

Importance of Mainpro-C

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There has been much discussion about Mainpro-C since the changes that were announced in 2003. Mainpro-C credits are no longer necessary for Maintenance of Certification; they are still required for Maintenance of Fellowship for those awarded Fellowship after 2003. Each Mainpro-C credit is equivalent to two Mainpro-M1 credits.

There were concerns that the announced changes would result in a dramatic decline in Mainpro-C activities and participation in these activities, but, in fact, this has not occurred. College members continue to appreciate the educational value of Mainpro-C programs.

The criteria for Mainpro-C accreditation fulfil most of the basic tenets of modern educational theory. The program must be developed and implemented by or in collaboration with a university or physician organization, a Certificant of the College must be significantly involved in program development, and at least half of the planning committee members must be family physicians. These measures reduce commercial influence and ensure that the program will be relevant. A needs assessment must be performed on the actual participants in the program each time it is run. This also ensures that the program will be relevant and allows for self-directed learning. Most of the program must be conducted in small groups to allow participant engagement and interaction.

Finally, in addition to all of the other criteria that Mainpro® programs must meet, Mainpro-C programs must have a post-program reflective component. Reflection is the “mulling over of ideas that have already been learned . . . the considering of how, for example, what has been learned will fit into the patterns of the workplace to improve practice.”¹ Reflection has been recognized as an important component of effective adult learning for more than 70 years. The College of Family Physicians of Canada was one of the first organizations to incorporate this concept into its educational programs.

As the Director of Continuing Medical Education and Continuing Professional Development for the College, I am committed to offering and promoting Mainpro-C accreditation as the criterion standard for continuing professional development, and we hope that the principles upon which it is based will one day be regarded by all as the minimum requirements for accreditation. ❁

Reference

1. Moon J. Using reflective learning to improve the impact of short courses and workshops. *J Contin Educ Health Prof* 2004;24(1):4-11.

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