



**Hamilton
Health
Sciences**

**CENTRE FOR PARAMEDIC
EDUCATION AND RESEARCH**

**CME PROGRAM and CATALOGUE
2023**

WELCOME TO YOUR 2023 CME PROGRAM AND CATALOGUE!

~Follow us on Social Media for all CME Updates and all other exciting CPER events!~



WHAT IS CME?

Continuing Medical Education (CME) allows paramedics to maintain and enhance knowledge, skills and judgements, and to learn about different clinical situations that may occur less frequently in the field. CPER strives to provide essential courses and new learning opportunities for paramedics through our CME programming. In order for CME credits to be allocated, **the educational activity must enhance the clinical practice of paramedicine at the certification level of the Paramedic and must be approved by CPER.**

Ideally, paramedics will take the initiative to seek out self-directed CME opportunities for their own professional growth and development. However, the CPER CME program provides a variety of options for Paramedics to acquire all required CME credits prior to the CME deadline. Primary Care Paramedics are also encouraged to engage in as many CME opportunities as possible to support continued professional growth and improvement of knowledge, skills and judgement.

WHAT CME CREDITS AND/OR ONLINE MODULES DO I NEED TO COMPLETE TO MAINTAIN CERTIFICATION?

The requirements for CME credit reflects the provincial mandate of 8 credits annually for PCPs and 24 credits annually for ACPs. As always, 8 of these credits are accumulated when paramedics attend an education session in the form of an Annual Practice Review (APR) in each certification year. This APR is a mandatory session for all CPER Paramedics.

In addition to successful completion of the 8 credit APR CME, ACPs are required to obtain a minimum of an additional **16 CME credits** during each certification year.

Paramedics must complete mandatory online modules and CME requirements AND provide proof of completion when required to CPER by **Monday January 22, 2024 at 1600hrs. It is the responsibility of the paramedic to ensure that the deadline for completion of all requirements is met, in order to maintain certification.**

Please keep in mind that the Ministry of Health, Certification Standard, specifically 10 patient contacts, as per the ALS PCS Section 6, is a completely separate stream that may require the Paramedic to complete additional education and training, in order to maintain certification. Paramedics who are required to complete additional educational components relating to this will receive separate communication from CPER.

WHAT IS THE CME DEADLINE FOR 2023?

The deadline to acquire CME credits is **Monday January 23, 2024 at 1600hrs.**

WHAT HAPPENS IF I DO NOT COMPLETE MY MAINTENANCE OF CERTIFICATION (MOC) REQUIREMENTS?

Paramedics who do not complete the MOC requirement prescribed by CPER are not eligible for continued annual certification and are subject to administrative deactivation. If a paramedic is administratively deactivated due to not meeting MOC requirements, the Paramedic will remain deactivated until such time that all requirements are met. Any paramedic who has been administratively deactivated more than once over the past 5 years (including the current 2023 year) may be required to complete a remediation plan prior to reactivation. This remediation plan will be at the discretion of the CPER Education Department on behalf of CPER Medical Council.

CAN I CARRY OVER CME CREDIT FROM ONE YEAR TO THE NEXT?

Any CME credit earned in **January 2024 only** are eligible for carryover into 2024, as long as 2023 CME credit requirements are met by January 22, 2024.

CAN I COMPLETE CME NOT IN THE CPER CME CATALOGUE?

CME credit pre-approval must be obtained from CPER prior to attending the desired program/event. **If the CME is taken without prior approval, CME credit may not be granted.**

CAN I ATTEND CME OFFERED BY OTHER BASE HOSPITALS?

Opportunities may exist for paramedics to attend CME delivered by other Base Hospitals. Submission of a completion/ participation certificate by the respective BH will be required prior to CME credits being awarded by CPER. Duplicate or similar educational content will not be approved for CME credit with CPER.

HOW DO I REGISTER FOR A CME EVENT DELIVERED/ORGANIZED BY CPER?

Paramedics are scheduled on a first-come, first-served basis and must register via email at education@cper.ca. CPER reserves the right to cancel the event for any reason, including but not limited to changes in COVID restriction or if minimum attendance criteria is not met prior to the event. If you are unable to attend on the day you have been scheduled, please contact CPER at education@cper.ca as soon as possible.

