# **Power Up Your CPD Credits**

With the College of Family Physicians of Canada and University of Manitoba

[Linking Learning to Practice](https://www.cfpc.ca/en/education-professional-development/cpd-at-cfpc/linking-learning-exercises)  Program (click the link to learn more)

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| **Linking Learning to Practice** is a self-administered, semi-structured exercise. It challenges you to look at day-to-day activities as learning opportunities. The submission form helps you to identify a question, and then guides you through a series of critical inquiry and practice reflection exercises on your way to answering the question. Each completed exercise earns you **5 Mainpro + certified credits.** |

[SIGN IN AND SUBMIT ONLINE](https://portal.cfpc.ca/CFPC/Sign_In.aspx) through the CFPC

## **To support your application, we have provided the following information:**

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| **Program Title:** | Fridays at the University Lecture SeriesHot Topics- February 11, 2022 |
| **Upon what kind of learning activity is this Mainpro+ exercise based?** (check one only): | A. Professional development or continuing medical education activities* Course, conference or workshop
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| **Step 1:** Formulate your practice question(s) | Samples:* Do I discuss the most current management options with patients when discussing treatment strategies for menopause?
* Have I identified and addressed barriers within my practice in offering gender affirming care for Transgender and gender dysphoric patients?
* Do I have a strategy in how to work up patients with chronic pain symptoms in alignment with best practices?
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| **Step 2:** Describe the information you reviewed | Samples:* Attended an educational session on updates in menopause management.
* Attended an educational session on the provision of gender affirming primary care.
* Attended an educational session on the diagnosis and management of Chronic Pain Syndrome.
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| **Step 3-5:** Complete as required |  |