

How to Claim Self-Learning Credits

Family Physicians: Mainpro+ Linking Learning to Practice

Linking Learning to Practice is a self-administered, semi-structured reflection exercise, which provides you the opportunity to earn **5 Certified Mainpro+ credits**. Fill out the following form to reflect on issues or questions that arise in your practice. You may complete as many Linking Learning exercises as you like in a 5-year cycle.

You can save the information you have entered on this form at any time by scrolling to the bottom of the page and clicking on "SEND TO HOLDING AREA". The editable, saved form will be accessible from your Holding Area and will require further action. Once you have completed the form in its entirety, click "SUBMIT".

Instructions

1. Login to your **CFPC Member page on the CFPC site:** <https://www.cfpc.ca/login/>
2. Select **Access Your Mainpro+ Account and CPD Summary >**
3. Click **ENTER A CPD Activity** button and input the following information:
Category: [Assessment](#)
Certification Type: [Certified](#)
Activity Type: [Linking Learning to Practice](#)

4. Respond to the following questions in the online form.

Step 1: Formulate your practice question(s).

What was your specific question and/or learning on which you based this exercise?

Step 2: Describe your learning process.

Describe the activity that stimulated this exercise (including where and when) and the kind of information obtained from it. What other source(s) of information or evidence did you seek to better understand the question and/or learning objective?

Step 3: Consider the information.

What is your assessment of the quality of the information you reviewed? Describe its validity (ie. is it based on appropriate scientific evidence?) and relevance (ie. is it applicable to your patients in your community?). What approach or tools did you use to come to this conclusion?

Step 4: Make a decision about your practice.

Based on what you learned, what decisions have you made about your practice and/or work? What must you do to integrate these decisions into your practice and/or work? What kinds of barriers/difficulties do you foresee?

Complete Step 5 after sufficient time has elapsed to allow you to assess the impact of your decision...

Step 5: Evaluate/reflect on the impact of your decision.

Please describe your reflections on the impact this process has had on your practice and/or work. Consider questions such as:

- What impact has this process had on your practice generally?
- How do you feel now about the decision(s) you made?
- How successful have you been in implementing them into your practice? What kinds of barriers have you confronted?
- What are you doing now that you didn't do before? What has happened to your confidence in this area?
- What kind of feedback have you received from your patients, staff, or colleagues?
- What new information have you seen? How has this further modified your approach? What changes do you intend to make?
- What further areas of practice change, reassessment, and/or intervention have you identified?
- What plans do you have to address these?

CREDITS = 5 per exercise.

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Specialists: MOC Section 2 Personal Learning Project

Personal learning projects are self-planned learning activities, developed to answer a question, issue, or problem you have identified in your professional practice. The questions you identify will enable you to create a learning plan that involves selecting relevant sources of information to enable you to reach a conclusion regarding the learning outcomes for your practice. The final part of the PLP is reflecting on what you have learned, or the changes you anticipate implementing and recording the process and conclusions in MAINPORT.

To save information on the Self-Learning area of MAINPORT either submit or send an activity to the Holding Area.

Instructions

Login to your **MAINPORT account on the Royal College site** <https://rclogin.royalcollege.ca/oamlogin/login.jsp>

1. Click **ENTER A CPD ACTIVITY** and input the following information:
Section 2 - Self-Learning Activities: **PLP (Personal Learning Project)**
2. **Respond to the following questions**
Please select the type of project it was: **(Select from list)**
How many hours did you spend participating in this activity: **(Enter in 15 minute increments, credits will be auto-calculated)**
Describe the question, focus or title for this activity: **(text response)**
What date did you complete this activity: **(text or calendar popup)**
3. **Plus at least one of the following questions:**
What did you learn or confirm?
What additional learning are you planning to complete?
What changes are you planning to implement in your practice?
4. (Optional) Upload any relevant documentation for personal use rather than for credit validation purposes.

CREDITS = 2 credits per hour.

Some Practical Suggestions

Recording questions as you practice.

Although raising and answering questions is a natural learning strategy for physicians, the majority of questions in practice are not pursued. You can access MAINPORT using a mobile device to record the questions you have raised but do not have the time to pursue immediately in the 'Holding Area'.

Each clinical question or issue you develop is a reflection of a specific need you have defined.

In that regard it is helpful to consider the following ideas (where applicable) as you develop questions.

Question Content: Is your question intended to focus on: etiology, pathophysiology, clinical features, diagnosis, treatment or management options, prevention, prognosis?

Question Domains: Have you described the population, the intervention or exposure, the comparison that should be considered, or the outcome of interest?

The conclusions or outcomes you reach for your professional practice can include:

- Confirming your current knowledge or skills or practice
- Expanding your knowledge, skills, competencies or attitudes
- Changing some aspect of your practice
- Enhancing your performance or improving practice outcomes