### Activity Categories

#### CERTIFIED ACTIVITIES
Activities that have been reviewed and approved by the CFPC™

- CFPC Certified Mainpro+ activities (conferences, workshops, rounds)
- AAFP and ABFM activities
- Advanced Life Support programs (participant)
- AMA PRA Category 1 credits
- Foundation for Medical Practice Education (FMPE)
- International CPD activities
- MoreOB Plus Program
- Quebec Category A credits

*Royal College MOC Section 1

**At least 125 per cycle**

#### NON-CERTIFIED ACTIVITIES
Activities that comply with the CFPC's definition of CPD*  

**Must be non-promotional in nature**

- Conference sessions and workshops
- Rounds
- Journal clubs
- Interdisciplinary events
- Royal College MOC Section 1

#### Group Learning
- CFPC Certified Mainpro+ activities
- CFPC Self Learning™ Program
- CFPCLearn
- CFP articles
- COVID-19 Learning on the Go
- AAFP and ABFM activities
- AMA PRA Category 1 credits
- Formal clinical traineeship/fellowship
- Formal studies (university degree/diploma)
- Foundation for Medical Practice Education (FMPE)
- International CPD activities
- Quebec Category A credits
- UpToDate® (with certificate of completion)

#### Self-Learning
- CFPC Certified Mainpro+ activities
- CFPC Self Learning™ Program
- CFPCLearn
- CFP articles
- AAFP and ABFM activities
- AMA PRA Category 1 credits
- Formal studies (university degree/diploma)
- Clinical supervisor (as per regulatory authority)
- Examiner for medical exams
- Family or emergency medical exams (preparation to sit the exam)
- International CPD activities
- Linking Learning exercises (Practice, Teaching, Assessment, Research, Administration)
- MCC360
- Pearls™
- Practice audit
- Provincial practice review
- Quebec Category B credits

*Certified credits that exceed the category maximums can be entered as non-certified activities.

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*CPD = continuing professional development

†Meetings sponsored or hosted by for-profit organizations that do not bear the CFPC Certification statement are not eligible for any type of Mainpro+® credits.

‡Certified credits that exceed the category maximums can be entered as non-certified activities.
MAINPRO+ summary

CYCLE Dates
• July 1st to June 30th

CYCLE Requirements
• Five-year reporting cycle
• During each five-year cycle you must earn and report a minimum of 250 credits, and at least 125 must be certified
• Minimum of 25 certified or non-certified credits earned and reported each year
• Mandatory online credit reporting

ACTIVITY Categories

<table>
<thead>
<tr>
<th>Group Learning</th>
<th>Self-Learning</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities that provide opportunities to learn with others</td>
<td>Activities planned and implemented by the individual, outside the context of a group</td>
<td>Activities that stimulate learning and practice or performance improvement through the analysis of data and provision or receipt of feedback about an individual, group, or materials</td>
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</tbody>
</table>

CREDIT CATEGORIES

CERTIFIED CPD
Activities that have been reviewed and approved by the College as meeting standards for certified CPD.

NON-CERTIFIED CPD
Activities that have not been formally reviewed by the College but comply with the College’s definition of CPD, are non-promotional in nature, and provide valuable professional learning opportunities.

CARRY-OVER CREDITS
In Mainpro+, up to 40 certified credits can be carried over to the next cycle. Carry-over credits are only applicable to five-year cycles, and if extra credits are reported beyond the required 125 certified (and 250 total) credits from the last completed cycle.

LINKING LEARNING EXERCISES
With our expanded Linking Learning program, Mainpro+ participants can earn certified credits by completing reflection on practice activities such as Linking Learning to Practice, Teaching, Assessment, Research, and Administration.

CONTACT US
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