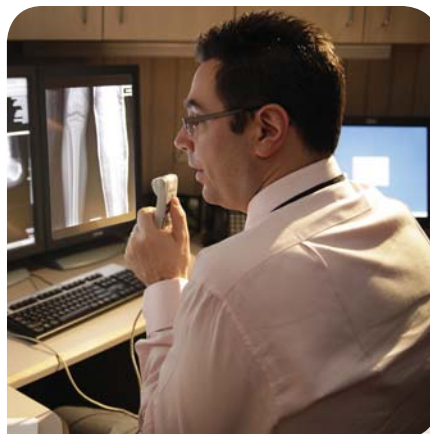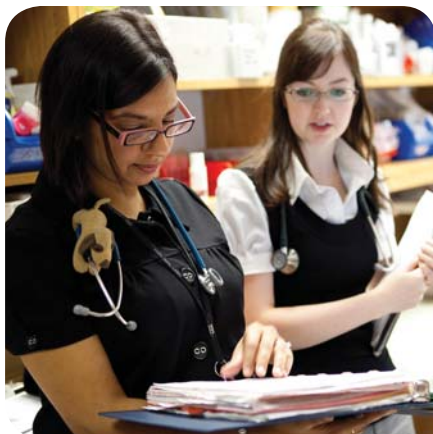**ROYAL COLLEGE**
OF PHYSICIANS AND SURGEONS OF CANADA | **MOC** PROGRAM
enhancing learning, advancing care

A continuing commitment to lifelong learning

The Royal College of Physicians and Surgeons of Canada
A Concise Guide to Maintenance of Certification

Contents

A message from the
Office of Professional Affairs

A more detailed version of the MOC Program guide is available at royalcollege.ca/moc

Welcome to the Royal College of Physicians and Surgeons of Canada's Maintenance of Certification (MOC) Program.

We are pleased to present you with a revised and revitalized MOC Program as well as a redesigned MAINPORT web application. We developed the new system after an extensive period of study that included a comprehensive survey of Fellows and a broad review of the continuing professional development research. The result is a streamlined, more flexible MOC Program that provides you with more choice of learning activities, more control to plan your professional development and greater incentives to participate in self-learning and assessment activities.

The new MOC Program enables you to pursue your continuing professional development within a framework of three learning sections instead of the former six. You will record your learning through a MAINPORT web application that we have transformed from a documentation tool to a more personalized learning experience that includes access to a wide variety of learning resources and programs.

As you use the revised MOC Program, we want to hear from you. Our work with the program is a continual process of improvement and refinement. As always, we are open to your comments and suggestions.

Craig Campbell, MD, FRCPC
Director, Office of Professional Affairs

What is the Maintenance of Certification Program?

The MOC Program is an evidence-informed educational initiative designed to support, enhance and promote the continuing professional development (CPD) activities of MOC Program participants. To support this lifelong learning strategy, the MOC Program's goals are focused on supporting learning that enhances the knowledge, competencies and performance required for your professional practice.

As a MOC Program participant you are responsible for developing and implementing a personal CPD plan relevant to your roles and responsibilities by engaging in learning activities included within the MOC learning framework. (To view a concise framework of CPD activities, see page 7.)

Features of the new MOC Program

The revised MOC Program is streamlined and more flexible, offering a wider range of learning activities for managing your continuing professional development.

Expanded

Promotes the integration of group learning with self-assessment and practice assessment activities, including simulation activities for individual physicians or interprofessional health care teams.

Evidence-informed

Meets the identified perspectives and experiences of MOC Program participants and reflects the evidence from the CPD research literature.

Outcome-informed

Requires MOC Program participants to identify a learning outcome for their practice for each learning activity.

Flexible

Incorporates a blended credit system, offering MOC Program participants more flexibility in engaging in learning activities. The credit system includes

Credits based on time

1 credit per hour
Attending an accredited conference earns one credit per hour.

2 credits per hour
Completing a personal learning project earns two credits per hour.

3 credits per hour
Participating in assessment activities earns three credits per hour.

Credits based on completion of an activity or program

20 credits per year
Developing a clinical practice guideline earns 20 credits per year.

