



Hours submitted are automatically converted into credits.

## Framework of Continuing Professional Development Activities

SECTIONS	CATEGORY	EXAMPLES	CREDIT VALUE
MOC Section 1: Group Learning	<p><b>MOC Section 1: Group Learning</b></p> <p>Based on group interactivity (Eg. conferences, webinars, etc)</p> <hr/> <p><b>Unaccredited group learning activities</b> <i>Rounds, Royal College self-accredited rounds, journal clubs, small-group activities or conferences that have not been submitted for accreditation and have no industry sponsorship.</i></p>	<p><b>Group Learning</b></p> <p>Conferences, workshops, webinars, series, other group learning, patient partnered learning</p> <hr/> <p><b>Self-claimed:</b></p> <ul style="list-style-type: none"> <li>Royal College self-accredited rounds</li> <li>Unaccredited rounds, journal clubs, small groups</li> <li>Social Media for knowledge translation</li> </ul>	<p><b>1 credit per hour</b></p> <p>1.0 credit per hour 0.5 credits per hour 0.5 credits per hour</p>
	<p>(prev. Section 2: Self-learning)</p> <p><b>Planned Learning</b> <i>Learning activities initiated by a physician (independently or in collaboration with peers or mentors) to address a need, problem, issue or goal relevant to their professional practice.</i></p> <p><b>Scanning</b> <i>Learning activities used by a physician to enhance their awareness of new evidence, perspectives or discoveries that are potentially relevant to their professional practice.</i></p> <p><del>Systems Learning</del></p>	<p><b>Self-claimed:</b></p> <ul style="list-style-type: none"> <li>Formal courses</li> <li>Traineeships</li> <li>Activity preparation (prev. Personal Learning Projects)</li> <li>Postgraduate studies</li> <li>Individual task training</li> <li>Reading</li> <li>Watching videos, recordings, etc</li> <li>Listening to podcasts, etc</li> </ul>	<p>Credits vary</p>
MOC Section 2: Independent -learning	<p>(prev. Section 3: Assessment)</p> <p><b>MOC Section 3: Feedback (SAP)</b></p> <p>Provide data with feedback to individual physicians regarding their current knowledge base, enabling the identification of needs and development of future learning opportunities relevant to their practice.</p> <p><b>MOC Section 3: Feedback (SIM)</b></p> <p>Provide data with feedback to individual physicians, groups or interprofessional health teams related to their personal or collective performance across a broad range of domains. Performance assessment activities can occur in a simulated or actual practice environment.</p> <hr/> <p><b>Improvement</b> (prev. Section 2: Systems Learning) <i>Individual, group or systems improvement, QI activities to improve patient care, physician well-being, professional practice; health systems, EDI, planetary health, etc.</i></p>	<p><b>Self-assessment programs (SAP)</b></p> <p>Participants demonstrate knowledge, record their responses (eg. online module with quiz, etc.). Program provides learner with individualized feedback on knowledge.</p> <p><b>Simulation Programs (SIM)</b></p> <p>Participants are observed demonstrating performance (eg. skills demo, scenarios, coaching, etc.). Program provides learner with individualized feedback on performance.</p> <hr/> <p><b>Self-claimed:</b></p> <ul style="list-style-type: none"> <li>QI activities</li> <li>Coaching and mentoring</li> <li>Clinical practice guidelines</li> <li>Committee participation</li> <li>Curriculum and exam devel.</li> <li>Investigations</li> <li>Chart audit</li> <li>Multi-source feedback</li> <li>Direct observation</li> <li>Feedback on teaching</li> <li>Annual performance review</li> <li>Practice assessment</li> </ul>	<p><b>3 credits per hour</b></p> <p><b>3 credits per hour</b></p> <p>Credits vary</p>
	<p>MOC Section 3: Feedback &amp; Improvement</p>		



# Mainpro+<sup>®</sup> Activity Grid

## Activity Categories



### Certified Activities

- CFPC Mainpro+ Certified Activities
- AAFP Prescribed credits
- AMA PRA Category 1\*
- CFP Mainpro+ articles
- CFPC Self Learning™ Program
- CFPC peer tutor
- Formal traineeship/fellowship
- Formal studies/university courses
- Foundation for Medical Practice Education (FMPE)
- International (Request for Individual Consideration)
- Royal College Section 1\*
- Certified rounds and journal clubs
- Quebec Category A
- Certified online CPD† activities (e.g., CFPCLearn)
- Other Certified Mainpro+ activities
- UpToDate®



### Certified Assessment Activities

- CFPC Mainpro+ Certified Assessment activities
- CFPC Professional Learning Plan (PLP)
- Linking Learning exercises (Administration, Assessment, Research, Teaching, Practice)
- Medical regulatory authority (MRA) quality/practice improvement programs
- MCC360
- Other Mainpro+ Certified Assessment Activities
- Pearls.ce
- Publication of an article
- Quebec Category B
- Royal College Section 3\*



### Non-certified Activities

- Coaching/mentoring
- Committee participation
- Corridor or team-based consultations/case-based discussions
- Interprofessional educational events
- Non-certified conferences
- Reading, watching, listening (medical-related media, books, journals, articles)
- Research and publication (writing or reviewing)
- Social media discourse (participation in practice related online discussions)
- Teaching, presenting, and preparing (includes curriculum planning, development, or review)



### Combined learning (Certified + Assessment)

Mainpro+ users can claim two credit types for the same activity



- Advanced life support courses
- Certified Mainpro+ activities
- CFPC Accreditation Surveyor
- CFPC Emergency Medicine or American Board of Emergency Medicine (ABEM) exam
- Clinical supervisor (MRA)
- Examiner for medical exams

\*Certified credits that exceed the category maximums can be entered as non-certified activities

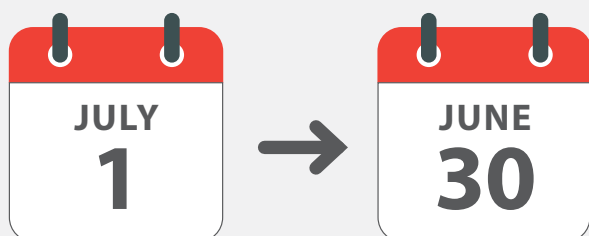
†CPD: continuing professional development

[www.cfpc.ca/MAINPRO](http://www.cfpc.ca/MAINPRO)

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# Mainpro+ summary

## Cycle Dates



## Cycle Requirements

- Five-year reporting cycle
- Mainpro+ participants must earn and report a minimum of 250 credits in a five-year cycle. At least 125 must be certified credits, at least 10 of which must be Certified Assessment credits.
- Minimum of 25 credits from any category must be earned and reported each cycle year
- Mandatory online credit reporting

## Activity Categories



### Certified Activities

Activities that have been formally reviewed and approved as per the standards for certified CPD as set by the CFPC.



### Certified Assessment Activities

Certified activities in which data analysis, including providing or receiving feedback, stimulates self-reflection and leads to practice/performance improvement. These may be self-directed or conducted with others.



### Non-certified Activities

Activities that have not been formally reviewed by the College but comply with the College's definition of CPD, are non-promotional in nature, and provide valuable professional learning opportunities.

## Carry-over Credits

In Mainpro+, up to 40 certified credits can be carried over to the next cycle. Carry-over credits are only applicable to a 5-year cycle, and if extra credits are reported beyond the overall cycle requirements from the last completed cycle.

## Linking Learning Exercises

With our Linking Learning program, Mainpro+ participants can earn Certified Assessment credits by completing reflection on a variety of practice activities including teaching, research, assessment and administration.