

Mainpro+® CPD Report 2021–2022

We've analyzed Mainpro+ data from the past year to provide a snapshot of what Mainpro+ participants and continuing professional development (CPD) providers are doing across the country. Participants continue to explore a variety of learning activities to meet their practice needs, including the hundreds of physicians who have started their first CFPC Professional Learning Plan. In turn, providers continue to adapt and evolve in the face of our new reality, with a continued shift toward virtual programming.

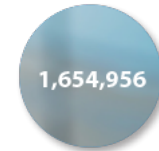
The following data refer to the period of July 1, 2021, through June 30, 2022, (unless otherwise stated).

Mainpro+ participants:

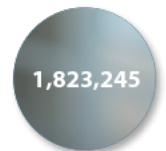
Total number of Mainpro+ participants reporting credits: **43,036**

Total number of participants in the 2021–2022 cycle cohort: **6,269**

Total number of credits submitted between July 1, 2021, and June 30, 2022: **1,823,245**



July 1, 2020 to
June 30, 2021



July 1, 2021 to
June 30, 2022

Top five Mainpro+ activities based on the number of credits claimed

1. CFPC Certified Group Learning Mainpro+ Activities: **549,047**
2. UpToDate®: **267,294**
3. Journal reading: **114,535**
4. Teaching/presenting (clinical and/or academic): **107,354**
5. Practice-Based Small Group (PBSG) Learning Program: **86,788**

Five most popular Mainpro+ activities based on the number of submissions

1. CFPC Certified Group Learning Mainpro+ Activities: **87,912**
2. Self Learning Program Impact Assessment: **15,465**
3. CFP Mainpro+ articles: **13,726**
4. Journal reading: **13,677**
5. Non-certified Group Learning Activities: **11,788**

Top three certified Mainpro+ activities:

Activity	Number of Submissions
COVID-19 Community of Practice for Ontario Family Physicians	9,653
Family Medicine Forum (FMF) 2021	2,103
Humber River Hospital Family Medicine Rounds	1,177

Mainpro+ activity submissions by category

Mainpro+ participants must complete 250 credits in a five-year cycle, out of which 125 must be certified credits. The annual cycle requirement is 25 credits, certified and/or non-certified.

Group Learning: 119,394

Activities that provide an opportunity to learn with others.

Self-Learning: 109,690



Activities planned and implemented by the individual, outside the context of a group.



Assessment: 11,385

Activities that stimulate learning and practice or performance improvement through the analysis of data and the provision or receipt of feedback about an individual, group, or materials.



FMF/FMF LOVED Accomplishment

There were **2,040** unique participants who earned **33,971** certified Mainpro+ credits.

CFPCLearn

A new online learning platform that features a wide range of Mainpro+ certified learning activities for family physicians is CFPCLearn, which launched in 2021. Please refer to the list of the number of certified activities available through the CFPCLearn platform.

- Number of certified activities on CFPCLearn: **547**
- CFPCLearn credits claimed: **5,090**
- CFPCLearn activity with most credits claimed: Choosing Wisely Canada's "Influenza-like Illness, Bronchitis, and the Common Cold" (**232** credits)
- Top three types of content on CFPCLearn: Tools for practice (**1,835** credits), videos (**1,416** credits), e-courses (**1,022** credits)

Number of Linking Learning submissions by category



Did you know:

Each Linking Learning exercise is eligible for five certified assessment credits. This suite of exercises offers Mainpro+ participants an opportunity to reflect on a variety of certified and non-certified activities that family physicians do every day as part of their practice, including teaching, research, and exam participation. Join the hundreds of Mainpro+ participants who have used reflection to improve their practices and earn certified assessment credits.

Want to know more?

Watch our new Linking Learning [“how to” video](#).

Professional Learning Plans

In early 2022 the CFPC launched the Professional Learning Plan (PLP)—a free bilingual Mainpro+ certified tool designed to help support family physicians in achieving their personalized CPD learning goals. The PLP prompts participants to reflect on their practices using data and develop learning goals based on their analysis. It even links to a CPD calendar to allow participants to easily find programming that meets their identified needs.

The PLP is easily accessible from the Mainpro+ portal and has been approved for 12 certified Mainpro+ Assessment credits, or 20 credits if completed in discussion with a trusted peer.

We applaud our members for their uptake of this new and innovative tool, with hundreds of participants having started their first PLP. Top three available sources of data to PLP participants:

- Clinical practice audits and reports derived from electronic medical records
- Prescribing patterns
- Hospital admissions

Overall, those who have participated in the activity have reported that it is very beneficial to their learning goals. The PLP platform includes helpful tips on where to obtain practice-derived data as well as a peer-support guide. Additionally, in response to several requests, the CPD team has developed a Mainpro+ certified PLP Workshop and Demo, allowing Mainpro+ participants to take part in a guided facilitation of the tool. Contact us via email (plp@cfpc.ca) to attend a workshop!

