

Part 3

Competence Maintenance Hours

Record the activities you engage in to maintain or enhance your physiotherapy competence. List each activity and the number of hours spent; where possible, include certificates and supporting documents (i.e. diplomas, awards, certificates, articles written.) If you need more room, attach extra sheets as necessary.

EDUCATIONAL EVENTS (conferences, Congress, workshops, seminars, presentations, in-services)	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
TOTAL	

TAKING COURSES leading to credits (university, college, or other certification)	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
TOTAL	

PROVIDING EDUCATION i.e. presentations, workshops (including preparation)	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
5.	
TOTAL	

PRECEPTERSHIP AND/OR MENTORING (i.e. receiving or providing) Record the portion contributing to enhancing/maintaining your competence.	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
5.	
TOTAL	

PARTICIPATING IN RESEARCH	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
TOTAL	

SELF DIRECTED STUDY (individual or group; i.e. reading articles or books, watching videos)	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
TOTAL	

COMMUNICATION WITH PEERS (journal club, case consultations)	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
TOTAL	

VOLUNTEERING (where the contribution is physiotherapy related)	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
TOTAL	

PROFESSIONAL ACTIVITIES (i.e. Association or College)	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	
6.	
TOTAL	

OTHER	
ACTIVITY & DATE	HOURS
1.	
2.	
3.	
4.	

GRAND TOTAL	
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Signature _____

Date _____