

RELEVANT TO PRACTICE

Updated Jan 2025

- Maximum of 10 credits per triennium
- Not sonography based but must enhance professional practice.
- These activities enable the member to expand and improve their knowledge, skills and inter-professional relationships, promoting and enhancing the profession of diagnostic medical sonography and ultimately enhancing patient care.
- Relevant to practice areas include nursing, medicine, MLT, MRT, vascular and cardiac non-sonography education, management/business, educator material, veterinary sonography etc.

An activity must have pre-approved credits awarded by a recognized CPD credit provider to be considered **Directed**, if not, then the activity is considered **Self-Directed** and will require self reflection. For self reflection, 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

Activities	Directed or Self-Directed	Credit Value	Maximum	Details
Attending national, international, provincial or local conferences and workshops	Directed or Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none">• A certificate 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 (dual discipline)	Directed or Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none">• Activity 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 of participation must be uploaded into the online tracking system upon completion.
Participating in educational or quality assurance rounds, journal clubs (group literature review and discussion)	Directed or Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none">• A certificate of participation must be uploaded into the online tracking system upon completion.

Online Activities: webinars, lectures, podcasts, etc.	Directed or Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none"> • A certificate of participation must be uploaded into the online tracking system upon completion.
Additional credentialing exams	Self-Directed	15 credits per exam passed		<ul style="list-style-type: none"> • Credential certificate must be uploaded into the online tracking system upon completion.
Additional formal education	Self-Directed	<ul style="list-style-type: none"> • 15 credits per diploma • 20 credits per Bachelor's degree • 25 credits per Master's degree • 30 credits per Doctorate 		<ul style="list-style-type: none"> • Credits will be awarded annually. • Transcript or record of registration must be uploaded into the online tracking system as proof of enrollment.
Management/leadership training (formal)	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	10 per triennium	<ul style="list-style-type: none"> • A certificate or letter of participation must be uploaded in the online tracking system upon completion.
Adult education training/certification	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	10 per triennium	<ul style="list-style-type: none"> • A certificate or letter of participation must be uploaded in the online tracking system upon completion.
Language training - related to region of practice	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	10 per triennium	<ul style="list-style-type: none"> • A certificate or letter of participation must be uploaded in the online tracking system upon completion.
Patient care education/training/certification	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	10 per triennium	<ul style="list-style-type: none"> • Examples are CPR/BCLS training, cultural awareness, non-violent crisis intervention etc. Does not include WHMIS or Fire Safety. • Acceptance of these activities will be at the discretion of Sonography Canada • A certificate, letter of participation, or event agenda/poster must be uploaded in the online tracking system upon completion.

Reading journal articles	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	1 per article	<ul style="list-style-type: none"> Journal name, volume #, issue #, issue date, page numbers, article title, author and date of review must be entered into the online tracking system.
Reference text review	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none"> A review of a textbook or text chapter to further to expand knowledge. May include examination instruction, anatomical or pathological review for enhanced professional performance. Content must be related to your job responsibilities or allied health field of study. Resource title, edition/publication date, topic/chapter title, author, pages/chapter reviewed and date of review must be entered into the online tracking system.
Pathological research/literature review/peer case review	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none"> 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. 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. For a case review: date, peer reviewed with (co-worker, interpreting physician, etc.)
Online podcasts, webinars, lectures	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none"> Provider name, title of podcast/webinar/lecture, date of completion, and link/website must be entered into the online tracking system. If a certificate of participation is supplied, it should also be uploaded into the online tracking system.

Scientific / Clinical Research

Activity	Directed or Self-Directed	Credit Value	Maximum	Details
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Journal submission and publication	Directed or Self-Directed	10 credits per article, credits will be divided proportionally if multiple authors		<ul style="list-style-type: none"> • Content must be published by a national or international journal. • Includes case reviews, book reviews, technical protocol reviews. • Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.
Original scholarly, scientific/clinical research and publication				
- Non peer-reviewed principal author	Directed or Self-Directed	20 credits per paper/article		<ul style="list-style-type: none"> • Content must be published by a national or international journal. • Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.
- Peer-reviewed principal author	Directed or Self-Directed	25 credits per paper/article		<ul style="list-style-type: none"> • Content must be 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	Directed or Self-Directed	10 credits per paper/article		<ul style="list-style-type: none"> • Content must be published by a national or international journal. • Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.
- Peer-reviewed non-principal author	Directed or Self-Directed	15 credits per paper/article		<ul style="list-style-type: none"> • Content must be published by a national or international journal. • Publication name, volume #, issue #, issue date, page numbers, and article title must be entered into the online tracking system.
Research participation	Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	5 per project	<ul style="list-style-type: none"> • Content must be published by a national or international journal. • Participation may include scanning for or 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)	Self-Directed	10 credits per paper		<ul style="list-style-type: none"> • Systematic literature review for protocol/procedure revisions or research purposes on a new sonography hypothesis. • Content must be published or a component part of a published or research paper. • 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.
Original research poster	Directed or Self-Directed	10 credits per poster		<ul style="list-style-type: none"> • Content must have been approved for presentation at a recognized regional, national, or international educational program or exhibit. • Poster must be based on member's own sonography based original scientific/clinical research. • Poster title, date of event, and name of exhibit/program must be entered into the online tracking system.

Educational Services (Didactic and Clinical)

Activity	Directed or Self-Directed	Credit Value	Maximum	Details
Precepting students (sonographers, medical, allied health) from an accredited educational program.	Directed	1 credit per day (~8 hours)	8 credits per year	<ul style="list-style-type: none"> • Members act as a clinical preceptor for an accredited educational program. • A certificate of participation must be uploaded into the online tracking system upon completion.
Attending an educator or preceptor workshops/education sessions provided by an accredited program	Directed or Self-Directed	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes	5 credits per triennium	<ul style="list-style-type: none"> • Attend educator or preceptor workshops/education sessions provided • A certificate of participation must be uploaded into the online tracking system upon completion.
Develop and deliver student/preceptor/colleague/allied health lecture or hands on skills development (excludes program educators)	Directed or Self-Directed	3 credits per 50-60 minute lecture	9 credits per triennium	<ul style="list-style-type: none"> • Lecture or skills development can be a part of student/staff education, rounds, workshops etc. • 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.

Develop and deliver an international, national, or provincial lecture or hands-on demonstration	Directed or Self-Directed	8 credits per 50-60 minute lecture		<ul style="list-style-type: none"> • The event organizer will provide the member with a certificate of participation for the lecture or hands-on demonstration. • A certificate of participation must be uploaded into the online tracking system upon completion.
Development of CPD educational activity	Directed or Self-Directed	8 credits per 50-60 minute educational activity		<ul style="list-style-type: none"> • Examples are lectures, podcasts, webinar, etc. • Provider name, title of podcast/webinar/lecture, date of completion, duration, and link/website must be entered into the online tracking system. • If a letter of participation was provided to you by the organization, it should also be uploaded into the online tracking system. • For more information on how to submit a video lecture, podcast, webinar, etc. to be included in the Sonography Canada CPD video lectures, email cpd@sonographycanada.ca
Development of an educational/review poster	Directed or Self-Directed	3 per poster		<ul style="list-style-type: none"> • Poster can be based literature review or case study • Poster must be presented at a regional, national, or international educational program or exhibit. • Poster title, date of event, and name of exhibit/program must be entered into the online tracking system.