





Hello, I am Dr. