

UBC CPD Personalized Support

Ang Wagner & Hadas Haft, Personal Learning Plans
Charlotte Humphries, IMG Peer Support Network



THE UNIVERSITY OF BRITISH COLUMBIA

Continuing Professional Development

Faculty of Medicine

LAND ACKNOWLEDGMENT

With gratitude, we acknowledge that the University of British Columbia Faculty of Medicine Continuing Professional Development programs take place on traditional, ancestral and unceded territories of Indigenous peoples throughout the province.



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



DISCLOSURES

Ang Wagner, UBC CPD Employee – nothing to disclose

Hadas Haft, UBC CPD Employee – nothing to disclose

Charlotte Humphries, UBC CPD Employee – nothing to disclose



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

CONTINUING PROFESSIONAL DEVELOPMENT



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

STARTING SOMETHING NEW CAN BE SCARY!



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

LEARNING PRIORITIES



Transition to practice & navigating the BC Health Care System



Practice management, billing & EMR Support



Wellness, balance & career development



Communication & team-based care



Clinical skills & patient care (emergency skills, pain management, geriatrics, medication prescribing)



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

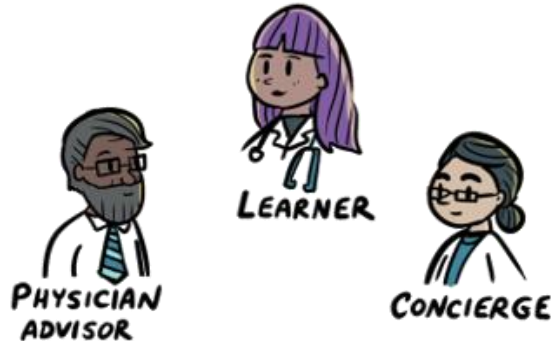


PERSONAL LEARNING PLANS

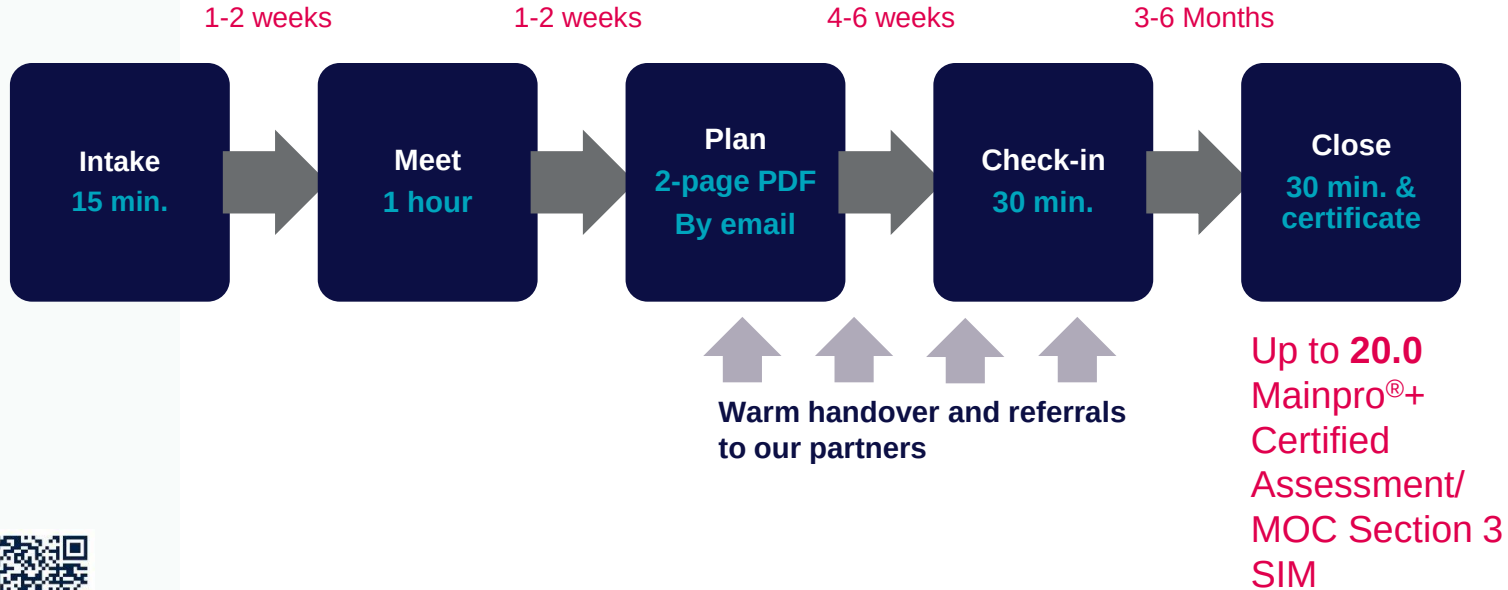
- Start with a conversation
- Co-create what matters to you
- Ongoing support
- Confidential, non-remedial and non-reporting



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



HOW PERSONAL LEARNING PLANS WORK



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



PERSONAL LEARNING PLAN

EXAMPLE

	Learning Goal	Rationale	Possible Difficulties or Challenges	Comfort/Confidence Level Rating (1=Not confident to 10=Expert confidence)
	PRACTICE MANAGEMENT	Learn how to set up practice and manage your practice in BC.	Business management and a new medicolegal system.	/10
	PANEL MANAGEMENT & WORKFLOW	Improve workflow efficiency with referrals, prescribing, and patient recall, and manage your patient panel.	Learning how to use a new EMR and unfamiliarity with community resources.	/10
	CLINICAL DECISION-MAKING	Become familiar with local guidelines, resources, and support for patient care.	Adapting and applying clinical training in an unfamiliar medical system and landscape.	/10
	CME & NETWORKING	Gain resources to continue my learning journey and build my network.	Time for learning and connection is limited with a busy practice in a new environment.	/10

CanMEDS/CanMEDS-FM Role: Medical/Family Medicine Expert, Communicator, Collaborator, Leader, Health Advocate, and Professional.

Learning Preference: Hands-on learning, mentorship, reading, online courses, webinars/rounds.

LEARNING PLAN: RESOURCE EXAMPLES

Access to up-to-date health technology solutions such as virtual communication, EMR, and AI. Support for family physicians. Membership is through DoBC.

Family Practice (LFP): FP.Billing@doctorsofbc.ca. **Fee for Service (FFS):** economics@doctorsofbc.ca.
 With advisors and receive support to navigate the business side of managing your practice.

Optimize your EMR, effectively manage your patient panel, or connect with a peer mentor. Web app to enable and validate quality patient care.

Get urgent care peer support right on your electronic device in real-time. Available to everyone.

Practice guidelines covering a wide range of medical conditions with medication tables. Specialist directory, clinical algorithms, enhanced care pathways, and emailing patients tools.
Note: You can connect with a specialist colleague for urgent advice within two hours.

IC CPOI:
 To receive notifications of upcoming events: <https://ubccpd.ca/newsletter>.
 To receive the CMP eNewsletter here: <https://thischangeofmymind.com/subscribe/>.
 Native AI in Medicine, Alcohol Use Disorder (AUD), and more.
 Mentorship, advocacy, and community support to Black members of the medical community in BC.

Virtualized support through peer mentorships and coaching. Virtually or in person, and flexible.
form5v_9QVoeE5JGikvU4j.

1-877-6729. Confidential and anonymous support for you and your immediate family.

Rural Coordination Centre of BC (RCCBC) - [Thriving Project](#): supports and enhances the wellness of rural healthcare professionals across British Columbia.
 Canadian Medical Association (CMA) - [Wellness Hub](#): A virtual safe space to share experiences and have peer support.