1 credit per article
Reading a journal article earns one credit per article.

Partial credits

.5 credits per acticity
Listening to a podcast earns 0.5 credits per activity.

See the Framework of CPD Activities on page 7 for more details and examples.

"The practice of medicine continues to evolve: it is therefore fitting that the spectrum of activities related to the roles that physicians play is increasingly recognized in the new MOC Program."

Shubhayan Sanatani
MD, FRCPC, Pediatric Cardiology
Vancouver, B.C.

Simplified framework

The updated MOC Program learning framework reduces the number of learning sections from six to three: group learning, self-learning and assessment.

Section 1: Group learning
Conferences, courses, rounds, journal clubs and small-group learning, either face-to-face or web-based, are part of this section.

Section 2: Self-learning
Activities planned to address specific needs, enhance awareness of new evidence potentially relevant to practice or enhance the quality of multiple systems are part of this section.

Section 3: Assessment
Activities that provide data and feedback to physicians or health teams that facilitate the identification of needs in areas of knowledge, skills, competencies and performance are part of this section.
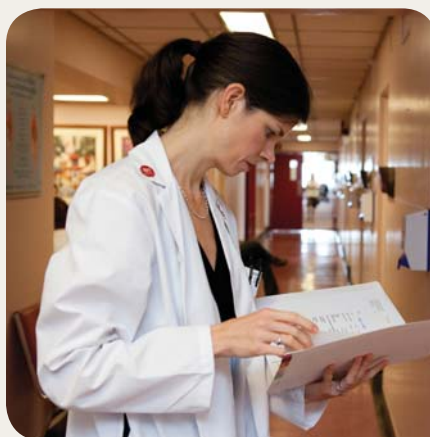
Framework of Continuing Professional Development Activities

SECTIONS	CATEGORY	EXAMPLES	CREDIT RATING
Section 1: Group learning	**Accredited activities** Conferences, rounds, journal clubs or small-group activities that adhere to Royal College standards. Accredited group learning activities can occur face-to-face or web-based (online).	• *Accredited rounds, journal clubs, small groups* • *Accredited conferences*	*1 credit per hour*
	Unaccredited activities Rounds, journal clubs or small-group activities in the process of meeting the educational and ethical standards; rural or local conferences that have no industry sponsorship.	• *Unaccredited rounds, journal clubs, small groups* • *Unaccredited conferences without industry support*	*0.5 credits per hour (maximum of 50 credits per cycle)*
Section 2: Self-learning	**Planned learning** Learning activities initiated by the identification of a need, problem, issue or goal, either at or separate from the point of care, leading to the creation of a learning plan developed independently or in collaboration with peers or mentors.	• *Fellowships* • *Formal courses* • *Personal learning projects* • *Traineeships*	*100 credits per year* *25 credits per course* *2 credits per hour* *2 credits per hour*
	Scanning Resources that physicians use to enhance their awareness of new evidence, perspectives or findings that may be potentially relevant to their professional practice.	• *Journal reading* • *Podcasts, audiotapes, videotapes* • *Internet searching (Medscape, UpToDate, DynaMed)* • *InfoPOEMs, CardioCLIPs*	*1 credit per article* *0.5 credits per activity* *0.5 credits per activity* *0.25 credits per activity*
	Systems learning Activities that stimulate learning through contributions to practice standards, patient safety, quality of care; curriculum development; or assessment (examination boards, peer review).	• *Practice guideline development* • *Quality care/patient safety committee* • *Curriculum development* • *Examination development* • *Peer assessment*	*20 credits per year* *15 credits per year* *15 credits per year* *15 credits per year* *15 credits per year*
Section 3: Assessment	**Knowledge assessment** Programs accredited by Royal College CPD providers that provide data with feedback to individual physicians regarding their current knowledge base to enable the identification of needs and the development of future learning opportunities relevant to their practice.	• *Accredited self-assessment programs*	*3 credits per hour*
	Performance assessment Activities that provide data with feedback to individual physicians, groups or interprofessional health teams related to their personal or collective performance across a broad range of professional practice domains. Performance assessment activities can occur in a simulated or actual practice environment.	• *Simulation* • *Chart audit and feedback* • *Multi-source feedback* • *Educational/administrative assessments*	*3 credits per hour* *3 credits per hour* *3 credits per hour* *3 credits per hour*

This table summarizes the learning sections under the new MOC framework. A MOC Program participant may earn up to 75 per cent of their required credits from any one learning section. Activities submitted via MAINPORT are converted automatically into credits.

