



## CLINICAL TRAINEESHIPS AND FELLOWSHIPS

### *Submission form for Mainpro-C credits*

This form documents how you used your experience in doing a **clinical traineeship** or fellowship to critically reflect on some aspect of your practice and/or work in order to claim Mainpro-C credits.

- Typically, clinical traineeships last from 2-4 weeks though they can be stretched over a longer period (e.g. multiple weekends). For Mainpro-C credits, they must last at least 5 days.
- You will receive **25 Mainpro-C** credits once you complete this form and mail or fax it to the College.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province, state or country: \_\_\_\_\_

Describe the nature of your practice.

\_\_\_\_\_  
\_\_\_\_\_

### **Step 1: Formulate your practice question(s).**

What is the specific area of your practice you wanted to develop with this traineeship?

\_\_\_\_\_

What were your specific questions, learning objectives, and/or goals?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why did you address these at this time? What were the motivating factors?

\_\_\_\_\_  
\_\_\_\_\_

### **Step 2: Describe your traineeship.**

In general terms, describe your traineeship.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dates: \_\_\_\_\_ Duration: \_\_\_\_\_

Location(s): \_\_\_\_\_ Supervisor: \_\_\_\_\_

What activities did your traineeship include?

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Assigned reading                        | <input type="checkbox"/> Lectures             | <input type="checkbox"/> Small group discussions |
| <input type="checkbox"/> Case discussions                        | <input type="checkbox"/> Literature searching | <input type="checkbox"/> Other library work      |
| <input type="checkbox"/> Critical appraisal instruction / review | <input type="checkbox"/> Clinical experience  | <input type="checkbox"/> Observed patient care   |
| <input type="checkbox"/> Individual mentoring                    | <input type="checkbox"/> Other _____          |  |

**Step 3: Consider the information.**

What was your assessment of the quality of the information you obtained during the traineeship? Describe its validity (i.e. is it based on appropriate scientific evidence?) and relevance (i.e. is it applicable to your patients in your community?).

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What approach or tools did you use to come to this conclusion?

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**Step 4: Make a decision about your practice.**

Explain to what extent the traineeship met your original goals.

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Based on what you learned, what decisions have you made about your practice and/or work?

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What will you have to do to integrate these decisions into your practice? What kind of barriers or difficulties do you foresee?

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***Complete the following at least two months later ...***

**Step 5: Evaluate / reflect on the impact of your decisions.**

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?

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**For further information, please contact the College of Family Physicians of Canada or visit [www.cfpc.ca](http://www.cfpc.ca)**  
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