>
</tr>
<tr>
<td>British Columbia</td>
<td>55</td>
<td>1.2</td>
</tr>
<tr>
<td>Territories</td>
<td>0</td>
<td>0.0</td>
</tr>
<tr>
<td><strong>CANADA</strong></td>
<td><strong>538</strong></td>
<td><strong>1.5</strong></td>
</tr>
</tbody>
</table>

Source: 2016 CMA Masterfile
Number/100,000 population, 1995 to 2016

Source: 2016 CMA Masterfile
Number by gender & year, 1995 to 2016

Source: 2016 CMA Masterfile
Percentage by gender & age, 2016

Gender

Male 42%
Female 58%

Age Group

35 - 44 31%
45 - 54 28%
55 - 64 21%
65+ 10%
<35 10%

Source: 2016 CMA Masterfile
Number by gender & age, 2016

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;35</td>
<td>38</td>
<td>11</td>
</tr>
<tr>
<td>35-44</td>
<td>120</td>
<td>37</td>
</tr>
<tr>
<td>45-54</td>
<td>82</td>
<td>60</td>
</tr>
<tr>
<td>55-64</td>
<td>48</td>
<td>62</td>
</tr>
<tr>
<td>65+</td>
<td>13</td>
<td>40</td>
</tr>
</tbody>
</table>

Source: 2016 CMA Masterfile
### Percentage by main work setting, 2014

<table>
<thead>
<tr>
<th>Setting</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Health Sciences Centre</td>
<td>41%</td>
</tr>
<tr>
<td>Private Office/Clinic</td>
<td>32%</td>
</tr>
<tr>
<td>Nursing home/long term care facility/seniors’ residence</td>
<td>7%</td>
</tr>
<tr>
<td>Community Hospital</td>
<td>7%</td>
</tr>
<tr>
<td>Non-AHSC Teaching Hospital</td>
<td>5%</td>
</tr>
<tr>
<td>University</td>
<td>3%</td>
</tr>
<tr>
<td>Free-standing Lab/Diag Clinic</td>
<td>2%</td>
</tr>
</tbody>
</table>

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
Percentage by practice organization, 2014

- Solo Practice: 60%
- Group Practice: 10%
- Interprofessional Practice: 28%
- Hospital-based Practice: 2%
- NR: 0%

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
### Hours worked per week (excluding on-call), 2014

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours worked per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct patient care without teaching component</td>
<td>19.2</td>
</tr>
<tr>
<td>Direct patient care with teaching component</td>
<td>7.8</td>
</tr>
<tr>
<td>Teaching without patient care</td>
<td>2.6</td>
</tr>
<tr>
<td>Indirect patient care</td>
<td>7.3</td>
</tr>
<tr>
<td>Health facility committees</td>
<td>1.0</td>
</tr>
<tr>
<td>Administration</td>
<td>1.7</td>
</tr>
<tr>
<td>Research</td>
<td>6.9</td>
</tr>
<tr>
<td>Managing practice</td>
<td>1.4</td>
</tr>
<tr>
<td>Continued professional development</td>
<td>3.0</td>
</tr>
<tr>
<td>Other</td>
<td>0.4</td>
</tr>
<tr>
<td><strong>TOTAL HOURS PER WEEK</strong></td>
<td><strong>51.2</strong></td>
</tr>
</tbody>
</table>

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
On-call duty hours per month, 2014

- Up to 120 hrs/month: 60%
- More than 120, up to 180 hrs/month: 18%
- More than 180, up to 240 hrs/month: 7%
- More than 240 hrs/month: 10%
- No response: 5%

Time spent on call in direct patient care = 29 hrs./month

Source: 2014 National Physician Survey. CFPC, CMA, Royal College
Percentage by remuneration method

Primary payment method\(^1\) in 2013

- 39%: 90% + fee-for-service
- 13%: 90% + salary
- 5%: 90% + other*
- 5%: Blended
- NR

* Other includes capitation, sessional, contract and other methods

Average gross fee-for-service payment per physician for Internal Medicine & subspecialties in 2014/15 (those earning at least $60,000) = $403,485\(^2\)