CAN I BE REIMBURSED BY CPER FOR REGISTRATION FEES FOR EXTERNAL COURSES?

CPER does not reimburse paramedics for any fees related to completion of CME credits. Paramedics must contact their respective Service Operators prior to attending any CME opportunity, if seeking financial compensation.

HOW CAN I OBTAIN APPROVAL FOR EXTERNAL COURSE/EDUCATIONAL ACTIVITY TO USE TOWARDS MY CME REQUIREMENTS?

If the event is not listed in this catalogue, please submit the CME Credit Request form to education@cper.ca at least 2 weeks prior to the CME. Your request will be reviewed and an appropriate amount of CME credit will be granted. The number of credits may or may not equal the number of hours actually spent completing the specified CME.

WHERE DO I FIND THE CME CREDIT REQUEST FORM?

CME Credit Request form can be found on the CPER website or by clicking here: [CME Credit Request Form](#)

I AM A NEWLY CERTIFIED ACP. DO I NEED TO COMPLETE ALL 24 CME CREDITS FOR THE YEAR?

Newly certified ACPs are required to obtain CME credits, on a prorated basis, depending on their initial certification date. If full ACP certification is obtained mid-way through the year, please confirm with a CPER Paramedic Educator as to the number of CME credits you need in order to meet your Maintenance of Certification requirements.

Time Period of New Certification	CME Required
February 1 – April 30	APR plus 16 credits
May 1 – July 31	APR plus 12 credits
August 1 – October 31	APR plus 8 credits
November 1 – January 31	APR plus 4 credits

ANY OTHER QUESTIONS?

If you have any questions or require further details, please contact one of the Paramedic Educators at CPER at education@cper.ca

CPER DELIVERED CME

2023 Annual Practice Review

As per past practice, Paramedics that attend and successfully complete the APR will be awarded CME credit. Booking paramedics into the APR will be the responsibility of the Service Operators.
CME credit allotted: 8 CME credits

Regional CME

This year's Regional CME will see delivery of two separate topics and are open to all paramedics.

1. **AAA- Abdominal Assessment and Afflictions** – This course will provide a review of abdominal clinical pathology presentations and assessments taking into consideration anatomy, history and physical examination techniques and findings. The goal is to improve the Paramedic's knowledge and skills to treat both traumatic abdominal injuries and acute medical conditions.
2. **12 Lead ECG – Interpretation & Mimickers** - Back by popular demand, this course was first delivered in 2022. This course will offer the learner a chance to review the anatomy and electrophysiology of the heart, basic principles of 12 Lead ECG interpretation, recognition of STEMI mimickers and a review of STEMI Bypass protocols.

Date	Location	Time	Topic
September 7	Dufferin County Paramedic Service 325 Blind Line, Orangeville	0800-1600	AAA – Abdominal Assessment and Afflictions

September 21	CPER Training Room 430 McNeilly Road, Stoney Creek	0800-1600	12 Lead ECG – Interpretation & Mimickers
September 28	CPER Training Room 430 McNeilly Road, Stoney Creek	0800-1600	AAA – Abdominal Assessment and Afflictions
October 18	CPER Training Room 430 McNeilly Road, Stoney Creek	0800-1600	12 Lead ECG – Interpretation & Mimickers
October 27	CPER Training Room 430 McNeilly Road, Stoney Creek	0800-1600	AAA – Abdominal Assessment and Afflictions
November 14	Region of Waterloo Paramedic Service 1001A Erb’s Road, Waterloo	0800-1600	AAA – Abdominal Assessment and Afflictions
November 16	Niagara EMS Ontario Street Training Centre 139 Ontario St, St. Catharines	0800-1600	AAA – Abdominal Assessment and Afflictions
November 22	CPER Training Room 430 McNeilly Road, Stoney Creek	0800-1600	AAA – Abdominal Assessment and Afflictions

CME credit allotted: 8 CME credit

MEDTalk

Date: November 15, 2023

CME credits will be granted to Paramedics that attend the annual MEDTalk CME. This day includes case based learning and interactive discussion sessions on Prehospital and Emergency Medicine topics. Further information will be made available closer to the date.

