



Mainpro+[®] CPD Report 2022/23

We've analyzed Mainpro+ data from the past year to provide a snapshot of what Mainpro+ participants and continuing professional development (CPD) providers are doing across the country. This information highlights the commitment of Mainpro+ participants to ongoing learning, the adaptability of CPD providers, and the continued focus on practice assessment activities.

Mainpro+ participants must complete 250 credits in a five-year cycle, of which 125 must be certified credits. The annual cycle requirement is 25 credits, certified and/or non-certified.

The following data refer to the period of July 1, 2022, through June 30, 2023, (unless otherwise stated).

Most popular CPD activities where members earned credits

Certified

- CFPC Certified Mainpro+ Activities
- Other Certified Group Learning activities
- UpToDate[®]

Non-Certified

- Journal reading
- Teaching/presenting (clinical and/or academic)
- Other non-certified Group Learning activities

Mainpro+ participants

42,548

Total number of Mainpro+ participants reporting credits

4,882

Total number of participants in the 2022/23 cycle cohort

2,022,155

Total number of credits submitted

Top three Mainpro+ activities based on the number of credits claimed



508,512

CFPC Certified
Group Learning
Mainpro+ Activities



295,502

UpToDate



113,317

Journal reading

Top three certified Mainpro+ activities



5,829

COVID-19 Community of Practice for Ontario Family Physicians



2,134

Community of Practice for Ontario Family Physicians – Changing the Way We Work During COVID-19



1,944

Family Medicine Forum (FMF) 2022

Mainpro+ activity submissions by category



98,991

Group Learning

Activities that provide an opportunity to learn with others



113,571

Self-Learning

Activities planned and implemented by the individual, outside the context of a group



10,856

Assessment

Activities that stimulate learning and practice or performance improvement through analysis of data and provision or receipt of feedback about an individual practice or performance or group practice or performance or materials.



How members reached the Mainpro+ Team

During the reporting period our Mainpro+ coordinators supported members in a variety of ways, including answering telephone calls, answering questions live via the chat system, scheduling interactive screenshare sessions, and by coaching members on how to navigate and report CPD activities using Mainpro+. By the numbers, our Mainpro+ experts supported **1,114** members using Chat and scheduled **210** appointments.



2022

3,558

total attendees



In person
November 9 to 12, 2022,
Metro Toronto
Convention Centre



Virtual
November 16 to 19, 2022



On demand
November 20, 2022,
to January 7, 2023

8% Students

10% Residents

16% First Five Years in
Family Practice

49% Physician Member

2% Associate Member

4% Retired/Life Member

5% Non-member

5% Staff/Chapter

1% Guest

33,185
credits awarded for

1,941
attendees reporting credits

Certified Program – 160 sessions consisting of:

80

one-credit-per-hour
in person



80

one-credit-per-hour
virtually



By category:

- 109** Clinical
- 35** Teaching
- 8** Research
- 8** Ancillaries



Average session attendance

141 in person
310 virtual



Session evaluations

13,036
received with an overall average of
4.54 out of **5**



Exhibitors

120 in person
26 virtual

CFPC Learn

CFPCLearn is an on-demand education platform that features a wide range of Mainpro+ certified learning activities tailored for family physicians, including videos, podcasts, and the popular Tools for Practice.

During the reporting period, participants claimed credits for the following CPD activities:

24 Tools for Practice for a total of six credits

30 podcasts (0.5 credits each)
for a total of 15 credits

3 e-courses for a total of 8.5 credits

26 videos (one credit each) for a total of
26 credits

2,660

total participants

8,421

credits claimed on CFPCLearn



The Member Interest Groups Section (MIGS) had **24** certified activities on CFPCLearn, worth a total of **22.5** credits.



The Self Learning Program allows physicians and primary care providers to evaluate their clinical knowledge and receive further information on topics in the medical literature. The content is drawn from peer-reviewed articles and curated by approximately 60 family physicians from across Canada.

