

Continuing Medical Education Overview



As physicians will implement customized processes throughout the Alberta Screening and Prevention program, their continuing medical education (CME) process can be customized as well.

The College of Family Physicians of Canada (CFPC) recognizes that family physicians participate in a variety of activities that contribute to the maintenance and enhancement of knowledge and skills. Learning surrounds family physicians, from daily interactions with patients to mentoring healthcare trainees and participating in medical committees. Appreciating this, the CFPC has developed a process to earn Mainpro-C credits at a physician's own pace and at no additional cost.

The CFPC has a series of self-directed learning options where a family physician reflects on a practice question and completes an exercise (an on-line form), and submits to the CPFC for credit. Each exercise earns between 2 and 3 Mainpro-C credits with bonus Mainpro-M1 credits. Given that the CFPC has transitioned to on-line reporting of CFPC credits in 2013, the submission process has been simplified by completing the forms on-line.

It takes as little as 10 minutes to complete an exercise and earn up to 3 Mainpro-C plus 3 bonus Mainpro-M1 credits per form! The exercises have a common approach with five steps:

1. A practice question is posed.
2. Information is acquired.
3. The information is evaluated.
4. A practice decision is made and changes may be integrated into the practice.
5. After a period of reflection, the impact of the decision is evaluated.

The CME approach for ASaP is staged, allowing family physicians to complete the exercise and submit for credit while the experience is top of mind; no waiting until the end to fill out a long form for credit.

Stage of ASaP	Type of Reflection	Recommended Exercises	Credits
Pre Work	Evidence	Pearls	3 Mainpro-C + 3 bonus Mainpro M1
	Practice facilitation	Linking Learning to Practice	2 Mainpro-C + 2 bonus Mainpro M1
Intervention	Identifying at risk patients	Practice Audit	3 Mainpro-C + 3 bonus Mainpro M1
Sustain	Practice process redesign	Provincial Practice Review and Enhancement Program	3 Mainpro-C + 3 bonus Mainpro M1
Total Potential Credits			11 Mainpro-C + 11 Mainpro M1

Physicians may choose to use this process for other topics such as panel identification, clinical care, to evaluate more practice questions, decisions and changes can fill out more forms for additional credits. See the [ASaP CME Guide](#) for a detailed outline of which exercises are recommended for each stage of the ASaP program.