CME credit allotted: 8 CME Credit

Journal Club

Date: Ongoing throughout the year

CME credits will be granted to Paramedics that attend CPER’s Journal Club. Learn about and interpret research articles with a group of your peers.

CME credit allotted: 2 CME Credits per event

Auxiliary Directive CME

CME credits will be granted for Auxiliary Medical Directive CME delivered by CPER (or designate) at the request of a Service Operator.

CME credit allotted: TBD

SELF DIRECTED ACTIVITIES

With the introduction of Reflective Practice and Reflective Learning at CPER, our goal is to encourage paramedics to reflect, analyze and self-direct CME activities based on individual needs. The self-directed component of our CME program provides Paramedics a variety of options that can be taken advantage of in order to obtain all required CME credits within the certification year. It is expected that self-directed CME be of a different focus from year to year to allow for multi-faceted learning and professional development.

Conferences

Paramedics are encouraged to attend conferences related to the practice of Paramedicine.

The following conferences are pre-approved by CPER for CME credit:

- Ontario Paramedic Association Expo and Conference <http://www.ontarioparamedic.ca/> (TBD)
- Paramedic across Canada Expo 2023, <http://pacexpo.ca/> (TBD)
- Canadian Association of Wilderness Medicine, <https://canadianwildmed.ca/> (TBD)
- Pennsylvania EMS Conference (TBD)

Any conference not listed above must be pre-approved for CME credit prior to attending (at least 2 weeks in advance of participation) through submission of the CME Credit Request form. For both pre-approval and completion of the conference/workshop, submit your request or certificate of attendance to education@cper.ca.

CME credit allotted: 1 CME credit per education hour; maximum of 12 CME credits per event

Self-Development Courses

The following self-development courses will be awarded CME credit:

- Advanced Cardiac Life Support (ACLS)
- Pediatric Advanced Life Support (PALS)
- Advanced Pediatric Life Support (APLS)
- Pediatric Education for Prehospital Professionals (PEPP)
- Advanced Trauma Life Support (ATLS)
- Neonatal Resuscitation Program (NRP)
- Advanced Basic Trauma Life Support (ABTLS)
- Prehospital Trauma Life Support (PTLS)
- International Trauma Life Support (ITLS)
- KinderMedic
- Pallium Palliative Care Course (LEAP)
- PreEmergency Community Paramedic Program
- Basic Emergency Management (EM 200)
- Basic Incident Management System (IMS 100, IMS 200)
- Mental Health First Aid
- National Association of EMS Educators Courses (NAEMSE)
- ORNGE Aeromedical Course
- The Difficult Airway Course: EMS

Upon completion of the course, submit your certificate or proof of successful completion to education@cper.ca.
CME credit allotted: 1 CME credit per hour; maximum of 12 CME credits per event

Proactive Plan Completion

A proactive plan is a self-directed module which incorporates knowledge and skills review, along with a practical component. These plans are housed on CPER's MedicLearn and cover a wide variety of topics. Self-enrollment into these modules is available directly on MedicLearn.

CME credit allotted: 4 CME credit per plan completed; maximum of 8 CME credits per year

Self-Reflection Paper

With the recent successful, formal integration of reflective practice into CPER's Education plans, we would like to expand reflective practice to the CME portfolio as well. Reflective practice is an important part of a health care profession, as it affords the paramedic the opportunity to focus on their personal practice. Reflective practice can focus on many areas of paramedicine such as personal bias, an aspect of paramedic culture, systemic issues or a focus on a specific call or type of call. The purpose is to examine an issue in paramedic practice, reflect on the impact on personal practice and further both personal development and systemic change. If interested in this, please contact education@cper.ca

CME credit allotted: 2 CME credits per paper; maximum of 4 CME credits per year

Teaching

Paramedics teaching paramedic-centered curriculum at any accredited college/university or within a Regional Base Hospital program/education event will be eligible to receive CME credits. In order to receive CME credit for teaching, submit a CME Credit Request form to education@cper.ca.

CME credit allotted: 1 CME credit per 8 hours of instruction; maximum of 8 CME credits per year

Preceptorship

Paramedic mentorship is a crucial component of professional development. For this reason, any ACP or PCP preceptor will be eligible to receive CME credits. Preceptorship must be a minimum of 140 hours with the same student. In order to receive CME credit, submit a CME Credit Request form to education@cper.ca.

