



**Hamilton  
Health  
Sciences**

**CENTRE FOR PARAMEDIC  
EDUCATION AND RESEARCH**

**CME PROGRAM and CATALOGUE  
2019**

# WELCOME TO YOUR 2019 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 attitude, and to learn about different clinical situations that occur less frequently in the field. CPER strives to provide essential courses and new learning opportunities for paramedics through CME. 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 preapproved by CPER.**

Our goal is to provide all Paramedics an opportunity to self-direct CME needs as much as possible. Our CME program provides a variety of options for Paramedics to acquire all CME credits within the CME deadline. PCPs are encouraged to engage in as many CME opportunities as possible, to support continued growth and improvement of knowledge, skills and attitude.

## 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) CME 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.

**All Paramedics must complete all mandatory online modules and CME requirements AND provide proof of completion when required to CPER by November 22, 2019 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 Certification Standard, specifically 10 patient contact, as per the ALS PCS Appendix 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 2019?

The deadline to acquire CME credits is **November 22, 2019 at 1600hrs.**

### **WHAT HAPPENS IF I DO NOT COMPLETE MY CME REQUIREMENTS?**

Paramedics who do not complete the CME 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 CME requirements, the Paramedic will remain deactivated until such time that all CME requirements are met (i.e. completion of required CME credits and successful completion of all online modules). Any Paramedic who has been administratively deactivated more than once over the past 5 years (including the current 2019 year) may be required to complete a remediation plan prior to reactivation. This remediation plan will be at the discretion of the Education Department.

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

Any CME credit earned in **November 2019 only** are eligible for carryover into 2020, as long as 2019 CME credit requirements are met by November 22, 2019. The maximum allowable carry over is 4 CME credits.

### **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.

### **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](mailto:education@cper.ca). CPER reserves the right to cancel the event if a minimum class size of 12 Paramedics is not met 2 weeks prior to the event. If you are unable to attend on the day you have been scheduled, please contact CPER at [education@cper.ca](mailto: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. Only Service Operators (your employer) can determine what (if) any CME options are compensated. Paramedics must contact their respective Service Operators prior to attending any CME opportunity, if seeking financial compensation.

### **HOW CAN I OBTAIN PRE-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](mailto: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 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 pro-rated basis, depending on the initial certification date. If full ACP certification is obtained mid-way through the year, please confirm with a Paramedic Educator as to the number of CME credits you need in order to meet your Maintenance of Certification requirements.

### **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](mailto:education@cper.ca)

## CPER DELIVERED CME

### 2019/2020 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

### Spring CME

This year's Spring CME will focus on Airway management/support, 12 lead ECG Acquisition/Interpretation and Emergency Child Birth.

DATE	HOST SERVICE	ADDRESS	TIME
May 16	GWPS	85 King Street, Palmerston (Palmerston Fire Hall)	0800-1600
May 28	GWPS	65 Delhi Street, Guelph	0800-1600
May 30	ROWPS	465 Pinebush Road, Cambridge (05 Stn)	0800-1600
June 12	NEMS	139 Ontario Street, St. Catharines	0800-1600
June 24	NEMS	139 Ontario Street, St. Catharines	0800-1600
August 12	NEMS	139 Ontario Street, St. Catharines	0800-1600

CME credit allotted: 8 CME credits

Registration for these listed courses will be available to all ACP and PCP paramedics. **Registration will be open to paramedics for courses being held in their home service until March 30, 2019 @ 1600hrs.** After that time, registration will be open to ALL paramedics for any course, held at any location. For example, a ROWPS paramedic will have exclusive registration ability for all classes being hosted at ROWPS location until the deadline listed above. After that time, any paramedic from an outside service (ie. HPS, NEMS, etc) will be able to register for the ROWPS-hosted classes, space permitting.

Please note: there may be other CME opportunities (same topics as listed above) which will be hosted by BBPS, DCPS and HPS. If these classes become available, CPER will communicate these opportunities via email as timely as possible.

