

SONOGRAPHY BASED

Updated January 2025

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 into 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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• 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		<ul style="list-style-type: none">• Content must be sonography based.• A certificate or letter of participation must be uploaded into the online tracking system upon completion.

Additional formal education	10 per post-secondary certificate (Adult Ed, etc) 15 per Diploma or associate degree 20 per bachelor's degree 25 per master's degree 30 per Doctorate		<ul style="list-style-type: none"> • Content must be sonography based. • Credits will be awarded annually. • Transcript or record of registration must be uploaded into the online tracking system as proof of enrollment.
Reference text review	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 expand knowledge. • May include examination instruction, anatomical or pathological review for enhanced professional performance. • Content must be sonography based. • 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	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none"> • Content must be sonography based. • 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.)
Management/leadership training (formal)	1 credit per hour, less than 1 hour credited at 0.25 credits per 15 minutes		<ul style="list-style-type: none"> • Adult education training/certification • Language training – related to region of practice • Patient care education/training/certification

Scientific / Clinical Research

Activity	Credit Value	Maximum	Details
Journal article submission and publication (non-peer reviewed)	10 per article if principal author, credits will be divided proportionally if co-authors		<ul style="list-style-type: none"> • Content must be sonography based and published by a national or international sonography 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		No maximum	
- 1 st author	25 credits per paper/article		<ul style="list-style-type: none"> • 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.
- Corresponding/senior author	20 credits per paper/article		<ul style="list-style-type: none"> • 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.
- Co- author	15 credits per paper/article		<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 addition credits per published research 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 sonography based and 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	10 credits per poster		<ul style="list-style-type: none"> • Content must be sonography based and have been approved for presentation at a 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.

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	15 credits per triennium	<ul style="list-style-type: none"> • 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. • The assessment must be completed on a sonography-based program or department. • -A certificate or proof of participation from a recognized accrediting body stating the approximate hours of participation must be uploaded into the online tracking system.
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	<ul style="list-style-type: none"> • Could be provincial accreditation (licensing) or international, for example ICAVL, ICAEL, AIUM, etc. • Accreditation must be a sonography-based organization. • 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.
Participation in sonography promotional/educational events	1 credit per day	3 credits per triennium	<ul style="list-style-type: none"> • Examples are career mentoring, job shadowing, career fairs, high school and post-secondary institution career sessions etc. • Excludes program educators • 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.
Clinical or professional standards development for an educational program or institution.	5 credits per session		<ul style="list-style-type: none"> • Standards development must be for a sonography based educational program or institution.

			<ul style="list-style-type: none"> • 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.
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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	<ul style="list-style-type: none"> • Attend educator or preceptor workshops/education sessions • A certificate of participation must be uploaded into the online tracking system upon completion.
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	<ul style="list-style-type: none"> • Lecture or skills development can be a part of student/staff education, rounds, workshops etc. • Content must be sonography based. • 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	8 credits per 50-60-minute lecture		<ul style="list-style-type: none"> • Content must be sonography based. • Credits to be pre-approved and awarded by a recognized CPD provider. • The event organization 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 and delivery of a CPD educational activity	8 credits per 50-60 minute educational activity		<ul style="list-style-type: none"> • Examples are podcasts, webinar, etc. not delivered by an approved CPD provider. • Content must be sonography based. • Provider name, title of podcast/webinar/lecture, date of completion, duration, and link/website must be entered into the online tracking system.

			<ul style="list-style-type: none"> • If a letter of participation was provided to you by the organization, it should also be uploaded into the online tracking system.
Development of an educational/review poster	3 credits per poster		<ul style="list-style-type: none"> • Poster can be based literature review or case study • Content must be sonography based. • 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.
Mentoring co-workers/new hires	1 per day (~8 hours)		
Accredited program course design	8 credits per course		<ul style="list-style-type: none"> • Course design must be sonography based. • 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.