Funding Opportunities

- Doctors of BC: members can access \$3300 of CME funding. Please visit their [webpage](#) to learn more about the negotiated benefits.
- [The Rural Education Action Plan](#): Provide education funding and support programs for clinical training of physicians in rural practice.
- [Rural Continuing Medical Education \(RCME\)](#): Programs provide funding and support for eligible rural physicians and communities.

Resource Hyperlinks



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



THE UNIVERSITY OF BRITISH COLUMBIA

Continuing Professional Development

Faculty of Medicine

PERSONAL LEARNING PLAN

EXAMPLE

	Learning Goal	Rationale	Possible Difficulties or Challenges	Comfort/Confidence Level Rating (1=Not confident to 10=Expert confidence)
	PRACTICE MANAGEMENT	Learn how to set up practice and manage your practice in BC.	Business management and a new medicolegal system.	/10
	PANEL MANAGEMENT & WORKFLOW	Improve workflow efficiency with referrals, prescribing, and patient recall, and manage your patient panel.	Learning how to use a new EMR and unfamiliarity with community resources.	/10
	CLINICAL DECISION-MAKING	Become familiar with local guidelines, resources, and support for patient care.	Adapting and applying clinical training in an unfamiliar medical system and landscape.	/10
	CME & NETWORKING	Gain resources to continue my learning journey and build my network.	Time for learning and connection is limited with a busy practice in a new environment.	/10

CanMEDS/CanMEDS-FM Role: Medical/Family Medicine Expert, Communicator, Collaborator, Leader, Health Advocate, and Professional.

Learning Preference: Hands-on learning, mentorship, reading, online courses, webinars/rounds.



UBC CPD
Medicine

CONTINUING
PROFESSIONAL
DEVELOPMENT

PERSONAL LEARNING PLAN: RESOURCE EXAMPLES

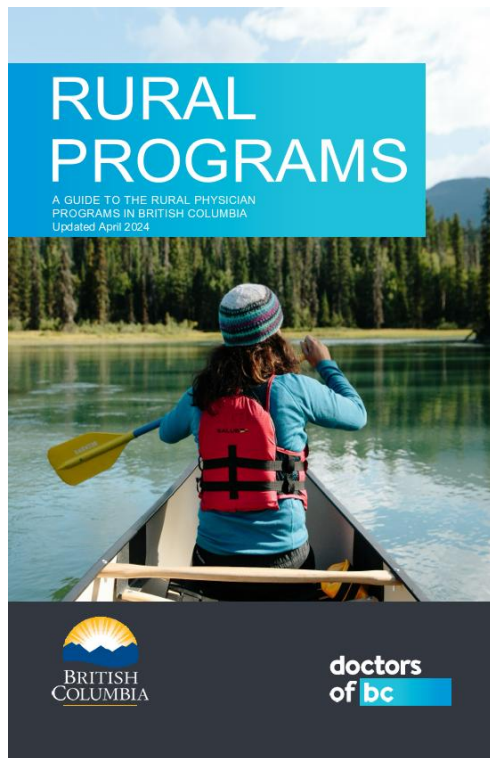
LEARNING GOAL	CONNECTION/RESOURCE
PRACTICE MANAGEMENT	Doctors Technology Office (DTO): A hub for guidance on up-to-date health technology solutions such as virtual communication, EMR, and AI. BC Family Doctors Billing Support: Fee guides and support for family physicians. Membership is through DoBC. Doctors of BC (DoBC) Billing: Longitudinal Family Practice (LFP): FP.Billing@doctorsofbc.ca. Fee for Service (FFS): economics@doctorsofbc.ca. Doctors of BC (DoBC) Business Support: Meet with advisors and receive support to navigate the business side of managing your practice.
PANEL MANAGEMENT & WORKFLOW	Practice Support Program (PSP): Support to optimize your EMR, effectively manage your patient panel, or connect with a peer mentor. Health Data Coalition (HDC): A data-sharing web app to enable and validate quality patient care.
CLINICAL DECISION-MAKING	Real-Time Virtual Support (RTVS): Emergency and urgent care peer support right on your electronic device in real-time. Emergency Care BC: Clinical resources accessible to everyone. BC Guidelines: Formal evidence-based clinical practice guidelines covering a wide range of medical conditions with medication tables. Pathways BC: A one-stop shop for an online specialist directory, clinical algorithms, enhanced care pathways, and emailing patients tools. Rapid Access to Consultative Expertise (RACE) Line: You can connect with a specialist colleague for urgent advice within two hours.
CME & NETWORKING	UBC Continuing Professional Development (UBC CPD): - Newsletter and Upcoming Events: Sign up to receive notifications of upcoming events: https://ubccpd.ca/newsletter. - This Changed My Practice (TCMP): Sign up to receive the CMP eNewsletter here: https://thischangedmypractice.com/subscribe/. - CPD in Practice: Discusses topics like generative AI in Medicine, Alcohol Use Disorder (AUD), and more. Black Physicians of British Columbia (BPPBC): Mentorship, advocacy, and community support to Black members of the medical community in BC.
COACHING & MENTORING	
Coaching and Mentoring Program (CAMP): Up to 35 free hours of personalized support through peer mentorships and coaching. Virtually or in person, and flexible. Contact: camp.rcpd@ubc.ca. Register: https://ubc.ca1.qualtrics.com/jfe/form/SV_9QYoeE5JGikYU4J.	
WELLNESS RESOURCES	
Doctors of BC (DoBC) - Physician Health Program: 24/7 Access: 1800-663-6729. Confidential and anonymous support for you and your immediate family. Rural Coordination Centre of BC (RCCbc) - Thriving Project: supports and enhances the wellness of rural healthcare professionals across British Columbia. Canadian Medical Association (CMA) - Wellness Hub: A virtual safe space to share experiences and have peer support. Funding Opportunities - Doctors of BC: members can access \$3300 of CME funding. Please visit their webpage to learn more about the negotiated benefits. The Rural Education Action Plan: Provide education funding and support programs for clinical training of physicians in rural practice. Rural Continuing Medical Education (RCME): Programs provide funding and support for eligible rural physicians and communities.	