Using the MOC Program

MOC Program cycle requirements

The MOC Program is based on a five-year cycle, the first cycle beginning January 1 of the year following admission to the program. You must complete a minimum of

- **40 credits** per year, and
- **400 credits** over each five-year cycle.

Each year, you will be able to print a MOC status report of the credits you have completed. A completion certificate will be available online when you complete a five-year MOC cycle.

Reporting credits

MOC Program participants self-report their participation in approved learning activities and record the learning outcomes identified or achieved through MAINPORT, a web application that serves as an online learning support system (page 10).
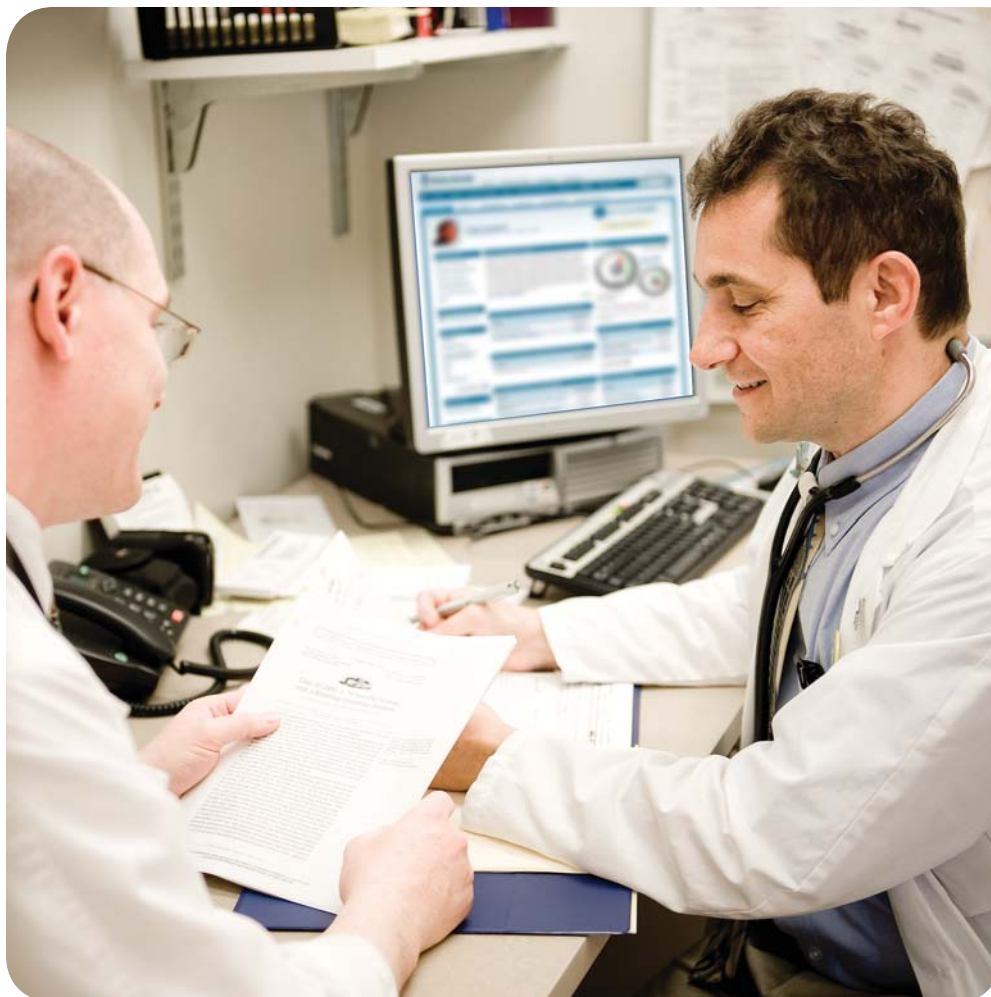
Seventy-five per cent in any one section

Under MOC's learning framework, you can earn up to 75 per cent of credits in any one learning section.

