

SONOGRAPHY BASED

Updated Jan 2018

Self-Directed Activities

Are not pre-approved. These activities will require the member to provide a record of the type of learning activity, date, and time spent on activity. **Self-Reflection** will be required for all Self-Directed activities. A short summary statement will be selected from a drop-down list describing how the activity is relevant to sonography or your practice. You will also have the option to include a brief description of the activity's relevance. This will serve as a reminder of your key learning experience.

****Please note the details that should be entered in to the **Activity Detail** field of the tracking system for each activity****

Academic Skills

Self-Directed Activities	Credit Value	Maximum	Details
Attending national, international, provincial or local conferences and workshops	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		-Content must be sonography based. -A certificate or letter of participation must be uploaded into the online tracking system upon completion.
Attending formal technical instruction programs/workshops for advanced certification and new clinical competencies (ex NT, Breast, MSK, etc.)	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		-Content must be sonography based knowledge/ skills development and must include both didactic and clinical training, does not require hands on training. -Can be from a national, provincial or local service provider or training program. -A certificate or letter of participation must be uploaded into the online tracking system upon completion.
Participating in institutional educational or quality assurance rounds, journal clubs (group literature review and discussion)	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		-Content must be sonography based. -A certificate or letter of participation must be uploaded into the online tracking system upon completion.

Additional formal education	<p>-15 credits per diploma</p> <p>-20 credits per Bachelor's degree</p> <p>-25 credits per Master's degree</p> <p>-30 credits per Doctorate</p>		<p>-Content must be sonography based.</p> <p>-Credits will be awarded annually.</p> <p>-Transcript or record of registration must be uploaded into the online tracking system as proof of enrollment.</p>
Reading journal articles such as: CJMS, JDMS, SVU, JASE, JOGC, CAR Journal etc.	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	1 per article	<p>-Content must be sonography based.</p> <p>-Journal name, volume #, issue #, issue date, page numbers, article title, author and date of review must be entered into the online tracking system.</p> <p>**Journal articles that have an associated quiz, pre-approved credits, and certificate of completion are considered Directed credits**</p>
Reference text review	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<p>-A review of a textbook or text chapter to further to expand knowledge.</p> <p>-May include examination instruction, anatomical or pathological review for enhanced professional performance.</p> <p>-Content must be sonography based.</p> <p>-Resource title, edition/publication date, topic/chapter title, author, pages/chapter reviewed and date of review must be entered into the online tracking system.</p>
Pathological research/literature review/peer case review	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<p>-Content must be sonography based.</p> <p>-Case reviews, can be done with a co-worker, interpreting physician, supervisor OR literature review to research and /or refresh on material associated with a condition, pathology or specific job related area of interest.</p>

			<p>-For a literature review: resource title, edition/publication date, topic/chapter title, author, pages/chapter reviewed and date of review must be entered into the online tracking system.</p> <p>-For a case review: date, peer reviewed with (co-worker, interpreting physician, etc.)</p>
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Scientific / Clinical Research

Activity	Credit Value	Maximum	Details
Journal article submission and publication	10 per article, credits will be divided proportionally if multiple authors		<p>-Content must be sonography based and published by a national or international sonography journal.</p> <p>-Includes case reviews, book reviews, technical protocol reviews.</p> <p>-Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.</p>
Original scholarly, scientific/clinical research and publication		No maximum	
- Non peer-reviewed principal author	20 credits per paper/article		<p>-Content must be sonography based and published by a national or international sonography journal.</p> <p>-Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.</p>

- Peer-reviewed principal author	25 credits per paper/article		-Content must be sonography based and published by a national or international sonography journal. -Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.
- Non peer-reviewed non-principal author	10 credits per paper/article		-Content must be sonography based and published by a national or international sonography journal. -Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracing system.
- Peer-reviewed non-principal author	15 credits per paper/article		-Content must be sonography based and published by a national or international sonography journal. -Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.
Research participation	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	5 credits per project	-Content must be sonography based and published by a national or international sonography journal. -Participation may include scanning for, consulting as a sonographer, data entry of examination, patient survey or analysis results. -Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system. -Documentation from the principal author of your participation must also be uploaded into the online tracking system.

