



Get a head start!

Earn Mainpro® credits during residency

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Transitioning from residency into practice is a challenge for all new family physicians. Among the changes occurring at this time is the progression from full-time learner to a clinician who engages in self-learning, continuing medical education (CME), and continuing professional development (CPD). With very little effort, you can begin this progression in residency by identifying and reporting the CME and CPD activities that you are undoubtedly already participating in.

What is Mainpro?

Mainpro (Maintenance of Proficiency) is a program of the College of Family Physicians of Canada (CFPC) designed to help members track their participation in high-quality CME and CPD activities. During each 5-year cycle, family physicians must report a minimum of 250 credits. As of January 2013, this will include a minimum of 25 credits per year.¹

There are several different credit categories. In each 5-year Mainpro cycle, at least 125 credits must be Mainpro-M1 or Mainpro-C. Mainpro-M1 credits are earned from structured and interactive programs that focus on enhancing knowledge or skills. These programs are individually reviewed using a rigorous accreditation process. Examples include attending Family Medicine Forum and other conferences, online CME such as Self Learning™, and certain research activities. Mainpro-C credits are earned from accredited programs that include small group learning and a reflective component. Certain conferences and workshops, advanced life support courses, and Pearls® exercises are eligible for Mainpro-C credits. Up to 125 credits per 5-year cycle may be Mainpro-M2, which are self-directed or non-accredited learning activities such as reading journals and teaching.¹

Mainpro during residency


Family medicine resident CFPC members may carry forward a maximum of 30 Mainpro-M1 credits and 5 Mainpro-C credits into their first 5-year active member Mainpro cycle. If a resident chooses to go directly from family medicine residency into a third-year residency, they continue to be considered a resident member with

the same total credit carry-forward limitations. Mainpro credits can only be submitted for CME and CPD activities, not for activities or projects that are part of the regular residency program curriculum. For example, if your program requires that residents participate in a practice-based small group learning program, you may not submit for Mainpro credits for this activity.²

Reporting credits

Simply log in to the Members Area on www.cfpc.ca. If you do not have an account, follow the prompts to set one up. Once you are logged in to your account, select "Add a CPD Activity Record" and choose the appropriate activity. Fill in the details of the activity and submit proof of participation only for Mainpro-C activities. It is important to retain proof of participation for all CME and CPD activities. Although you do not need to submit proof for Mainpro-M1 credits, you should keep the proof for a minimum of 6 years in case of auditing or credit validation. It will take up to 6 weeks for credits reported online to be validated and appear as approved on your Mainpro credit summary.¹

Conclusion

A small investment of time and effort during residency can get you on the right track to fulfilling your CME and CPD requirements as new family physicians. The Mainpro program is designed to support family physicians in their CME and CPD activities. If you have any questions about the Mainpro program or earning credits during residency, please contact program staff by telephone at 800 387-6197, extension 243, or by e-mail at mainproquestions@cfpc.ca. 

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Competing interests

None declared

References

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2. College of Family Physicians of Canada [website]. *Introduction to Mainpro® (Maintenance of Proficiency)*. Mississauga, ON: College of Family Physicians of Canada; 2012. Available from: www.cfpc.ca/MAINPRO/. Accessed 2012 Apr 5.

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