To register for these courses, please email [education@cper.ca](mailto:education@cper.ca)

## DOC CME

Wednesday June 19, 2019

### Location TBD

CME credits will be granted to Paramedics that attend the annual CPER DOC CME. This day includes case based learning and interactive discussion sessions on Prehospital and Emergency Medicine topics. Further information regarding speakers, venue, time and relevant information will be made available closer to the date.

CME credit allotted: 8 CME credits

## 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:

OPA Conference *Paramedicine* <http://www.ontarioparamedic.ca/> (Fall 2019)

10 Minute Emergency Medicine Conference <http://fhs.mcmaster.ca/emergmed/tenem.htm> (Fall 2019)

Tri-City Emergency Medicine Conference <http://www.tricityemergency.com/> (March 21, 2019)

PACE 2019, Winnipeg (September, 2019) <http://pacexpo.ca/>

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](mailto:education@cper.ca).

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

## Self-Development Courses

The listed 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)

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

### **In-Situ Simulation Events**

CPER is fortunate enough to have academic relationships with Hamilton Health Sciences, St. Joseph's Healthcare Centre and McMaster University and there are often potential educational opportunities throughout the year with any one of these associated groups. Examples of activities include McMaster CCFP-EM Residency activities such as Resident Simulation, Tintinalli Academic Rounds or St. Joseph's Emergency Department in situ Simulation events. Please contact CPER for more information around events like these as scheduling is not regularly posted and dates and times may change throughout the year.

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

### **Proactive Plan Completion**

A proactive plan is a self-directed study, which incorporates knowledge and skills review, along with practice/simulation work. These plans are housed on CPER's LMS (MedicLearn) and cover a wide variety of topics. Self-enrollment into these modules is available directly on MedicLearn.

CME credit allotted: 8 CME credit per each plan completed; maximum of 16 CME credits per year

Please note: for those Paramedics who are required to complete 4 proactive plans in 2019 as part of their 10 Patient Contact Maintenance of Certification requirements may also choose to complete proactive plans as a means for CME credit towards your annual CME credit requirement. The first 4 completed proactive plans will be credited towards the 10 Patient Contact Maintenance of Certification requirements, with any additional completed proactive plans providing 8 CME credit to the Paramedic.

### **Self-Reflection Assignment**

With the recent successful, formal integration of reflection into the Return to Practice (RTP) portfolio at CPER, we would like to expand reflective practice to the CME portfolio as well. Please contact a CPER Paramedic Educator for details.

### **Teaching**

Paramedics teaching paramedic-centered curriculum to students at any accredited college, will be eligible to receive CME credits. CPER Instructors will also be eligible to receive CME credits when delivering CPER mandated education and training. In order to receive CME credit for teaching, submit a CME Credit Request form to [education@cper.ca](mailto:education@cper.ca).

CME credit allotted: 1 CME credit per 8 hours of instruction; maximum of 4 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](mailto: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](mailto:education@cper.ca)  
CME credit allotted: 1 CME credit per course hour

### **Journal Article Review**

Paramedics may choose to review a current and relevant medical journal for CME credit. Should a Paramedic choose this option, please contact a CPER Paramedic Educator in order to be receive an approved list of journal articles for review, as well as an article review outline document. Deadline for journal article review submission is November 9, 2019.  
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 will be required to contact a CPER Paramedic Educator at [education@cper.ca](mailto: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 have the option 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](mailto: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. 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](mailto:education@cper.ca)  
CME credit allotted: 8 CME credits per course; maximum 8 credits per year



### Peer Chart Auditing

CPER trained Paramedics 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](mailto:education@cper.ca).

