



## TCMA: PRACTICE SUPPORT PROGRAM

### Step 3: PROFESSIONAL DEVELOPMENT PLAN – Plan & Complete Activities

Name: Shelley A

My Quality Assurance (QA) Cycle is from, April 1 2023 to March 31, 2025

For maximum effectiveness, identify and plan the details of your Development Plan by setting up the learning activities well in advance. For example, register for specific courses/workshops early; organize and set up meetings / peer discussion group times and align schedules; identify the self-reading materials and when you plan to complete the reading. It can take some time to identify the learning activities most suitable to match your learning objectives (PSP Step 2).

I plan to meet my learning objective through the following activity(ies):

**Learning Activity**  :

Connect with Association members to inquire if there is already a group that specifically targets the collaboration portion of the CSC, and explore resources such as courses and articles that cover collaborative practice

Information about the activity:

-Collaborative Health Education: UBC (Resources | UBC Health)  
-Implement monthly Health Care Team Challenge at clinic based on the framework: Ontario Health Care Team Challenge (ubc.ca)  
-WHO Framework for Action on Interprofessional Education & Collaborative Practice (Framework for Action on Interprofessional Education & Collaborative Practice (ubc.ca))  
-Massage Therapy article Integration: Team-based care and collaborative practice are the future of healthcare (Integration: Team-Based Care and Collaborative Practice are the Future of Healthcare (massagetoday.com))



Timeframe of the activity: May 30, 2023 - May 30, 2024

Learning objective(s) that this activity achieves:

1

*(Note: Make multiple copies of this page to fill in for your learning activities. While it might be difficult to fit many multiple-day workshops into your practice's schedule, take advantage of many short recurring learning activities to be completed within a QA cycle e.g., 1-hour weekly or monthly peer discussion sessions.)*

**Learning Activity** 2 :

Connect with colleagues to discuss where they access current areas of TCM/A research and, seek opportunities to learn about research and how to evaluate it in a meaningful way

Information about the activity:

Start ongoing monthly web-based and in-person meetups with colleagues to discuss new research each member presents one paper/month

Read: How to Critically Evaluate Internet Based Sources? (How to critically evaluate internet-based sources? JEPS Bulletin (efpsa.org))

Read: WHO Standards and operational guidance for ethics review of health-related research with human participants (Standards and operational guidance for ethics review of health-related research with human participants (who.int))

Website membership to TCMA specific research in evidence-based practices

Timeframe of the activity: QA reporting period (2 years)

Learning objective(s) that this activity achieves:

2