

Update on Guide for Improvement of Family Medicine Training (GIFT) Tools

The 2021 GIFT tool, *Guide to navigating cannabis use in family practice*, has been released and is available [online](#).

The 2022 GIFT, which aims to contribute to a better understanding of the current training in the diagnosis and management of patients with obesity, explores family medicine residents' levels of confidence in obesity management and the type of training being offered. Working group members are currently analyzing survey data and developing a one-page document along with designing an infographic. The final one-page document will be released in the spring.

Check out our library of GIFT tools at [the Guides for Improvement of Family Medicine Training web page](#).

Open Forum

As one of the SoR Council standing agenda items, the CFPC leadership are invited to participate in an Ask Me Anything session. This is an opportunity for council members to speak directly to the CFPC's Executive Director and CEO, Dr. Lawrence Loh, and Board President Dr. Christie Newton.

The following topics were raised/discussed:

- The crisis in family medicine and questions around what transitioning to practice will look like due to increases in burnout rates and administrative burden
- Advocacy work that is currently being undertaken by the CFPC (e.g., practice and compensation reform, team-based primary care, etc.) as well as feelings of hope for the profession
- Outcomes of Training Project, residency transformation, and the recommendation to extend training to three years in length
- Certification in the College of Family Physicians of Canada exams (simulated office orals/short-answer management problems) and virtual delivery

Valuable Resources/Tools/Guides for Residents

Now free to residents: Self Learning™ Program and CFPCLearn

Thanks to a new initiative, family medicine residents can now receive free access to the [Self Learning](#) Program and [CFPCLearn](#). Self Learning is a certified program that provides subscribers with evidence-based clinical information in a simple and convenient format. The content is drawn from peer-reviewed articles and curated by approximately 70 family physicians across Canada. Join your peers and activate your free online subscription today at <https://selflearning.cfpc.ca/#/lng-en/> or log in to your account via the CFPC [portal](#).

CFPCLearn is an online learning platform that includes education content (articles, podcasts, videos, and eCourses) made by and for family physicians. [Claim your free account today!](#)

Practice Management Prep

Don't forget to check out [Practice Management Prep](#) (PM Prep). This is an online tool for residents that includes self-reflection exercises, learning plans, and a repository of practice management resources intended to support family physicians in their transition from residency to independent practice. The business side of practice, or practice management, is an area in which new family doctors have requested additional learning opportunities.

First Five Years Essentials guides

[The First Five Years in Family Practice](#) Committee has created a series of essential guides to assist with your transition to practice:

- [First Five Years Essentials: A Brief Guide to Locuming in Family Medicine](#)
- [First Five Years Essentials: Contract Negotiation Basics – Locum Edition](#)
- [First Five Years Essentials: Financial Management Tips](#)

Claiming Mainpro+® credits

Are you finishing your residency this June or still have a few years left? Don't forget about your continuing professional development (CPD). Mainpro+ (Maintenance of Proficiency) is the CFPC program designed to support and promote CPD for family physicians. Participation in Mainpro+ is optional for residents but beneficial. Residents can carry up to 40 certified Mainpro+ credits to their first active cycle by logging participation in CPD activities such as conferences, workshops, and the Self Learning Program. Learn more about [Mainpro+ for resident members](#).

Professional Learning Plan

[The Professional Learning Plan \(PLP\)](#) tool is now available to all Mainpro+ participants and can be accessed in English and French through the [Mainpro+ portal](#). The PLP is a user-friendly online tool that supports family physicians in creating a plan for their CPD. A PLP can be completed annually and is a voluntary activity. It prompts family physicians to reflect on their CPD choices and the needs of their patients and communities.

Dr. Jonah Latsky, CFPC SoR Council, Executive Lead Internal

Send any questions or concerns to your SoR Council representatives, whose names are on the [SoR web page](#).