Average percent overhead reported by Internal Medicine specialists in 2010 = 22%\(^3\)

\(^1\) National Physician Survey, 2013, CFPC, CMA, Royal College
\(^2\) National Physician Database, 2014/15, CIHI
\(^3\) National Physician Survey, 2010, CFPC, CMA, Royal College
Professional & work-life balance satisfaction, 2013

Balance of personal & professional commitments

- Dissatisfied or very dissatisfied: 11%
- Neutral: 26%
- Satisfied or very satisfied: 18%
- NR: 44%

Current professional life

- Dissatisfied or very dissatisfied: 11%
- Neutral: 14%
- Satisfied or very satisfied: 8%
- NR: 67%

Source: 2013 National Physician Survey. CFPC, CMA, Royal College
Number of retirees during the three year period of 2013-2015

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>34 and Under</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>35-44</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>45-54</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>55-64</td>
<td>14</td>
<td>2</td>
</tr>
<tr>
<td>65 and over</td>
<td>15</td>
<td>4</td>
</tr>
<tr>
<td>Total</td>
<td>30</td>
<td>6</td>
</tr>
</tbody>
</table>

Source: CMA Masterfile – year over year comparisons
Note: “Retired” is based on giving up licence and therefore excludes those who have retired from clinical practice but are still licensed; those younger than 45 may include physicians who have temporarily given up their licence but return to practice at a later date.
### Total & Ministry funded postgraduate MD trainees in 2014/15

<table>
<thead>
<tr>
<th>Faculty of Medicine</th>
<th>Ministry funded</th>
<th>Total</th>
<th>Faculty of Medicine</th>
<th>Ministry funded</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>MUN</td>
<td>0</td>
<td>0</td>
<td>McMaster U</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Dalhousie U</td>
<td>2</td>
<td>2</td>
<td>UWO</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>U Laval</td>
<td>0</td>
<td>0</td>
<td>NOSM</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>U Sherbrooke</td>
<td>6</td>
<td>6</td>
<td>U Manitoba</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>U Montréal</td>
<td>5</td>
<td>5</td>
<td>U Sask</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>McGill U</td>
<td>11</td>
<td>14</td>
<td>U Alberta</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>U Ottawa</td>
<td>8</td>
<td>13</td>
<td>U Calgary</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>Queens U</td>
<td>0</td>
<td>0</td>
<td>UBC</td>
<td>7</td>
<td>12</td>
</tr>
<tr>
<td>U Toronto</td>
<td>14</td>
<td>34</td>
<td>Canada</td>
<td>76</td>
<td>115</td>
</tr>
</tbody>
</table>

* Includes Endocrinology (Int Med) and Endocrinology (Ped)

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER
PGY-4 & exiting postgraduate-MD trainees in 2014/15

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER

IMG – International Medical Graduates
GCMS – Graduates of Canadian Medical Schools
Postgraduate-MD trainees in 2014/15

- Total of 32 PGY-4 Endocrinology and Metabolism trainees representing 42% of all Endocrinology and Metabolism trainees.
- Total of 76 Endocrinology and Metabolism trainees representing 0.6% of all Ministry funded trainees.
- Total of 25 visa trainees in Endocrinology and Metabolism.
- Total of 27 Endocrinology and Metabolism trainees completed postgraduate training in 2014.

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER
Location of 2013 postgraduate-MD exits in 2015

Of the 53 exits in 2013, 28 (93%) were known to be practising in Canada

Source: 2014/15 Annual Census of Post-MD Trainees, CAPER
Stress associated with finding employment at end of residency

- **FM resident**
  - Not stressful: 43%
  - Somewhat stressful: 42%
  - Very stressful: 8%
  - NR/NA: 7%

- **Other spec res**
  - Not stressful: 50%
  - Somewhat stressful: 20%
  - Very stressful: 25%
  - NR/NA: 6%

Source: 2012 National Physician Survey of residents. CFPC, CMA, Royal College
Links to the Organizations Supplying Information for this Document

- National Physician Survey
- Canadian Medical Association
- Association of Faculties of Medicine of Canada
- Royal College of Physicians and Surgeons of Canada
- College of Family Physicians of Canada
- Canadian Institute for Health Information