Bonus period

The time between when a Fellow joins the Royal College and a cycle starts is considered the bonus period in which Fellows can complete activities that contribute to their cycle requirements. Other MOC Program participants may be eligible for a bonus period depending on their date of registration.

Credit validation

Credit validation is for MOC Program participants who missed the January 31 submission deadline. Such individuals can continue to submit their learning activities through MAINPORT but must provide supporting documentation for these activities to contribute to their cycle credits. Documentation can be attached as a file to the MAINPORT submission or can be mailed or faxed to the Royal College's Office of Professional Affairs.

The Royal College of Physicians and Surgeons of Canada
Credit Validation
Office of Professional Affairs
774 Echo Drive
Ottawa, ON K1S 5N8
Fax: 613-730-2410

Using MAINPORT

MAINPORT is a web application for documenting your learning activities, managing your continuing professional development and accessing learning resources and programs.

Help with MAINPORT is available through an online tutorial. You can also contact the Membership Services Centre via email at cpd@royalcollege.ca or phone 1-800-461-9598 or 613-730-6243.

Accessing MAINPORT

MAINPORT can be accessed at **mainport.royalcollege.ca**. To log in, you will need your Royal College ID and password. If you do not know your password or need to change it, please contact the Membership Services Centre.

In addition, the Royal College has developed a **mobile device application** that enables you to access MAINPORT from your iPhone, iPad or BlackBerry.

Key features of MAINPORT

My Holding Area
MAINPORT's My Holding Area allows you to begin the process of documenting a learning activity, save your work and return to finish it later. You can review activities awaiting credit validation and those activities automatically uploaded by other organizations.

My Reports
In MAINPORT you can print a Credit Summary report displaying your total MOC credits by year and MOC section, a Yearly MOC Adherence letter confirming the number of credits completed in a given year, a Transcript of CPD Activities that provides a summary of all your entered CPD activities, and a MOC Completion Certificate when you have successfully completed a MOC cycle.
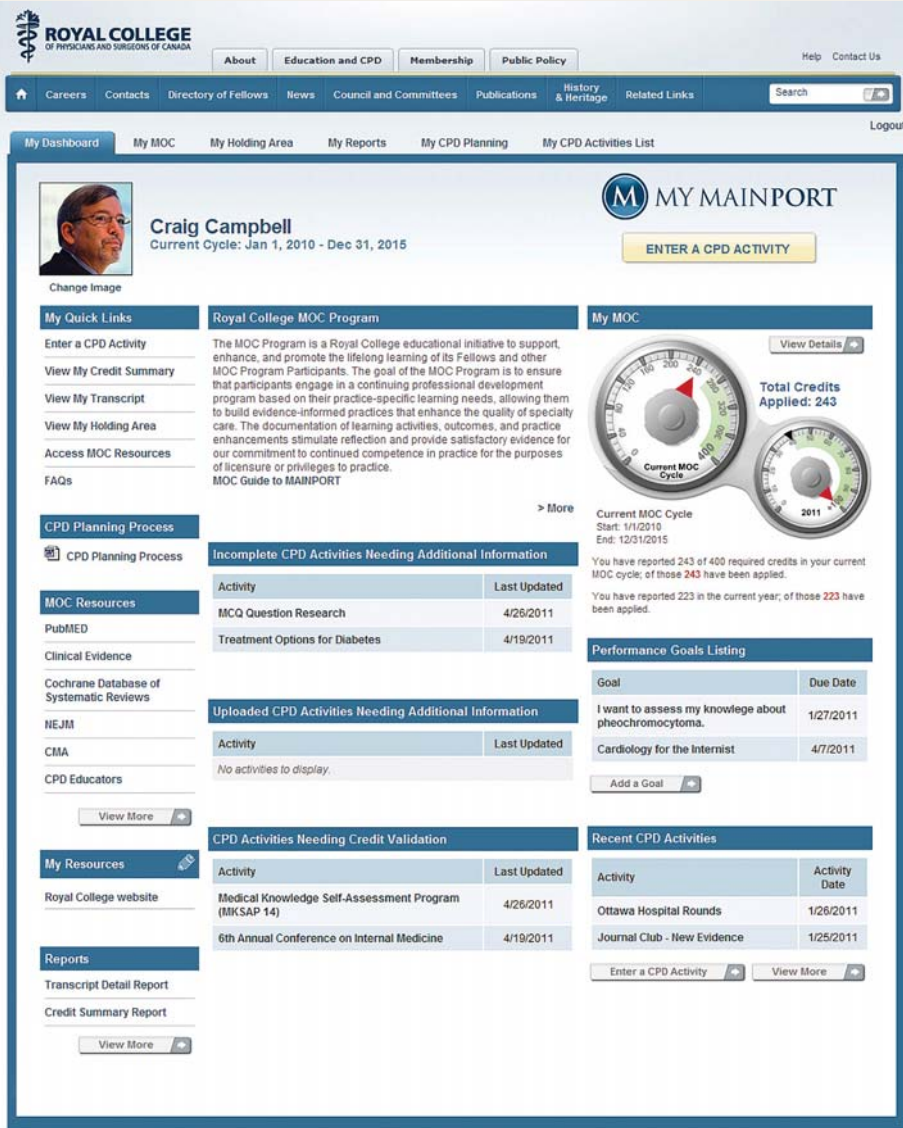
My CPD Planning
MAINPORT enables you to document professional practice goals, set a plan and date to complete each goal, and link future learning activities and track progress to accomplishing each goal.