Resource Hyperlinks



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

ASK FOR HELP!



ASK FOR HELP!



©Travelers Exploring Tokyo Subway by Bor Jinson via Canva.com



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

WHAT YOUR COLLEAGUES ARE SAYING

“

I have increased confidence in my practice, better network and awareness of available community resources and improved approach to patient care.”

— 2025-26 Personal Learning Plan (PLP) Program participant



“

I think this is the complete package for physicians who are starting new and also for whom they are lost and buried in their practices. I highly recommend to keep the pace.”

— 2025-26 Personal Learning Plan (PLP) Program participant

UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



IMG PEER SUPPORT NETWORK

- **One-to-one mentoring/coaching** combined with group learning sessions
- **Free professional development** group sessions
- **Get support with**
 - Adjusting to the BC health care system
 - Billing
 - Legal aspects of practice
 - Chronic pain management
- Confidential, Non-reporting
- CME credits: up to 13.5 Mainpro+ / MOC Section 3 credits



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

HOW TO GET INVOLVED

If you are an IMG looking for support to navigate the health-care system in BC, the IMG Peer Support Network is here to help!

Program intakes are every September and March.



Find out more and sign up
to get notified about the
next intake.



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

PERSONALIZED SUPPORT ON YOUR IMG JOURNEY

"My mentor was willing to share experiences and provide tailored guidance throughout this journey."

IMG PSN Participant 2024



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT



QUESTIONS



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

STAY CONNECTED WITH US

GET THE LATEST CPD IN YOUR INBOX



Subscribe to the **UBC CPD mailing list** for learning opportunities for health professionals in BC and beyond — Accredited conferences, eLearning, workshops, webinars and more.

CONNECT WITH US ON SOCIAL MEDIA

 **Instagram** – @ubccpd

 **Facebook** – UBC CPD

 **LinkedIn** – UBC CPD

 **Website** – ubccpd.ca



UBC CPD
Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT