

# **Continuing Professional Development CPD**

**30 October 2011**

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# **PACCC CPD Committee Members**

<b>Name</b>	<b>Title</b>
Catherine Slaunwhite, MD	Chair
Glenn Bureau	CCPA
Jodi Pachal	CCPA
Bill Wilson	CCPA
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## **CPD Requirements**

The PACCC CPD committee policy requires that all Canadian Certified Physician Assistants (CCPAs) complete:

- 250 CPD credits (at least 125 credits must be Mainpro-1 and/or Mainpro-C)
- To be completed in a five year cycle
- All CCPAs will be required to be a member of CAPA in order to access the CFPC online system.

# Mainpro credits

- **Mainpro 1**

Mainpro 1 credits will normally be received from formal learning activities such as conferences, on-line CFPC approved CPD, and pre-established courses for which a fixed amount of credit has been pre-determined. Participation in formal journal clubs who meet regularly are also eligible for Mainpro 1 credit hours. Similarly, Mainpro 1 credit hours may be counted for activities such as participation on a Test Committee.

## **Mainpro credits (cont'd)**

- **Mainpro 2**

Mainpro 2 credits are earned through a self-directed learning process. To be effective, each PA should set individual goals and design the appropriate strategy to ensure their objectives are met. Learning activities that may be counted for Mainpro 2 credit hours may include, but are not limited to: journal reading; review of internet articles; non-accredited medical rounds and non-accredited medical conferences; participation in an online community of practice; and mentoring. PAs who provide informal unit-level CPD to other health professionals may record these teaching hours for Mainpro 2 credits.

## Mainpro credits (cont'd)

- **Mainpro C**

Earn Mainpro C credit when you participate in programs that include a demonstrated self-reflective component. Eligible activities encourage you to reflect on what you have learned and devise strategies for incorporating newly acquired knowledge and skills into practice.

More to follow... with Linking Learning to Practice!



## **Linking Learning to Practice (LLTP)**

Your CPD Committee and the CFPC have agreed to include PAs in the innovative way developed by the CFPC to collect Mainpro C credits. It involves an approach to answering questions through information appraisal and integration rather than just information acquisition. And it challenges you to reflect critically on your practice and/or work. The following example completed form has been proposed to the CFPC. Once accepted, the form and the following directions will be made available by choosing CPD under the PACCC logo on the CAPA website.

The key feature of this option is that members can now generate their own Mainpro C credits by working through “practice reflection exercises” to answer questions *they* identify as being important for any aspect of their practice and/or work. To document this, you just need to fill out a simple form.

# Linking Learning to Practice (LLTP) (cont'd)

**How do I actually complete this exercise?**

**Just follow these few simple steps ...**

1. Get a copy of the form and familiarize yourself with the questions. These take you through the steps of a practice reflection exercise.
2. Identify a specific question about your practice and/or work that arises from one of your professional development or other activities
3. Work your way through the questions. These should help you address the key issues in considering how to answer your question.
4. After 2 months (or more, if needed), complete the final section on the form.
5. Mail or fax the completed form to the CFPC to claim your Mainpro C credits.
6. If any of the activities related to this process have been approved for Mainpro1 credits, or are eligible for Mainpro 2 credits, these should be submitted separately.
7. Once CFPC receives your form, they review with the CPD Committee and once approved the CFPC will enter the credits into your record.
8. Start thinking about your next question!

You should feel free to apply these steps to any activity as long as it is somehow related to your work and/or continuing professional development. Otherwise, your only constraint is the limit set by your own inquisitiveness!



# Linking Learning to Practice (LLTP) (cont'd)

## What kinds of things are eligible?

You can do practice reflection exercises about anything you do including:

### **clinical activities, such as:**

*maintenance of clinical skills*

*office practice*

*hospital work*

*emergency medicine*

*psychotherapy*

*sports medicine*

*occupational health*

*non-accredited courses (e.g. casting)*

### **non-clinical roles, such as:**

*administrator*

*researcher*

*teacher*

*examiner*

*insurance advisor*

*committee member*

And your questions can arise from many different kinds of learning opportunities. It is helpful to think of these in two broad groups: formal CPD activities and other activities which present you with information of use to your own practice and/or work.