CME credit allotted: TBD – at the discretion of 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 8 CME credits per year

### Webinar Development

Paramedics can choose to develop a Webinar, which may be later utilized for CME credit by other Paramedics. Webinar topic must be current and relevant to Paramedic practice. Webinars will be reviewed by CPER Education for content and validity prior to CME credit being granted. Detailed criteria to be obtained from CPER Education prior to beginning the webinar development. Paramedics are required to complete a CME Credit Request form and submit to [education@cper.ca](mailto: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](mailto:education@cper.ca)

CME credit allotted: 1 CME credit per event hour; maximum of 4 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](mailto: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 as information becomes available.  
CME credit allotted: TBD/per case basis

## CPER CME Chart 2019 - Overview

<b>CME Opportunity</b>	<b>Description</b>	<b>Mandatory?</b>	<b>CME Credit</b>
<b>Annual APR</b>	Skills review/competency practice and learning	Yes	8
<b>DOC CME</b>	Annual DOC CME	No	8
<b>Auxiliary Directive CME</b>	BH Training/Orientation relating to a new piece of equipment, procedure or Medical Directive	Yes	1 per hour
<b>Conferences</b>	Conferences must be applicable to the practice of Paramedicine	No	1per hour; maximum of 12 per year
<b>Self -Development Courses</b>	ACLS, PALS, NRP, etc. (see list of preapproved courses)	No	1 per hour; maximum of 12 per year
<b>In-Situ Simulation</b>	Educational opportunities associated with Hamilton Health Sciences, St. Joseph's Healthcare Centre and McMaster University	No	1 per hour; maximum of 8 per year
<b>Proactive Plan Completion</b>	A self-directed study, which incorporates knowledge and skills review, along with practice/simulation work.	No, unless as a 10 Patient contact/Maintenance of Certification requirement	8 per plan; maximum of 16 per year

<b>Self –Reflection Paper</b>	Using Gibb’s Reflective Cycle, submit a minimum 500 word essay, using a clinical situation (call) encountered while working as a Paramedic.	No	1 per paper; maximum of 4 per year
<b>Teaching</b>	Paramedics will receive CME credit for teaching at an accredited college or when acting as Lead Instructor at CPER APR	No	1 per 8 hours of instruction; maximum of 4 per year
<b>Preceptorship</b>	Paramedics will receive a CME credit for preceptoring either an ACP or PCP student (minimum of 140 hours)	No	4 per student; maximum of 4 per year
<b>CME offered by other BH</b>	Submission of completion/participation certificate by the respective BH will be required in order for CPER to award CME credit	No	1 per course hour
<b>Journal Article Review</b>	Review of selected prehospital journal articles as per described process.	No	2 per journal article; maximum of 8 per year
<b>CPER Digest Development</b>	Development of CPER Digest article	No	2 per journal article; maximum of 8 per year

<b>AskMED Questions</b>	Submission of a question or summary of a submitted question	No	1 per question/summary; maximum of 4 per year
<b>College/University Course</b>	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 8 per year
<b>Peer Chart Auditing</b>	Up to 60 call audits per certification year can be used towards CME credit.	No	Maximum of 4 per year
<b>Research Project</b>	Submission of research projects will be reviewed for CME credit. Paramedics are required to seek pre-approval. Research must be relevant to Paramedicine. 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
<b>eModule review</b>	Review of eModules found on MedicLearn	No	Varies per review; maximum of 8 per year
<b>Webinar Development</b>	Paramedics may choose to develop a Webinar, which may be later utilized for CME credit for other paramedics. Webinar topic must be current and relevant to Paramedicine.	No	Maximum of 8 per year
<b>Paramedic Competition</b>	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 4 per year
<b>Other</b>	Paramedics may take part in learning opportunities not listed in this catalogue or as advertised by CPER. Preapproval is required if event is not organized/endorsed by CPER.	No	Per case basis



# CME Credit Request Form

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Service: BBPS   DCPS   GWPS   HCEMS   HPS   NCEMS   NEMS   ROWPS   SNAS  
(circle all that apply)

Please complete form and submit to [education@cper.ca](mailto:education@cper.ca)

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**Self-Directed CME Activity/Education:** \_\_\_\_\_  
(ie. activity you are requesting CME credit for)

**Education Date(s):** \_\_\_\_\_

**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?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

**For office use only**

**Date Received:** \_\_\_\_\_ **Date Reviewed:** \_\_\_\_\_

**Approved:** (circle one)   YES   NO

**CME Credit Approved for:** \_\_\_\_\_

**Reviewed by:** \_\_\_\_\_