

How to Claim Self-Learning credits for 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

Login to your **CFPC Member page on the CFPC site**: <https://www.cfpc.ca/login/>

1. Select **Add a CPD Activity to my Record** from the left menu

2. Click **ENTER A CPD ACTIVITY** and input the following information:

Category: [Self-Learning](#)

Certification Type: [Certified](#)

Activity Type: [Linking Learning to Practice](#)

Upon what kind of learning activity is this exercise based? ([Select from list](#))

Program/Activity ID ([Not applicable](#))

Professional activities that can stimulate thinking about your practice and/or work: ([Select from list](#))

3. **Respond to the following questions** Describe the nature of your practice and/or work to which this exercise applies:

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?

([Select from list](#))

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 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?