CME credit allotted: 4 CME credits per student; maximum of 4 CME credits per year

CME offered by other Base Hospitals (BH)

Several opportunities exist for paramedics to attend CME delivered by other BHs. Submission of a completion/participation certificate completed by the respective BH will be required in order for CPER to award CME credit. Submit documents to education@cper.ca

CME credit allotted: TBD

Journal Article Review

Paramedics may choose to review a current, relevant and peer-reviewed medical journal for CME credit. This is a self-directed activity where a paramedic will select a credible article for review using the *Guide to Critically Analyzing Research Journals* located on the CPER website. Deadline for journal article review submission is January 10, 2024.

CME credit allotted: 2 CME credits per journal review; maximum of 8 CME credits per year

CPER Digest Development

Paramedics may choose to write a CPER Digest article. Paramedics can contact a CPER Paramedic Educator at education@cper.ca prior to the development of the article in order to discuss learning objectives and topics. Submitted articles will be reviewed by CPER Education for content and validity prior to CME credit being awarded.

CME credit allotted: 2 CME credits per article; maximum of 8 CME credits per year

AskMED - Questions

Paramedics are encouraged to submit a question to AskMED to receive CME credits. If a Paramedic's question is answered during the live AskMED event or by the AskMED Physicians at a later date, CME credit will be granted to that Paramedic. Questions can be submitted by following the directions on the CPER website under the AskMED section.

Paramedics who watch the AskMED video and submit a summary of one of the questions will be granted CME credit as well. The summary must focus on how the question/discussion will impact your current or future Paramedic practice. Summaries can be submitted to education@cper.ca for review.

CME credit allotted: 1 CME credit per question/summary; maximum of 4 CME credits per year.

College/University Course

Proof of completion of any prehospital related course will be **considered** for CME credits at the discretion of the CPER Paramedic Educators. The Paramedic will be required to provide an official list of learning objectives and/or assignments, in addition to documentation of successful course completion to be considered for credit. Paramedics must complete a CME Credit Request form and submit to education@cper.ca

CME credit allotted: 8 CME credits for one course; maximum of 12 credits for two or more courses.

Peer Chart Auditing

CPER trained Paramedic auditors can review up to 60 call audits per certification year in order to obtain CME credit. A maximum of 15 audits/month will receive CME credits. The calls audited must be ALS PCS calls where an advanced life support skill was performed or where symptom relief medications were administered. IV starts only or calls where no intervention was initiated are not eligible for CME credit. Paramedics will record the call date, call number and the date that the audit was performed on a form used internally within the CPER Base Hospital office.

CME credit allotted: see below; maximum of 4 CME credits per year

15 charts	1 point
30 charts	2 points
45 charts	3 points
60 charts	4 points

Research Project

Submission of research projects will be reviewed for CME credit. Research/case studies must be ongoing and relevant to paramedicine. Application for CME credit consideration will include specific research techniques to

be utilized, goals and expected outcomes of the research project. Paramedics are required to complete a CME Credit Request form and submit to education@cper.ca.

CME credit allotted: TBD – at the discretion of CPER Medical Council and assigned on a case-by-case basis; maximum of 8 credits per year

eModule completion

Paramedics can choose to complete eModules, from a CPER determined selection available on MedicLearn.

CME credit allotted: varies per eModule; maximum of 16 CME credits per year

Education Development

Paramedics can choose to develop education pieces, which may be later utilized for CME credit by other Paramedics. Education topic must be current and relevant to Paramedic practice. Education will be reviewed by CPER Education for content and validity prior to CME credit being granted. Detailed criteria is available and can be obtained from CPER Education prior to beginning development. Paramedics are required to complete a CME Credit Request form and submit to education@cper.ca.

CME credit allotted: 8 CME credits; maximum of 8 CME credits per year.

Paramedic Competition

Paramedics who are involved in the National Paramedic Competition, either as a participant or as a judge, will be eligible to receive CME credit. Submission of a completed attendance/participation certificate will be required in order for CPER to award CME credit. Submit documents to education@cper.ca

CME credit allotted: 1 CME credit per event hour; maximum of 8 CME credits per year.

Other

Paramedics may seek approval for other potential CME opportunity. Please complete the “CME Credit Request” form and submit to education@cper.ca. Alternatively, as learning opportunities become available/scheduled throughout the year, offered either by CPER or through an outside agency, Paramedics will have the opportunity to participate. The details of these courses will be communicated via email or CPER social media channels as information becomes available.

CME credit allotted: TBD/per case basis.

CPER CME Chart 2023 - Overview

CME Opportunity	Description	Mandatory?	CME Credit
Annual APR	Skills review/competency practice and learning	Yes	8
MedTalk	Annual MedTalk event	No	TBD
Auxiliary Directive CME	BH Training/Orientation relating to a new piece of equipment, procedure or Medical Directive	Yes	1 per hour
Conferences	Conferences must be applicable to the practice of Paramedicine	No	1 per hour; maximum of 12 per event
Self -Development Courses	ACLS, PALS, ITLS, etc. (see list of preapproved courses)	No	1 per hour; maximum of 12 per event
Proactive Plan Completion	A self-directed study, which incorporates knowledge and skills review, along with practice/simulation work.	No	4 per plan; maximum of 8 per year
Reflective Practice	Submit a minimum 500 word essay, using a clinical situation (call) encountered while working as a Paramedic.	No	2 per paper; maximum of 4 per year

Teaching	Paramedics will receive CME credit for teaching at an accredited college/university	No	1 per 8 hours of instruction; maximum of 8 per year
Preceptorship	Paramedics will receive CME credit for preceptoring either an ACP or PCP student (minimum of 140 hours)	No	4 per student; maximum of 4 per year (1 student)
CME offered by other BH	Submission of completion/participation certificate by the respective BH will be required in order for CPER to award CME credit	No	To be determined by CPER Educator (usually 1:1)
Journal Article Review	Review of selected prehospital journal articles as per described process.	No	2 per journal article; maximum of 8 per year (4 articles)
CPER Digest Development	Development of CPER Digest article	No	2 per journal article; maximum of 8 per year (4 articles)
AskMED Questions	Submission of a question or summary of a submitted question	No	1 per question/summary; maximum of 4 questions per year

College/University Course	Proof of completion of a prehospital related course will be considered for CME credit. The paramedic will be required to provide an official list of learning objectives and/or assignments, in addition to documentation of successful course completion.	No	8 per course; maximum of 12 per year
Peer Chart Auditing	Up to 60 call audits per certification year.	No	Maximum of 4 per year (60 charts)
Research Project	Submission of relevant research projects will be reviewed for CME credit. Paramedics are required to seek pre-approval. Applications will include specific research techniques to be utilized, goals and expected outcomes of the research experience.	No	At the discretion of Medical Council; per case basis
eModule review	Review of eModules found on MedicLearn	No	Varies per module; maximum of 8 per year
Education Development	Paramedics may choose to develop education pieces, which may be later utilized for CME credit for other paramedics. Education topic must be current and relevant to Paramedicine.	No	Maximum of 8 per year
Paramedic Competition	Paramedics who are involved with National Paramedic Competition, either as participants or judges, will be eligible to receive CME credit.	No	1 CME credit per event hour; maximum of 8 per year
Other	Paramedics may take part in learning opportunities not listed in this catalogue or as advertised by CPER. Preapproval is required.	No	Per case basis

2023 CME Credit Request Form

Name: _____

Email: _____

Phone Number: _____

Service: BBPS DCPS GWPS HCPS HPS NCPS NEMS ROWPS SNPS
(Circle all that apply)

Please complete form and submit to education@cper.ca

Self-Directed CME Activity/Education:

(i.e. activity you are requesting CME credit for)

Education Date(s): _____

Hours spent on CME Activity: _____

Number of CME credits requested: _____

Course Location/Contact Person: _____

1) What are the clinical components of this education?

2) What new knowledge will you gain from this education?

3) What are the procedural skills you will learn or practice with this education?

(i.e. patient interaction and communication, patient assessment, history gathering, skill development, patient care, medical math, airway management, pharmacology, etc.)

Date Received: _____ **Date Reviewed:** _____

Approved: (circle one) YES NO

CME Credit Approved for: _____

Reviewed by: _____

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