



## LINKING LEARNING TO PRACTICE

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### *How to do a practice reflection exercise for Mainpro-C credits*

Family physicians do many things that help them, either intentionally or consequentially, maintain and/or enhance their abilities. Appreciating this, the College has introduced a new and innovative way 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 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, we have developed a series of simple forms – special ones for certain specific activities, and this one that can be used for anything else.

### **What kinds of things are eligible?**

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

... clinical activities, such as:

- *office practice*
- *hospital work*
- *emergency medicine*
- *psychotherapy*
- *sports medicine*
- *occupational health*

... and 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 CME and professional development activities; and other activities which present you with information of use to your own practice and/or work.

### **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?*”
- During your chapter’s recent ASA, you attended a **workshop** on changes to “routine” pre-natal care. You ask yourself: “*Should I be recommending nuchal translucency screening for all my pregnant patients, and if so, how will I explain the risks and benefits to them?*”
- 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?*”
- You were a surveyor for an **accreditation survey visit** of another university’s family medicine program. You ask yourself: “*How can I present this experience to my post-graduate committee and possibly improve the in-training evaluation process for our residents?*”

## How do I actually do one of these exercises?

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 College to claim your Mainpro-C credits.
6. If any of the activities related to this process have been approved for Mainpro-M1 credits, or are eligible for Mainpro-M2 credits, these should be submitted separately.
7. Once we receive your form, we 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 medical professional development. Otherwise, your only constraint is the limit set by your own inquisitiveness!

## What else do I need to know?

- You will receive **2 Mainpro-C** credits for each form you submit.
- If your activity is comprehensive, you can submit multiple forms provided each is based on a distinctly different question. You might consider making some photocopies of the blank form.
- 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.
- Do **not** use this form if you are submitting Mainpro-C credits for any of the following activities: traineeships and fellowships, writing examinations, university degree programs, audits and QA activities, and provincial practice review programs. These require specific forms which can be obtained from the CFPC, including from our Web site ([www.cfpc.ca](http://www.cfpc.ca)).

## For more information

For further information, please contact the College of Family Physicians of Canada, or visit [www.cfpc.ca](http://www.cfpc.ca)  
2630 Skymark Ave., Mississauga, ON L4W 5A4; Phone: 905-629-0900/1-800-387-6197; Fax 905-629-0893;  
[mainprocredit@cfpc.ca](mailto:mainprocredit@cfpc.ca)





## LINKING LEARNING TO PRACTICE

### *Submission form for Mainpro-C credits*

(You will receive 2 credits for each form you submit)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province, state or country: \_\_\_\_\_

Upon what kind of learning activity is this Mainpro-C exercise based (check one only)?

**A. Professional development or continuing medical education activities**

- Course, conference or workshop       Hospital or other rounds       Self-learning activity/program
- Other \_\_\_\_\_

**B. Professional activities which can stimulate thinking about your practice and/or work**

- Committee work       Development of clinical practice guidelines / practice standards
- Development of educational materials       Teaching activities       Conducting research
- Being an examiner       Preparing a manuscript for publication       Being a peer reviewer
- Other \_\_\_\_\_

Describe the nature of your practice and/or work to which this exercise applies.

\_\_\_\_\_  
\_\_\_\_\_

If you are submitting more than one form for this learning activity, which is this one?     #1     #\_\_\_\_\_

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### **Step 1: Formulate your practice question(s).**

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

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Step 2: Describe the information you reviewed.**

Describe the activity which 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 understand better the question and/or learning objective?

- Peer-reviewed articles       Peer-reviewed text books       Patient feedback
- Non-peer reviewed articles       Internet       Peers
- Experts       Other \_\_\_\_\_

**Step 3: Consider the information.**

What was your assessment of the quality of the information you reviewed? Describe its validity (i.e. Is it based on appropriate scientific evidence?) and relevance (i.e. Is it applicable to your patients in your community?).

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What approach or tools did you use to come to this conclusion?

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**Step 4: Make a decision about your practice.**

Based on what you have learned, what decisions have you made about your practice and/or work?

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What must you do to integrate these decisions into your practice and/or work? What kinds of barriers/difficulties do you foresee?

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***Complete the following at least two months later ...***

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

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 further 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?

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

To claim your credits, send the completed form to the CFPC by mail or fax.  
2630 Skymark Ave, Mississauga, ON L4W 5A4 Fax: 905-629-0893