Subscribers can earn up to 30 Mainpro+ certified credits per year. Residents, medical students, and international medical graduates are eligible for complimentary access to the Self Learning Program online as part of their CFPC membership.

A special edition was released in May 2023, and it featured top-rated questions from 2022.

Since 2022, subscribers can claim credits as far back as five years, as long as the credits are within their current Mainpro+ cycle.

Self Learning subscriptions and/or any previously published volumes (also known as a back issue) can be purchased via the [Self Learning website](#). Sign in to your account, and click Manage subscription.

If you encounter any problems or wish to receive support, please reach out to our customer support team at slinfo@cfpc.ca or call **1-800-387-6197**, ext. **441**.



Number of Linking Learning submissions by category

With our expanded Linking Learning program, Mainpro+ participants can earn certified credits by completing reflection on practice activities including Linking Learning to Practice, Teaching, Assessment, Research, and Administration. This is a great opportunity for members to earn Mainpro+ certified Assessment credits by reflecting on elements of their daily work.



Direct Credit Entry

The CFPC is excited to share that we've created a new direct credit entry (DCE) platform, which will make it easier for providers to offer direct credit entry to members. With DCE, participation in CPD activities is entered directly into the member's record.

As a member, your credits will be uploaded for you, which means no need to search for and manually enter those activities.

Contact us at dce@cfpc.ca for more information.



Manual

1,674,174

Total Credits

91%

of credits entered



DCE

170,395

Total Credits

9%

of credits entered



Professional Learning Plans

The Professional Learning Plan (PLP) is a free and bilingual Mainpro+ certified tool designed to help support family physicians in achieving their personalized CPD learning goals. The tool provides step-by-step guidance to address key needs, offers new opportunities for practice improvement, and helps members plan CPD goals at any stage in their professional practice. During this reporting period more than 1,500 new PLPs were started.

As part of the PLP exercise, the following are domains of care...



Clinical Care

391



Administration

80



Quality assurance/
quality improvement

78



Education and
teaching roles

37



Research

32

Below is a breakdown by region of PLP users



Alberta

19.31%



British Columbia

11.72%



Manitoba

4.33%



New Brunswick

1.18%



Newfoundland
and Labrador

1.28%



Northwest
Territories

0.1%



Nova Scotia

4.73%



Nunavut

0%



Ontario

36.65%



Prince Edward Island

0.59%



Quebec

12.41%



Saskatchewan

4.53%



Yukon

0%



International

3.15%



Our PLP Workshop, which was certified for up to 1.5 Group Learning credits, was created to provide members with an overview and demonstration of the PLP Tool. More than 100 members have registered for the workshop since its launch in early 2023. Please contact us if you're interested in having our Team present the PLP Workshop in your region or practice!



"[The PLP] will improve my skills and make me a better family physician"



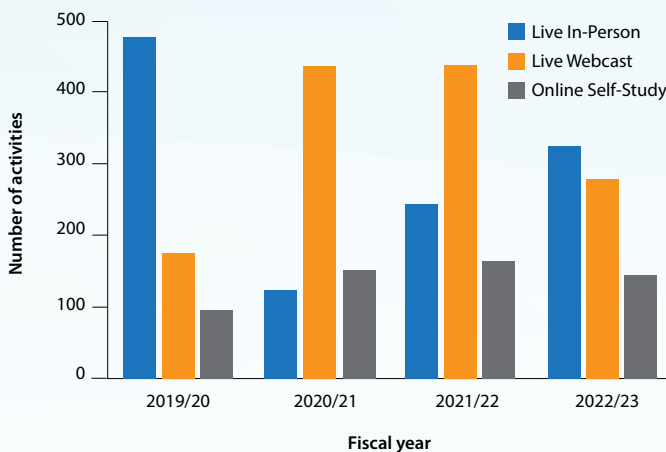
"[The most effective part of this workshop was] having knowledgeable PLP experts that I could live chat with"

