

NAC OSCE

A Comprehensive Review

2nd Edition

Comprehensive Medical Reference for the Canadian NAC OSCE

“The life so short, the craft so long to learn.”

- Geoffrey Chaucer



2ND EDITION

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FEEDBACK AND ERRATA

Please send your feedback to: canadaprep@gmail.com

PREFACE FROM THE EDITORS

The NAC OSCE represents a pivotal step in your journey toward practicing medicine in Canada, yet unlike other licensing examinations, it has lacked a dedicated, thorough preparation guide—until now. Too many talented IMGs have navigated this examination without adequate resources, relying instead on fragmented materials and secondhand advice. CanadaPrep recognized there had to be a better way.

Drawing from multiple authoritative sources and the collective experience of successful examination candidates, CanadaPrep has developed this comprehensive review to cover NAC OSCE stations. This book provides a structured framework that complements your existing clinical skills and therapeutic knowledge, ensuring you approach each station with confidence and competence.

Written by medical graduates who have successfully navigated the NAC OSCE process, this guide offers practical, examination-focused content designed to give you a competitive edge. CanadaPrep has distilled complex clinical scenarios into actionable approaches, incorporated high-yield examination strategies, and organized the material to maximize your preparation efficiency.

This book is more than just a study aid—it represents CanadaPrep's commitment to supporting IMGs as they work toward their goal of practicing medicine in Canada. CanadaPrep is honored to accompany you on this journey.

This book is dedicated to all International Medical Graduates preparing for medical licensing examinations in Canada. Your perseverance inspires us.

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ABBREVIATIONS

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CHAPTER 1: INTRODUCTION

PURPOSE, AUDIENCE & HOW TO USE THIS BOOK

WHY THIS BOOK EXISTS

The National Assessment Collaboration Objective Structured Clinical Examination (NAC OSCE) is the gateway clinical assessment for International Medical Graduates (IMGs) and Canadian graduates seeking entry into Canadian residency programs. Success requires more than medical knowledge; it demands clinical reasoning, patient-centred communication, ethical decision-making, and adherence to Canadian practice standards. This book bridges the gap between textbook knowledge and exam-ready performance by providing structured, guideline-aligned stations that mirror the actual NAC OSCE blueprint.

WHO THIS BOOK IS FOR

- IMGs preparing for the NAC OSCE as part of the Canadian residency application pathway
- Canadian medical graduates seeking structured OSCE practice and framework reinforcement
- Clinical skills educators & OSCE coaches requiring standardized, guideline-vetted station templates
- Residents in transition to practice needing rapid refreshers on Canadian acute care, ethics, and population health standards

CORE DESIGN PRINCIPLES

Principle	Implementation
Guideline-Aligned	Every station integrates 2024–2025 Canadian recommendations (CFPC, CCS, CAEP, CUA, Diabetes Canada, Choosing Wisely Canada)
Exam-Focused Structure	Uniform station template: Overview → Candidate Instructions → Clinical Approach → History/Exam Framework → Differential → Investigations → Management → Counselling → Pearls → Common Mistakes
Communication & Ethics Integrated	Each station embeds Calgary-Cambridge, SPIKES, capacity assessment, shared decision-making, and cultural safety principles
High-Value Care Emphasis	Explicit Choosing Wisely Canada guidance to avoid low-value imaging, labs, and interventions
Active Learning Ready	Designed for spaced repetition, peer simulation, self-scoring, and targeted remediation

HOW TO USE THIS BOOK EFFECTIVELY

1. Simulate Exam Conditions: Time yourself strictly (10 minutes per station). Use a timer, read candidate instructions once, and perform without notes.
2. Self-Score Using Checklists: Compare your performance against the embedded examiner criteria. Note gaps in history, exam, safety-netting, or guideline alignment.
3. Drill Communication Frameworks: Practice SPIKES, NURSE statements, and shared decision-making aloud. Record yourself to identify pacing, jargon, or missed empathy cues.
4. Map to MCC Objectives: Cross-reference each station with the MCC Clinical Objectives (Medical Expert, Communicator, Professional, etc.) to ensure blueprint coverage.
5. Flag & Verify: When Warning VERIFY appears, consult the most recent provincial formulary, institutional protocol, or guideline update before clinical or exam application.

A NOTE ON CLINICAL VERIFICATION & EVOLVING STANDARDS

Canadian guidelines are updated regularly. Provincial formularies, scope-of-practice regulations, and imaging pathways may vary. This book reflects national consensus as of 2024–2025. Always verify dosing, screening intervals, and mandatory reporting requirements against:

- College of Family Physicians of Canada (CFPC) Clinical Practice Guidelines
- Canadian Cardiovascular Society (CCS) Guidelines
- Choosing Wisely Canada Recommendations
- Public Health Agency of Canada (PHAC) & Provincial Public Health Directives
- Medical Council of Canada (MCC) NAC OSCE Blueprint