[Learn more about PLPs.](#)

Mainpro+ Certification

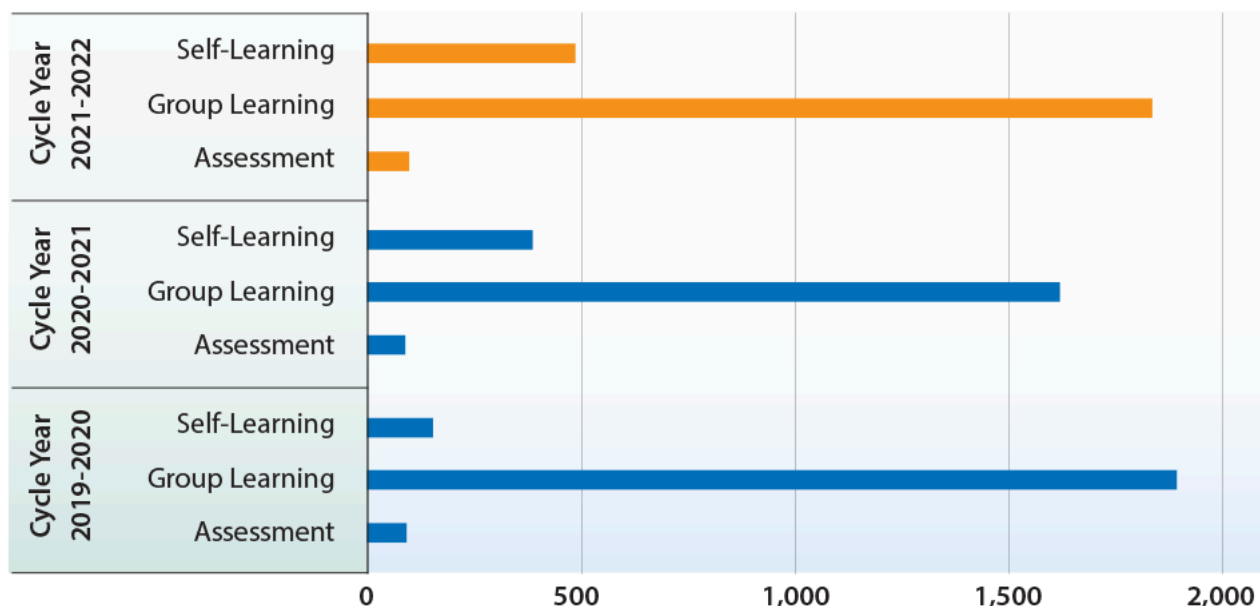
To continue to provide high quality CPD programs for our Mainpro+ participants, more than **2,010** CPD activities were certified for Mainpro+ credits by the CFPC National Office, provincial Chapters, and university CPD offices accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

Did you know...

The National Committee on Continuing Professional Development (NCCPD) is comprised of a dedicated group of 12 family physicians with a chair and members representing each of the 10 CFPC provincial Chapters as well as one member in their first five years of practice. All committee members are CFPC members in good standing and possess a sound understanding of the theory and practice of CPD and medical education. Our New Brunswick Chapter is actively seeking a new representative for this committee. If you are a CFPC Member in the Practising Class living in New Brunswick and would like to learn more about this committee email us at certplus@cfpc.ca.

The shifts in modes of learning for Mainpro+ participants have continued to be toward online accessed activities. There were 431 approved certified virtual programs this year, which is **three times more** live webcasts delivered than in the previous year.

Group Learning activities continue to be the most popular forms of CPD certified for Mainpro+ credits whether in a virtual or in-person format.



The following provider organizations created the most CPD activities for family physicians during the reporting period.

Top five providers by number of approved programs

Provider Organization	Number of Approved Programs
Queen's University Continuing Professional Development	226
University of British Columbia, Continuing Professional Development	213
University of Toronto, Continuing Professional Development	118
University of Ottawa, Faculty of Medicine, Office of Continuing Professional Development	112