Mainpro+ Certification

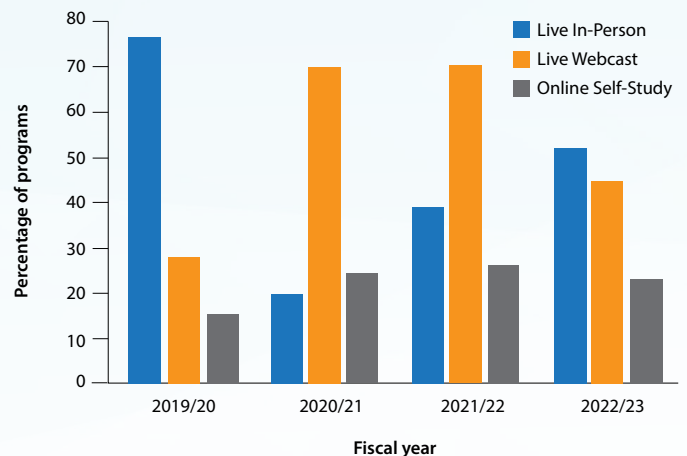
More than 2,000 CPD activities were certified for Mainpro+ credits by the CFPC National Office, provincial Chapters, and university CPD offices accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

There is a discernible trend indicating a recovery in the popularity of Live In-Person sessions. Although there was a decline in Live Webcast sessions and a modest reduction in Online Self-Study sessions, these modalities continue to maintain their popularity as a mode of learning for Mainpro+ participants. The current year reflects a nearly balanced distribution between in-person learning, making up 44 per cent of CPD, and virtual CPD activities making up the remaining amount.

Number of virtual versus in-person certified activities by year, by category



Percentage of programs delivered virtually versus in-person certified activities by year, by category



Group Learning activities continue to be the most popular forms of CPD certified for Mainpro+ credits, whether in a virtual or in-person format.

The National Committee on Continuing Professional Development (NCCPD) is comprised of a dedicated group of 12 family physicians—with a chair, members representing each of the CFPC provincial Chapters, and one member in their first five years of practice. All committee members are CFPC members in good standing and possess a sound understanding of the theory and practice of CPD and medical education.



Top five providers by number of approved programs

University of British Columbia, CPD Unit

289

Approved Programs

CPD, Faculty of Medicine, University of Toronto

202

Approved Programs

CPD, Faculty of Medicine, Université de Montréal

106

Approved Programs

Queen's University, Continuing Professional Development

80

Approved Programs

NOSM University, Continuing Education and Professional Development (CEPD) Office

77

Approved Programs



Our New Brunswick Chapter is actively seeking a new representative for the **National Committee on Continuing Professional Development (NCCPD)**. If you are a CFPC member living in New Brunswick and would like to learn more, email us at certplus@cfpc.ca.

Mainpro+ certified activities address a variety of physician competencies. This is demonstrated by the number of Mainpro+ certified programs according to the CanMEDS-FM Roles they address:



Family Medicine Expert

1,742

Approved Programs



Health Advocate

1,293

Approved Programs



Scholar

1,389

Approved Programs



Leader

1,196

Approved Programs



Collaborator

1,664

Approved Programs



Professional

1,535

Approved Programs



Communicator

1,692

Approved Programs

Note: Some programs cover multiple Roles.

Mainpro+ certified activities also address various clinical and non-clinical topics that are important for family medicine.

Following is the number of Mainpro+ certified programs according to the top keywords they address.

Communication

▼
412

Programs

Clinical practice guidelines

▼
375

Programs

Chronic disease management

▼
372

Programs

Emergency medicine

▼
367

Programs

Allied health professionals

▼
362

Programs

Academic medicine

▼
354

Programs

Mental health

▼
327

Programs

Pain management

▼
327

Programs

Note: Some programs cover multiple keywords.

We thank all program providers who have continued to develop and deliver certified CPD activities for our Mainpro+ participants.

If you have questions or feedback, please contact us at:

📞 1-800-387-6197 ext. 560

✉️ mainprocredits@cfpc.ca

🌐 www.cfpc.ca/mainpro