Changing your practice and earn Mainpro C credits

The theory and the reward

Educational activities are more effective when they respond to your specific needs and if they stimulate you to make your own assessment of your practice habits and to make your own decisions concerning changes. This section describes pre and post-workshop activities designed to help you make the desired changes concerning clinical practice in the Emergency Department. It provides the tools to claim the extra CPD credits recognized by the College of Family Physicians of Canada. These credits, in the MAINPRO-C category, can only be attributed if you complete all the following steps and submit the appropriate documents to CAEP. CAEP will then send you a certificate for the credits obtained.

The overall process has three phases

**First Phase**
Assess your own practice habits and form one or more questions that are particularly pertinent to you before attending the Toxicology Roadshow. These questions should be returned to CAEP before the workshop so that the speakers can ensure that the program addresses your needs. (Step #1)

**Second Phase**
Your participation in the Toxicology Roadshow. At the end of the Roadshow, identify one thing you would like to change or verify about your practice, and one question for which you still need an answer. (Step #2)

**Third Phase**
Reassess your own practice about 1-3 months after the Roadshow, with a reflection on changes you have or have not made, and a choice concerning future efforts that you may make on this subject. Complete forms and send to CAEP and, following approval, a certificate for your CPD credits will be returned to you. (Step #3, #4, #5)

Is it really worth it?

This does involve extra work on your part but by completing these three phases you will greatly improve the educational benefit that you receive from this program. You will be much more comfortable in your approach to clinical practice as it relates to toxicology. It is well worth the effort.

Questions?

If you any questions at any time about what you should do and how you obtain these CPD credits please contact cme@caep.ca.

You must complete all post-Roadshow steps and submit the appropriately filled-in sheets to CAEP to receive the 7 MAINPRO-C credits. Participating in the Roadshow will only allow you to claim 7 Mainpro M1 credits. Please note that you may claim Mainpro M1 credits OR Mainpro C (not both).
Activities to promote learning and earn Mainpro C credits

BEFORE Roadshow

Step #1  Reflect on your practice and formulate questions for which you would like to find answers. Complete the Pre-Roadshow Questionnaire.

AT Roadshow

Step #2  At the end of the day, identify one thing you would like to change or verify about your practice, and one question for which you still need an answer.

AFTER Roadshow

Step #3  Review the information provided and discussed during the course. Obtain and evaluate any other information you judge pertinent. Formulate one or two practice review questions.

Step #4  Learner Review: Perform an audit of five to ten (5-10) of your recent shifts.

Step #5  Audit Summary: Make clinical decisions based on all this information, and plan to apply it to your practice in the ED. Then, 1-3 months later, evaluate the impact of this decision on your practice, and send in a brief report to CAEP. You will receive, following approval, your certificate for the credits in the MAINPRO-C category.
**PRE WORKSHOP ACTIVITY**

You will be provided with a link to complete this online before the course.

**Step #1** Reflect on your own practice and consider the following questions for which you would like to find answers (done before the start of the Toxicology Roadshow).

<table>
<thead>
<tr>
<th>Your CURRENT practice in the ED</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/ What toxidromes cause nystagmus?</td>
<td></td>
</tr>
<tr>
<td>2/ List 3 toxicologic and 3 non-toxicologic diagnoses in the overall differential diagnosis of a patient who is hyperthermic and showing some change in mental status.</td>
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<tr>
<td>3/ What is the first, and most important, medical treatment for cocaine / sympathomimetic induced hypertension?</td>
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<tr>
<td>4/ In the algorithm of treating the toxicologic-induced seizing patient, which drug (that is commonly used in treating the non-toxicologic-induced seizure) is generally contraindicated and why?</td>
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<tr>
<td>5/ Which of the following is not a treatment option for seizures induced by sodium channel toxicity 1. sodium bicarbonate boluses 2. sodium bicarbonate infusion 3. hypertonic saline 4. phenytoin</td>
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<tr>
<td>6/ What endpoint should be used for titration of a high dose Insulin infusion in Calcium Channel Blocker Toxicity?</td>
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<tr>
<td>7/ For which clinical scenario is lipid emulsion indicated 1. cardiovascular collapse with local anesthetic toxicity 2. coma of unknown origin 3. bradycardia without shock from verapamil toxicity 4. Wide QRS with amitriptyline toxicity</td>
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<tr>
<td>8/ What drugs are not useful for Activated Charcoal?</td>
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<tr>
<td>9/ The Rumack Matthew nomogram is to be used in which ingestion? 1. single acute ingestion &gt;4h with known time of ingestion 2. chronic ingestion over 3 days with known time of ingestion</td>
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</tbody>
</table>
3. single acute ingestion <4h with known time of ingestion
4. any ingestion with known time of ingestion

10/ What are the limitations of osmolar and anion gap in diagnosing life threatening methanol or ethylene glycol toxicity?

11/ What blood test points to cyanide poisoning in a patient with a smoke inhalation injury?

12) Seizing patient with severe ASA toxicity and a serum glucose of 4 mmol/L: which drugs/drips would you use and why?

Please list one or two challenging situations of managing Toxicology patients appropriately in the ED that you encounter.

1. ______________________________________________________

2. ______________________________________________________

Please complete online via the link provided before attending the Roadshow.

AT Roadshow

Step #2 At the end of the workshop, identify one thing you would like to change or verify about your practice, and one question for which you still need an answer. (done at the completion of the Toxicology Roadshow)

Please list one thing you would like to change about your diagnosis and management of toxicology cases in the ED.

__________________________________________________________________

Please list one area that you plan to research further.

