



## LINKING LEARNING TO PRACTICE

### *How to do a practice reflection exercise for Mainpro-C credits after completing the National Physician Survey*

**\* Please note that you may only submit this form and earn your credits at the end of the 2 month reflective period.**

Family physicians do many things that help them, either intentionally or consequentially, maintain and/or enhance their abilities. Appreciating this, the College has introduced a new and innovative way to collect Mainpro-C credits. It involves an approach to answering questions through information appraisal and integration rather than just information acquisition. And it challenges you to reflect critically on your practice and/or work. The key feature of this option is that members can now generate their own Mainpro-C credits by working through “practice reflection exercises” to answer questions *they* identify as being important for any aspect of their practice and/or work. To document this, as it relates to your completion of the National Physician Survey, you can use this form.

### **What kinds of things are eligible?**

You can do practice reflection exercises about anything you do including ...

... clinical activities, such as:

- *office practice*
- *hospital work*
- *emergency medicine*
- *psychotherapy*
- *sports medicine*
- *occupational health*

... and non-clinical roles, such as:

- *administrator*
- *researcher*
- *teacher*
- *examiner*
- *insurance advisor*
- *committee member*

### **Here are some examples**

While completing the National Physician Survey, you ask yourself:...

- *“What community supports are available for my diabetic patients? Are there any new ones that I’m not aware of?”*
- *“If I’m not providing housecalls, and neither are any of my group practice colleagues, are our many elderly patients able to get to our office easily?”*
- *“I honestly don’t know... How many requests to accept new patients does my secretary get? What information is she offering to the orphan patients we turn away?”*
- *“I was really hard-pressed to say that I’m ‘satisfied’ with the balance between my personal and professional commitments. Have any of my colleagues found a better coping mechanism?”*
- *“What is the appropriate wait period for non-urgent patients to see me? Is our office set up appropriately to best triage the calls?”*
- *“I never really realized that over 30% of my patients are children. Is my waiting room appropriate for children?”*

## How do I actually do one of these exercises?

Just follow these few simple steps ...

1. Get a copy of the PDF form <http://www.cfpc.ca/local/files/CME/Mainpro/generic.pdf> or the electronic form [https://www.formrouter.net/forms@CFPC/Mainpro\\_Linking\\_learning\\_practice.html](https://www.formrouter.net/forms@CFPC/Mainpro_Linking_learning_practice.html) and familiarize yourself with the questions. These take you through the steps of a practice reflection exercise.
2. Identify a specific question about your practice and/or work that arises from completing the National Physician Survey.
3. Work your way through the questions. These should help you address the key issues in considering how to answer your question.
4. After 2 months (or more, if needed), complete the final section on the form.
5. Mail or fax the completed form to the College to claim your Mainpro-C credits.
6. Once we receive your form, we will enter the credits into your record.
7. Start thinking about your next question!

You should feel free to apply these steps to any activity as long as it is somehow related to your work and/or medical professional development. Otherwise, your only constraint is the limit set by your own inquisitiveness!

## What else do I need to know?

- You will receive **2 Mainpro-C** credits for each form you submit.
- If your activity is comprehensive, you can submit multiple forms provided each is based on a distinctly different question. You might consider making some photocopies of the blank form.
- In order to address a wide array of different kinds of learning activities, this form has to be quite general. Consider your responses in the way you believe best fits your own activity.
- This form is **not** required for activities that are pre-accredited for Mainpro-C credits.
- Do **not** use this form if you are submitting Mainpro-C credits for any of the following activities: traineeships and fellowships, writing examinations, university degree programs, audits and QA activities, and provincial practice review programs. These require specific forms which can be obtained from the CFPC, including from our Web site ([www.cfpc.ca](http://www.cfpc.ca)).

## For more information

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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