




Options for Earning Mainpro+ Credits from Choosing Wisely Alberta's (CWA) Primary Care Network (PCN) Initiatives

*CWA PCN Event: 5 Mainpro+ certified credits;
can supplement with up to 12 added non-certified Mainpro+ credits.*

Activity Category	CWA Initiative	Certified Activities	Non-Certified Activities
Optional additional credit activities  Assessment	Any Choosing Wisely Canada recommendation	<u>Pearls®</u> When your use of any Choosing Wisely Canada recommendation resource raises a question that requires you to do a literature review and critical appraisal of the retrieved article(s) to answer, write it up as a Pearls Exercise® . 6 certified credits	Claim time spent on the literature search and critical appraisal for non-certified credits.
	Physician Learning Program (PLP) Physician Data Report	<u>Linking Learning to Assessment Practice Audits/Quality Assurance Program</u> Your PLP Physician report is a form of practice assessment or audit. When reviewing your panel report raises a question about your practice that you then investigate further, or stimulates a change in practice or office processes, write that up as a Linking Learning to Assessment exercise or practice audit. 6 certified credits	Claim time spent reviewing your PLP Physician panel report for non-certified credits.
PCN CWA Event and follow-up  Group Learning	PCN CWA Improvement Initiative Program	Course time certified for up to 5 certified credits <i>Additional credits: See "Assessment" above and "Self-Learning" below</i>	
Optional additional credit activities  Self-Learning	PCN CWA Improvement Initiative Program Practice Team Improvements	<u>Linking Learning to Practice</u> <u>Linking Learning to Administration</u> – When the course raises a question about your practice that you then investigate further, or stimulates a change in practice or office processes, write that up as a Linking Learning to Practice or Administration exercise. 5 certified credits for each LLP exercise	Claim time spent with your clinic team in planning improvements to your practice as a result of the course as non-certified credits.

Earning Mainpro+® Credits from CWA Resources


Choosing Wisely Alberta (CWA) offers a number of programs and resources that family physicians can use to enhance their knowledge and stimulate practice improvement, including:

- 1) MAINPRO+ Certified Group Learning Activities
 - a) CWA Primary Care Network Initiative (3 hours; 5 Mainpro+ credits, option for non-certified additional credits)
 - b) Practising Wisely course (6 hours; 18 Mainpro+ credits, option for non-certified additional credits)

- 2) There are now over 30 national groups that have produced Choosing Wisely Canada (CWC) reports. The following are examples relevant to family practice, and could be used by a physician to audit their practice, engage in self-reflection, plan and implement changes to their practice for Mainpro+ credits (non-certified)
 - a) CWC Family Practice Recommendations
 - b) CWC Long Term Care Recommendations
 - c) CWC Emergency Medicine Recommendations
 - d) CWC Geriatrics Recommendations
 - e) CWC Headache Recommendations
 - f) CWC Occupational Medicine Recommendations
 - g) CWC Spine Medicine Recommendations
 - h) See more lists at: choosingwiselycanada.org

- 3) HQCA Physician panel reports (now aligned with CWC)

Using HQCA resources, such as your HQCA Physician Report, is an excellent way for family physicians to earn both certified and non-certified Mainpro+ credits. These reports include some Choosing Wisely topics.

	<p>Refer to the Mainpro+ page on the College of Family Physicians of Canada website for more information about how to record your use of Choosing Wisely resources to meet your continuing professional development requirements. http://www.cfpc.ca/Mainpro+_intro/</p>
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