

# INSTRUCTIONS

This is your Continuing Competence Program (CCP) learning goals, activities/credits, and reflections.

Prior to the start of a continuing competence cycle, you must identify at least one (1) learning goal (max 10) to complete your renewal application.

Throughout the continuing competence cycle, you must enter your learning activities. If desired, upload your supporting documentation. You must keep supporting documents with respect to your CCP for at least five (5) years after the end of the continuing competence cycle.

As you work through entering the CCP form, please make sure to click the "Save for later" button at the bottom of the page to ensure your hard work is not lost.

Registrant #

R1200810

## REQUIREMENTS

The totals in this section recalculate as you make changes on the form. Check back here to ensure you have met your requirements.

### College-Directed Hours

Minimum:	Maximum:	Completed hours:	Status:
0.00	10.0	0	Met

### Self-Selected Hours

Minimum:	Maximum:	Completed hours:	Status:
0.00	999.9	6	Met

### Total Hours

Minimum:	Maximum:	Completed hours:	Status:
15.00	999.9	6	Not Met

## GOALS


The totals in this section recalculate as you make changes on the form. Check back here to ensure you have met your Goals.

Add

Goal

\* To which practice area does this learning relate?

Practice Management

\* What is your learning objective/goal? 

By March 31, 2023, I will enhance my understanding about the standards and requirements for record keeping and create a new record keeping template. I will meet this goal by reviewing the Patient Records Standards and participating in a workshop.

\* why is this learning objective important for your professional practice?

It is important to keep accurate and complete patient records to meet the standards of the profession. In addition, comprehensive record keeping facilitates good patient care by providing a clear depiction of the care delivered by the practitioner and received by the patient.

\* Summary of Learning

I have carefully read and reviewed the Patient Records Standard, attended an online webinar for record-keeping, and have learnt the following:

- Always include detailed information such as allergies, current medication, emergency contact, etc.
- Include appointment, communication, and financial records
- Include left, right, or bilateral needling for each acupuncture point
- Document number of needle and gage used
- Document patient response/sensitivity before, during, or after the treatment


\* Reflection on Learning and/or Impact on Practice

I have created a patient record template referencing the Patient Records Standard and the record-keeping webinar. Having the template available allows me to consistently keep a complete record so I don't miss any essential information and has also improved my efficiency. I also incorporated the ten questions in my initial assessment form to ensure thorough record-keeping. In doing so, I find that I have more information to formulate an accurate diagnosis, which is the key to an effective treatment.

Goal

\* To which practice area does this learning relate?

Acupuncture Diagnostic/Treatment

\* What is your learning objective/goal? 

I will read a book about diagnosis and treatment for pregnancy-related conditions. By March 31, 2023, I will have finished the book and had a full understanding of pregnancy-related conditions. I will apply the knowledge I learnt and incorporate it into my patient care process.

\* Why is this learning objective important for your professional practice?

Pregnant patients sometimes seek acupuncturists to help with pregnancy-related conditions, such as nausea and vomiting, pregnancy-related lower back pain and sciatica, and later-term pregnancy. Learning about condition-specific diagnostics and treatments will enhance my fundamental knowledge about the TCM theory behind pregnancy-related conditions and improve my ability to effectively treat patients with pregnancy-related conditions.

\* Summary of Learning

I have carefully read the XXX textbook to learn more about pregnancy-related conditions. The key elements that I learnt are summarized below:

- Western medicine information, TCM theories, pattern differentiation, and treatment acupuncture points for pregnancy-related conditions, such as miscarriage, heartburn, constipation, lower back pain, sciatica, anxiety, depression, etc.
- Dietary advice during and after pregnancy, such as beneficial vitamins and foods to avoid
- Acupuncture safety for pregnancy-related conditions

The learning also allowed me to review some acupuncture points, including:

- Knowledge (location, indication, and needling technique) for various acupuncture points such as KI9, KI27, GB13, etc.
- Knowledge about acupuncture points that are contraindicated in pregnancy.

\* Reflection on Learning and/or Impact on Practice

I now have a better understanding of the pregnancy-related conditions and feel more confident overall in treating them. I have created a safety note for my own use when treating pregnant women. The safety note includes the contraindicated points and point combinations, signs and symptoms that may indicate prompt western medical


intervention, and emergency protocol in the event that adverse reaction occurs. Safety is always of utmost important when providing patient care, especially with pregnant women, as they can be more sensitive to acupuncture stimulation.

## LEARNING ACTIVITIES

Registrants will indicate the learning activities completed to attain their objective/goal throughout the year. This is not required for 2022/2023 renewal.


[Add](#) Click to add a new activity

### Activity

\* Activity status 

Completed 

\* Category

Self-Selected 

\* Activity type

Self-directed study 

\* Topic

Record Keeping

\* Completion date

2022-08-17

\* Hours

1

\* Description of Activity


Read and review the Patient Records Standard available on the College website.


Supporting Documentation



[Click here to upload document](#)

### Activity


\* Activity status 

Completed 

\* Category

Self-Selected 

\* Activity type

Participation in Formal Program 

\* Topic

Record Keeping

\* Completion date

2022-09-20

\* Hours

1

\* Description of Activity


Attended an online webinar offered by XXX.

Supporting Documentation



[Click here to upload document](#)

## Activity

\* Activity status 

Completed 

\* Category

Self-Selected 

\* Activity type

Self-directed study 

\* Topic

Acupuncture for pregnancy-related conditions

\* Completion date

2022-08-17

\* Hours

4

\* Description of Activity

Read (name of book) by (name of author).

Supporting Documentation



[Click here to upload document](#)

Submit

Save for later