



**Hamilton
Health
Sciences**

**CENTRE FOR PARAMEDIC
EDUCATION AND RESEARCH**

**CME PROGRAM and CATALOGUE
2021**

WELCOME TO YOUR 2021 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 **Tuesday, November 23, 2021 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 2021?

The deadline to acquire CME credits is **Tuesday, November 23, 2021 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 2021 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 2021 only** are eligible for carryover into 2022, as long as 2021 CME credit requirements are met by November 22, 2021. 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. 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 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 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

COVID-19 CONSIDERATIONS:

Due to the ongoing COVID-19 pandemic, it is expected that the majority of in-person education events will be cancelled for 2021. Many of these events have moved online in some format and there will remain a large number of CME credits available. As always, it is the responsibility of the paramedic to complete the required CME.

The following suggestions of online-only content are a good place to start:

- Online EMS conferences
- DOC CME
- Proactive plans
- CPER-produced CME content
- Journal article reviews
- Reflective practice
- Distance education courses (all courses must be pre-approved by CPER Educators)
 - WHO education portal (openwho.org)
 - Many universities offer free, health care oriented online courses:
 - Stanford (Online.stanford.edu)
 - University of Toronto (<https://www.coursera.org/utoronto>, <https://www.edx.org/school/university-torontox>)
 - Harvard (<https://online-learning.harvard.edu/catalog/free>)

CPER DELIVERED CME

2021/2022 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 be online, with further details to follow.

DOC CME

Tuesday, March 2, 2021 - Online

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, time, login instructions and relevant information will be made available closer to the date.
CME credit allotted: TBD

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/> (TBD – On hold due to COVID-19)
- PACE 2021, Winnipeg <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 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)
- Pallium Palliative Care Course (LEAP)
- Basic Emergency Management (EM 200)
- Basic Incident Management System (IMS 100, IMS 200)

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 year

Proactive Plan Completion

A proactive plan is a self-directed module 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 8 CME credits per year

Please note: for those Paramedics who are required to complete 4 proactive plans in 2021 as part of their 10 Patient Contact Maintenance of Certification requirements may also choose to complete an additional proactive plan 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 the additional completed proactive plan providing 8 CME credit to the Paramedic.

Self-Reflection Assignment

With the recent successful, formal integration of reflection into the Return to Practice (RTP) and PCP-AIV portfolios at CPER, 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. A reflective practice assignment 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.

CME credit allotted: 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.

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: To be determined by CPER Educator (Usually awarded equal CME credit)

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 journal article review guide. Deadline for journal article review submission is November 9, 2021.

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 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 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 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: 6 CME credits per course; maximum 12 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.

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.

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 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. 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 2021 - Overview

CME Opportunity	Description	Mandatory?	CME Credit
Annual APR	Skills review/competency practice and learning	Yes	8
DOC CME	Annual DOC CME	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	1per hour; maximum of 12 per year
Self -Development Courses	ACLS, PALS, ITLS, etc. (see list of preapproved courses)	No	1 per hour; maximum of 12 per year
Proactive Plan Completion	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 8 per year
Self –Reflection Paper	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

Teaching	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 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	6 per course; maximum of 12 per year (2 courses)
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
Webinar Development	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
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 4 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



2021 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

Self-Directed CME Activity/Education: _____
(ie. 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?

(ii. 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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Guide to Critically Analyzing Research Journals

The following questions are meant to be a guide, you do not need to answer them all. Think about the different sections of the article and their purpose. Make notes as you read, using the following questions as a guide.

Overall Questions to Consider

- Who are the authors? What are their affiliations and potential biases?
- What is the subject of the article? What are the conclusions of the research?
- Why is this relevant to paramedic practice?
- How can I apply this knowledge to my paramedic practice?

Section	Questions to Consider
Title	Is the title clear, accurate and concise, avoiding unnecessary words and without abbreviations?
Abstract	Does the abstract contain what was done, how it was done, the results and their implications?
Definition of The Study Theme	Has the problem been properly defined? Is problem linked to the article already published on the subject? Is the research goal described and correctly defined?
Research Design	Is the study controlled? What is the hypothesis? Is the hypothesis clearly defined? Is the type of study appropriate to achieve the objective of the investigation? Are there inherent limitations in the employed method that may have affected the results? Were the ethical aspects properly conducted?
Sample	Is the target group appropriate to achieve the objective? Was the sample selected at random? Was it somehow flawed? In the case of experimental study or clinical trial, was there randomization? Was the sample size discussed? Was the sample size enough for the purposes of this study?

Gauging of Information	<p>Are the used indicators and procedures the most appropriates?</p> <p>What is the reliability of the information?</p> <p>May the observation process have affected the outcome?</p> <p>In the case of experimental study, was there adherence to treatment and did the study use double-blind technique?</p>
Interpretation of Results	<p>Can the differences be attributed to measurement bias (i.e., the one which focuses on how to obtain the data)?</p> <p>Can the differences be attributed to confounding bias (i.e., the ones that can be explained by other factors such as age, gender or other confounding variable), due to differences in the composition of the groups? In other words, were the techniques to control the confounding variables properly used?</p> <p>Are the results discussed and compared with those of previous studies?</p> <p>Can the results be generalized to different populations in relation to the population here studied?</p> <p>For what kind of populations would you apply the results?</p> <p>Does the study change your practice?</p>
Conclusions	<p>Are the conclusions justified when compared to the presented results?</p> <p>Have the authors commented about the study limitations?</p> <p>Are the findings relevant to the problem and to the study objectives?</p>
Style	<p>Is the style clear and direct, without unnecessary repetition?</p> <p>Are the use of technical terms and the language in general correct?</p>
Bibliographic References	<p>Are they current and timely?</p> <p>Are they presented in the right way?</p>
Conflicts of Interest	<p>Are there any conflicts of interest?</p>

Reference:

Roever L., Resende ES., Diniz ALD., Penha-Silva N., Biondi-Zoccai G., et al. (2015) Critical Analysis of Clinical Research Articles: A Guide for Evaluation. *Evidence Based Medicine and Practice*. DOI: 10.4172/2471-9919.1000e116