



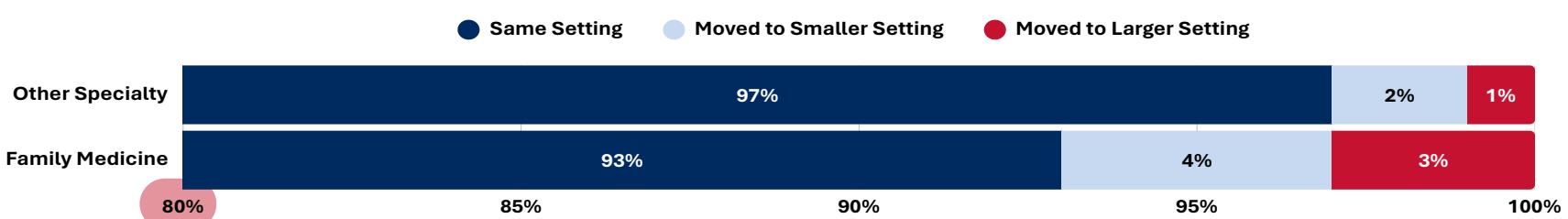
Canadian Post-M.D. Education Registry (CAPER) Fact Sheet

December 2025 Edition

Practice Setting Evolution: Comparing Stability and Movement Five to Ten Years After Training

How do physicians practice settings evolve over time? This fact sheet explores the **journey of the 2014 cohort between five and ten years after completing training (2019–2024)**. While most physicians remained in the same type of setting, notable differences emerged between Family Medicine and Other Specialties. The following sections highlight patterns of stability and movement, whether staying put, shifting to smaller communities, or transitioning to larger urban centers.

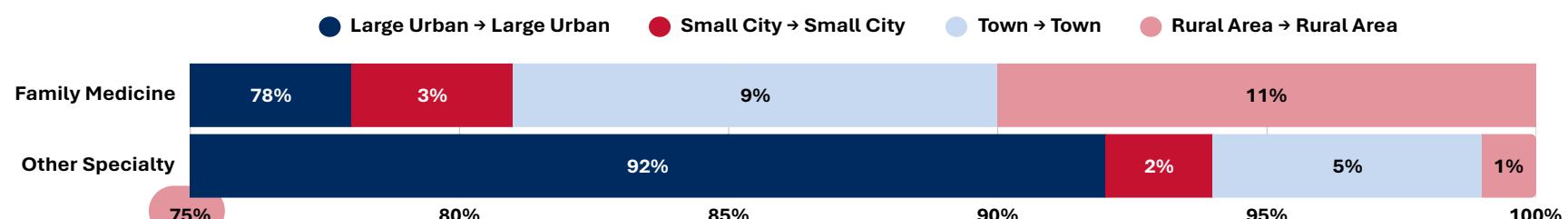
Practice Setting Shifts by Specialty — Cohort 2014 (Years 5 to 10 After Exit)



Five to ten years after completing training, most physicians stayed put in the same type of practice setting as where they were established at the five-year mark. Family Medicine physicians showed strong consistency, with 93% remaining in that setting, while Other Specialties were even more stable at 97%. Only a handful made changes, about 4% of Family Medicine physicians moved to smaller communities, while 3% shifted to larger centers. For Other Specialties, the numbers were even lower, with just 2% moving to smaller settings and 1% to larger ones.

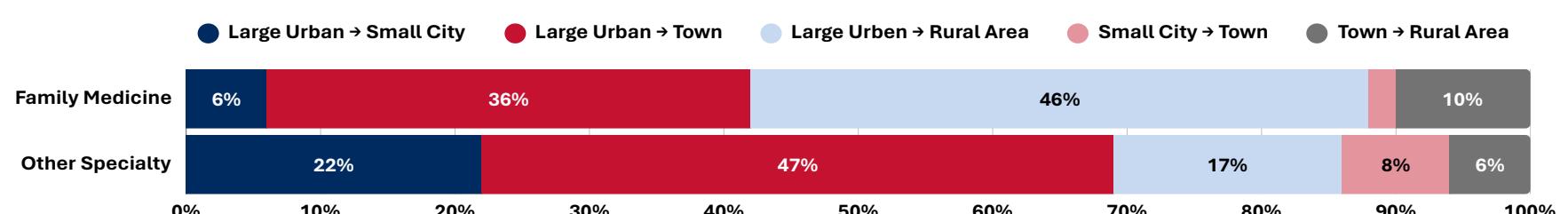
Overall, this period reflects remarkable stability in practice environments for both groups. .

Practice Setting Stability by Specialty — 2014 Cohort (2019-2024)



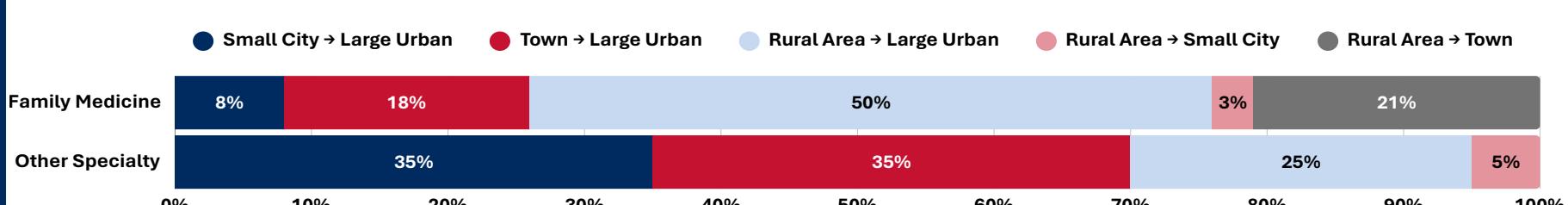
From 2019 to 2024, most physicians remained in the same type of practice setting, though stability differed by specialty. Specialists were the most consistent, with 92% continuing in large urban centers compared to 78% of Family Medicine physicians. Family Medicine showed stronger rural retention, with 11% remaining in rural communities versus just 1% of specialists. Stability in towns was modest for both groups, at 9% for Family Medicine and 5% for Other Specialties.

Shift to Smaller Practice Settings by Specialty — 2014 Cohort (2019-2024)



When physicians moved to smaller communities, Family Medicine led the trend. Among those leaving large urban areas, 46% relocated to rural settings and 36% to towns. Specialists also shifted away from large urban centers but favored towns over rural areas, with 47% moving to towns and only 17% to rural locations. Moves from small cities to towns were minimal for both groups.

Shift to Large Practice Settings by Specialty — 2014 Cohort (2019-2024)



Some physicians transitioned to larger urban centers during this period. Family Medicine physicians were most likely to make this move from rural areas, with 50% relocating to large urban settings compared to 25% of specialists. Specialists were more likely to move from small cities to large urban areas (35%) than Family Medicine physicians (8%). Town-to-large urban moves were common for both specialties.

Five to ten years after training, most physicians stayed in the same type of setting, but when they moved, Family Medicine leaned rural while specialists gravitated toward big cities.