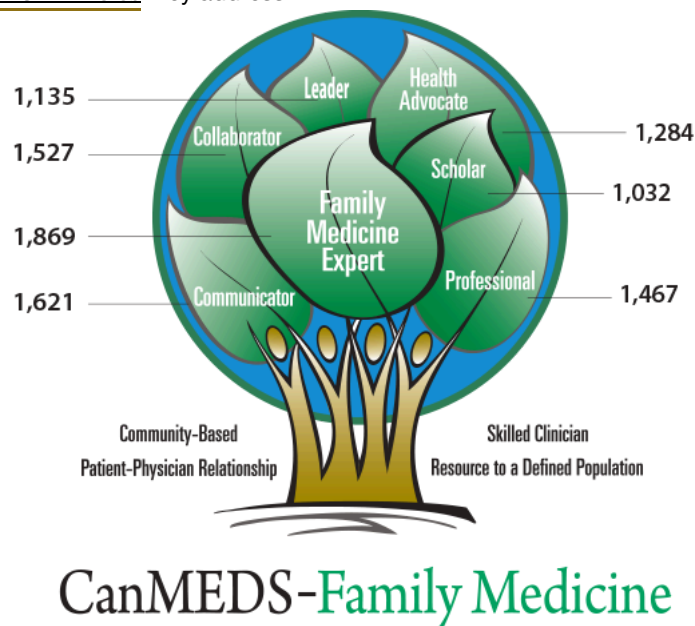
When Mainpro+ participants report their credits in the Mainpro+ platform they reflect on the impact of the learning on their practice. The following activities were the highest rated by Mainpro+ participants based on Impact Assessment reporting.

Top five rated programs based on impact assessment responses

Name of Program	Program Provider
COVID-19 Community of Practice for Ontario Family Physicians	Ontario College of Family Physicians
FMF 2021	College of Family Physicians of Canada
Patient Relations Part Two	Continuing Medical Education and Professional Development, Cumming School of Medicine, University of Calgary
Follow the Clues! Demystifying the GLP-1 RA class	Canadian Collaborative Research Network
Persistent CV Risk Beyond LDL-C	Canadian Collaborative Research Network

Mainpro+ certified programs according to the CanMEDS-FM Roles they address

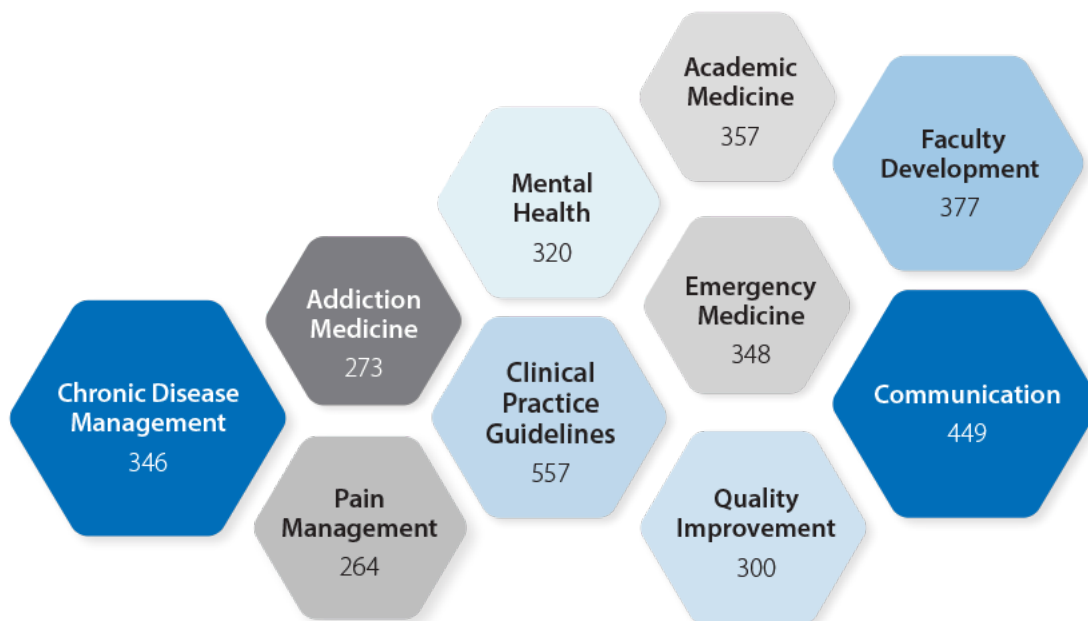
Mainpro+ certified activities address a variety of physician competencies. This is demonstrated by the number of Mainpro+ certified programs according to the [CanMEDS-FM Roles](#) they address.



Note: Some programs cover multiple roles.

Mainpro+ certified programs according to the top 10 keywords they address

Mainpro+ certified activities address a wide variety of clinical and non-clinical topics important to the practice of family medicine. This graphic shows the number of Mainpro+ certified programs according to the top 10 keywords they address.



Note: some programs cover multiple keywords.

We thank all program providers who have continued to develop and deliver certified CPD activities for our Mainpro+ participants.

If you have questions or feedback, please contact us at:

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