

## How to Claim Self-Learning credits for 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://login.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