Systematic review (meta analysis)	10 credits per paper		<p>-Systematic literature review for protocol/procedure revisions or research purposes on a new sonography hypothesis.</p> <p>-Content must be sonography based and published or a component part of a published or research paper.</p> <p>-Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.</p> <p>-Documentation from the principal author of your participation must also be uploaded into the online tracking system.</p>
Original research poster	10 credits per poster		<p>-Content must be sonography based and have been approved for presentation at a regional, national, or international educational program or exhibit.</p> <p>-Poster must be based on member's own sonography based original scientific/clinical research.</p> <p>-Poster title, date of event, and name of exhibit/program must be entered into the online tracking system.</p>

Professional Service

Self-Directed Activities	Credit Value	Maximum	Details
Assisting in accredited clinical assessment programs	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	10 credits per triennium	-Example of clinical assessment programs are Canadian Hospital Association (CHA) assessment, International Accreditation Commission (IAC), provincial facility assessments/accreditation (i.e. College of Physicians and Surgeons, CorHealth, etc.), and Accreditation Canada educational program accreditation.

			<p>-The assessment must be completed on a sonography based program or department.</p> <p>- A certificate or proof of participation from a recognized accrediting body stating the approximate hours of participation must be upload into the online tracking system.</p>
Participation in/or coordination of a facility accreditation, provincial accreditation (licensing) or international such as ICAVL, ICAEL, AIUM, CorHealth, etc.	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	15 credits per triennium	<p>-Could be provincial accreditation (licensing) or international, for example ICAVL, ICAEL, AIUM, etc.</p> <p>-Accreditation must be sonography based organization.</p> <p>-A certificate or proof of participation as project lead or participant stating the approximate hours of participation must be provided by your employer and be upload into the online tracking system.</p>
Participation in sonography promotional/educational events	1 credit per day	3 credits per triennium	<p>-Examples are career mentoring, job shadowing, career fairs, high school and post-secondary institution career sessions etc.</p> <p>-Excludes program educators</p> <p>-A letter of participation stating the date, type of event, and approximate hours of participation must be obtained and uploaded into the online tracking system.</p>
Clinical or professional standards development for an educational program or institution.	5 credits per session		<p>-Standards development must be for a sonography based educational program or institution.</p> <p>-A letter of participation stating the date, type of activity, and approximate hours of participation must be obtained and uploaded into the online tracking system.</p>

Educational Services (Didactic and Clinical)

Self-Directed Activities	Credit Value	Maximum	Details
Attending an educator or preceptor workshops/education sessions provided by an accredited program	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	5 credits per triennium	<p>-Attend educator or preceptor workshops/education sessions</p> <p>-A certificate of participation must be uploaded into the online tracking system upon completion.</p>
Development and delivery of a student/preceptor/colleague/allied health lecture or hands on skills development (excludes program educators)	3 credits per 50-60 minute lecture	9 credits per triennium	<p>-Lecture or skills development can be a part of student/staff education, rounds, workshops etc.</p> <p>-Content must be sonography based.</p> <p>-A letter of participation stating the event name/title, topic or title of lecture/demo, date presented, duration, and type of audience must be uploaded into the online tracking system.</p>
Develop and deliver an international, national, or provincial lecture or hands-on demonstration	8 credits per 50-60 minute lecture		<p>-Content must be sonography based.</p> <p>-Credits to be pre-approved and awarded by a recognized CPD provider.</p> <p>-The event organization will provide the member with a certificate of participation for the lecture or hands-on demonstration.</p> <p>-A certificate of participation must be uploaded into the online tracking system upon completion.</p>
Development and delivery of a CPD educational activity	8 credits per 50-60 minute educational activity		<p>-Examples are podcast, webinar, etc. not delivered by an approved CPD provider.</p> <p>-Content must be sonography based.</p>

			<p>-Provider name, title of podcast/webinar/lecture, date of completion, duration, and link/website must be entered into the online tracking system.</p> <p>-If a letter of participation was provided to you by the organization, it should also be uploaded into the online tracking system.</p>
Development of an educational poster	3 credits per poster		<p>-Poster can be based literature review or case study</p> <p>-Content must be sonography based.</p> <p>-Poster must be presented at a regional, national, or international educational program or exhibit.</p> <p>-Poster title, date of event, and name of exhibit/program must be entered into the online tracking system.</p>
Accredited program course design	8 credits per course		<p>-Course design must be sonography based.</p> <p>-A letter of participation stating the date, type of activity, and approximate hours of participation must be obtained and uploaded into the online tracking system.</p>