Enter a CPD activity
You can document completed learning activities and outcomes using simple templates created for the group learning, self-learning and assessment sections. MAINPORT enables you to attribute every learning activity to one or more CanMEDS Roles.

MOC Resources
MAINPORT provides you with links to databases, self-assessment programs, tools, and many online journals. The My Resources section of the dashboard enables you to add personal resources for quick access.

MAINPORT

"*The new MAINPORT is more effective as a CPD/ learning management system than the old version. It has a more inviting interface and enables me to track my activities as I move through the process of developing them and recording them.*"

Steven Simpson
MD, FRCPC, Psychiatry
Royal College CPD educator
Calgary, Alta.

MOC Program participants

When you join the Royal College as a Fellow,
you are automatically registered in the MOC Program.

Participation in the MOC Program is mandatory for specialists admitted into or renewing membership in the Royal College and using the FRCPC and FRCSC designations to practise. All MOC Program participants are included in the public Directory of Fellows. The following categories of membership in the Royal College are required to participate in the MOC Program:

- Active Fellows (full-time or part-time practice)
- Fellows engaged in related professional activities
- International Fellows
- Fellows continuing in fellowships following certification

The following Fellows are exempt from participation:

- Fully-retired Fellows
- Resident affiliates
- Fellows on health or family-related leave of absence
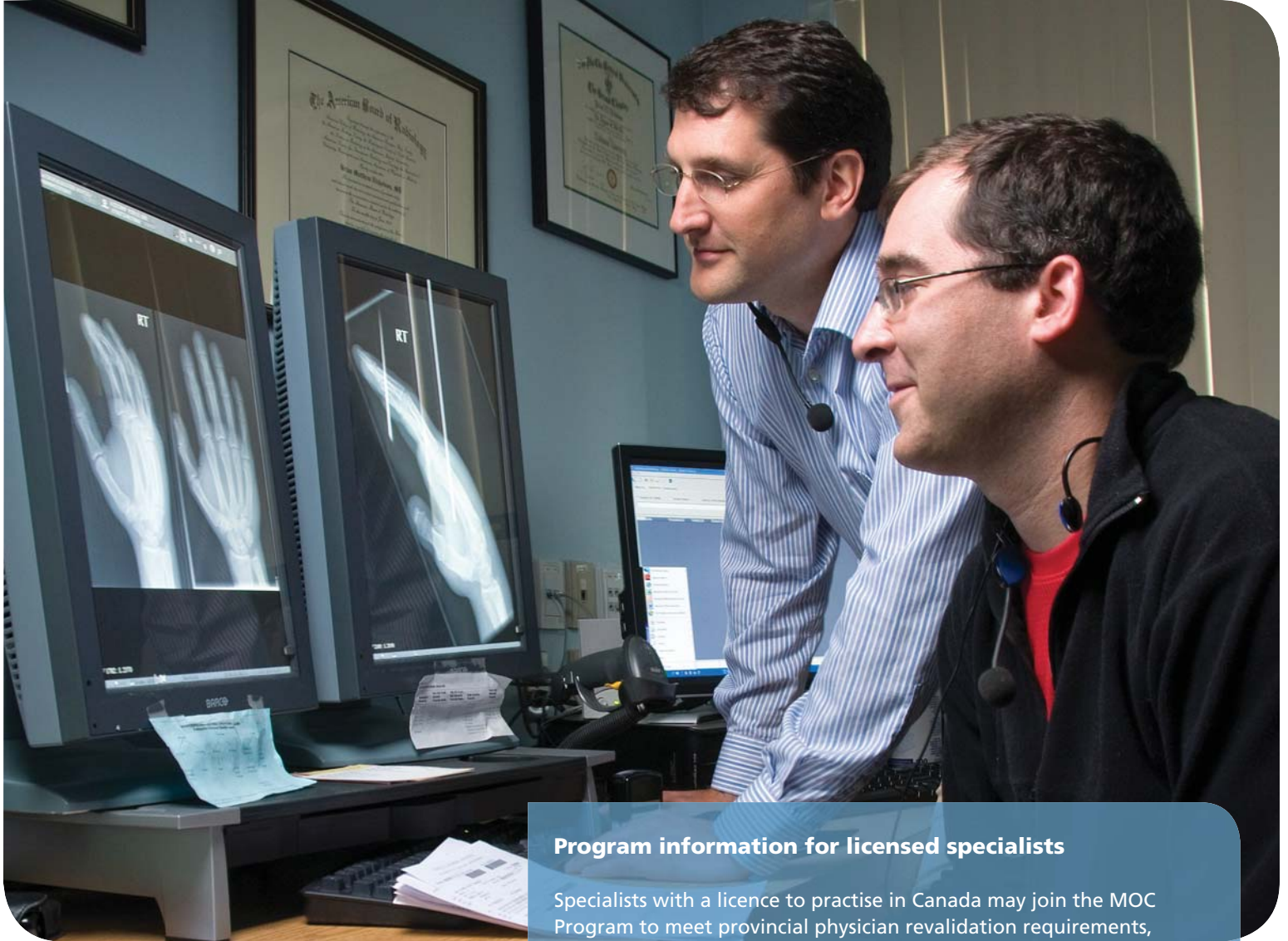