# Linking Learning to Practice (LLTP) (cont'd)

## Here are some examples

You just went to your hospital's medical rounds on breast cancer. You found out that the local breast cancer screening program is using different recommendations than you do. You ask yourself: "Which recommendations apply best to my patients and how can I be sure that all of my eligible patients are being screened by either myself or the local program?"

You helped develop a clinical practice guideline on "falls prevention" for your local nursing home. You ask yourself: "What should I be doing now to identify elderly patients in my office practice who may be at risk for falling?"

You just finished conducting a **research project** using an open-ended questionnaire to identify factors influencing smoking among adolescent females in your health district. You ask yourself: "*Is this the best way to obtain this kind of data, or would focus groups be better?*"

# Linking Learning to Practice (LLTP) (cont'd)

**What else do you need to know?**

You will receive **2 Mainpro C credits** for each form you submit. This equates to 4 Mainpro 1 credits.

If your activity is comprehensive, you can submit multiple forms provided each is based on a distinctly different question.

In order to address a wide array of different kinds of learning activities, this form has to be quite general. Consider your responses in the way you believe best fits your own activity.

This form is **not** required for activities that are pre-accredited for Mainpro C credits, i.e. ACLS courses already have a fixed amount of Mainpro C credits.

Forms will be made available by choosing CPD under the PACCC logo on the CAPA website.

# Linking Learning to Practice (LLTP) (cont'd)

## Reflective Learning

In medicine, reflection requires the learner to consider “*the larger context, the meaning, and the implications of an experience and action.*”<sup>1</sup> In turn, this allows for the “*assimilation and reordering of concepts, skills, knowledge, and values into pre-existing knowledge structures.*”<sup>2</sup>

<sup>1</sup>Biggs J. Teaching for Quality Learning at University: What the Student Does. Buckingham: The Society for Research into Higher Education and Open University Press. 1999.

<sup>2</sup>Branch WT, Paranjape A. Feedback and Reflection: Teaching Methods for Clinical Settings. Acad Med. 2002;77:1185-1188.

# **Impact Assessment**

Obtaining CPD Mainpro 1 credits for journal articles.

To track Mainpro 1 credits for CME designated article in the JAAPA, the CPD Committee is developing a validation process with the CFPC.

Once accepted the form will be made available by choosing CPD under the PACCC logo on the CAPA website.

3 easy steps are required to complete the form.



# Impact Assessment (cont'd)

## IMPACT ASSESSMENT FOR JAAPA CME-DESIGNATED ARTICLES

In the JAAPA to obtain 1 Mainpro 1 credit for each CME designated article, PAs complete and submit the post-test and must receive a score of 70% or better on each test taken.

The form will ask that you declare that you have completed and submitted the post-test and received a score of 70% or better.

You must keep records for auditing purposes.

You will be asked to complete **ONE** of two text fields in order to qualify for Mainpro 1 credits. Your response must describe how the article will impact your practice.



# **Impact Assessment (cont'd)**

## **TEXT FIELDS**

Describe in 50 – 100 words what additional information you will seek in light of the information presented in this article. Include specific reference to the content of the article in your response.

**OR**

Describe in 50 – 100 words how the information in this article will affect the way you assess, investigate, diagnose, or treat patients. If your practice will not be changed by what you have read, state the reasons why not. Include specific information from the article in your response.

# Non-Member Mainpro Participant

## How to change your password:

1. Go to the [Non-Member Mainpro Participant Login page](#)
2. Look for the bullet item that reads, “Don’t have a password? [Click here](#) to get one...”
3. Click the link provided and you will be redirected to a screen with three prompts
  - a. Enter your **CFPC ID number**: 999999
  - b. For date of birth, you must enter **01/01/1900** (do not enter your actual DOB)
  - c. For medical school, you must select “**Unknown**” from the drop-down list
4. On the next page, you will see your name and your email address (user ID)
  - a. Type your preferred password into the space provided
  - b. Type your preferred password again, for verification purposes, in the space provided
  - c. Click on “Submit” and your new password will be saved

If you wish to change the email address you have on file with the College, follow steps 1 through 3c. When you reach step four, simply retype your new email address and select “Submit”.

For any technical issues or for assistance with entering credits, you can contact the CFPC Help Desk at 1 866-224-8104 (08h00 to 16h00 EST, Monday – Friday).

## **Contact us**

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**Questions?**