__________________________________________________________________
AFTER Roadshow

Step #3  Review the information provided and discussed during the Roadshow. Obtain and evaluate any other information you judge pertinent. Formulate one or two practice review questions.

What information did the Roadshow provide that has an impact on your choice of change to be made or clinical practice to be verified?

Point 1: __________________________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________________________

Point 2: __________________________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________________________

What other sources of information did you seek out (if any), and what points did they contribute to your reflection?  (Cite source/reference and note the important points)

Source 1: __________________________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________________________

Source 2: __________________________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________________________

Reformulate one or two questions (from Step #2), namely what do you wish to change and or verify about your approach to the diagnosis and management of toxicology cases in the ED.

Practice question #1: __________________________________________________________________________________________________________________________________________________________

Practice question #2: __________________________________________________________________________________________________________________________________________________________
Step #4  Perform an audit of five to ten (5-10) of your recent shifts (can be a mix of encounters)

A clinical audit is not necessarily a scientific study. It is meant to give you an accurate snapshot of one or two aspects of your usual practice for a given problem; it is not intended to provide statistically valid measures.

Finding your cases for the audit:

You may not have any easy way of tracing the charts of patients who have received treatment for Toxicological presentations. Don't worry too much about methodology in finding your cases - it is often a question of sifting through various lists, and pulling out 10-20 or so charts in order to find about 5-10 which actually deal with the problems being audited. It is important to remember that you don't have to get all your consecutive cases over a certain time period in order to do a valuable audit. As long as you don't consciously select the cases (i.e. take the good and leave the bad) amongst the charts that are available, then your audit will be useful.

Doing the audit:

Use the sheet provided, one for each chart (make copies). We have given several options for auditing Toxicology presentations but you may wish to assess some other aspect that is more important to you - this will depend on your revised practice questions. It is preferable to concentrate on only one or two treatments, or on the question you have identified yourself - the most effective audits are those that are most focused.

Fill in the summary sheet (attached):

This will contain your subjective conclusions, as well as any data from the audit.

Step #5a  Make a decision based on all this information, and apply it to future cases in the ED.

This is actually the last item on the audit summary sheet. Essentially it states what you wish to try to do differently in future toxicological cases (or what you particularly want to keep doing the same way but need to concentrate on to maintain quality), and how you plan to achieve these goals.

Step #5b  Then, 1 to 2 months later, evaluate the impact of this decision on your practice, and send in a brief report to CAEP

This can and should be done even if you have not actually had any toxicological cases during the interval. The important aspect here from an educational point of view is to re-visit the question and to maintain or revise your conclusions and your decisions in step #5a. Use the final report sheet (attached) to summarize your thoughts and conclusions of your toxicological cases at this time.
Step #4  CHART REVIEW SHEET
USE ONE COPY OF THIS PAGE FOR EACH CHART

| Final diagnosis at discharge: ________________________________ | TOX PROBLEMS |
| Date of visit to ED: ___________________________ | |
| Review date: ___________________________ | |
| Chart # _____________ Age: _______ Sex: _______ | |

Write the question for this case in the space below. The course materials may provide you with some ideas.

| How does the charting of your evaluation and treatment of this patient compare to that suggested by the practice question |
| What were the key points to check? |
| Strong points of your chart: |
| Weak points of your chart: |
| Other comments: |

Comments __________________________________________________________

_________________________________________________________________

_________________________________________________________________

Evaluation: Would I likely do something different for a similar patient next time? ___
YES ☐ NO ☐ MAYBE ☐

Date of review: ________________ Initials _______
Audit summary sheet:
Your revised practice question (final formulation from step 2; completed after the Toxicology Roadshow):

________________________________________________________________________________________

Cases audited:

<table>
<thead>
<tr>
<th>Chart number (no name)</th>
<th>Date of ED visit</th>
<th>Chart number (no name)</th>
<th>Date of ED visit</th>
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</table>

Results of the case audit:
Number of cases where I would now likely modify my approach if I had the same patient again:

____ out of ______ cases

Specific comments on my management of these patients:
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Step #5a Make a practice decision based on all this information, and apply it to future patients.
Based on your reflection and your chart audit, what decision have you made about any changes in your practice?
________________________________________________________________________________________
________________________________________________________________________________________
How will you integrate this decision into your patient care?
________________________________________________________________________________________
________________________________________________________________________________________
Date filled in: ________________________ Name: _____________________________
Final report sheet on your post-Toxicology activities and conclusions:

**Step #5b**  Then, 1 to 2 months later, evaluate the impact of this decision on your practice, and send in a brief report to CAEP

Do you still agree with the practice decision you made concerning the toxicology cases you identified for your audit?

__________________________________________________________________________

__________________________________________________________________________

How successful have you been in implementing this decision into your practice?

Very successful ○  partially successful ○  not successful at all ○  Not enough cases yet ○

What factors hindered or helped the implementation of your practice decision, and do you plan to make any further changes in your practice or strategy?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Other comments on your results, or your conclusions, or on this whole process:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

Date  ________________________________

Name  ________________________________  Signature:  ________________________________
Cover sheet for submitting request for credits.

Please send a scanned copy of entire document to CAEP via email jmacisaac@caep.ca

Your name and mailing address:

________________________________
________________________________
________________________________
________________________________

Email ________________________________________________

Your College membership number(s): ______________________

Toxicology Roadshow Location ____________________________

Toxicology Roadshow Date ______________________________

Check list: have you included all of the following?

☐ Step #2
☐ Step #3
☐ Step #4 (multiple copies)
☐ Step #5

Your signature: ________________________________

Date: ________________________________