Program information for licensed specialists

Specialists with a licence to practise in Canada may join the MOC Program to meet provincial physician revalidation requirements, for personal or professional reasons, or to meet their workplace requirements. Such participants pay a registration fee each year for access to the MAINPORT web application, Royal College support services and regional CPD educators. For international medical graduates participating in the Practice Ready Assessment and Practice Eligibility Route, special requirements and exemptions apply.

Getting assistance
with the MOC Program

As your main point of contact and assistance, the Royal College's Membership Services Centre is available by phone, email or fax. You may also contact the CPD educator in your region or province for extra assistance.

CPD educators

The Royal College has recruited 12 CPD educators who practise across each region of Canada and assist MOC Program participants in their CPD learning. For a list of CPD educators, visit: royalcollege.ca/cpdeducators.

Membership Services Centre

The Royal College's Membership Services Centre can be reached at: 1-800-461-9598 or 613-730-6243.

For MAINPORT and Royal College website password information, email: membership@royalcollege.ca or cpd@royalcollege.ca

For membership inquiries, email: membership@royalcollege.ca

For general continuing professional development inquiries, email: cpd@royalcollege.ca

"My goal is to facilitate understanding and engender enthusiasm for MOC and MAINPORT as tools for continuing professional growth. Specialists can contact me any time with questions."

Laurette Geldenhuys
MD, FRCPC,
Anatomical Pathology
Royal College CPD educator
Halifax, N.S.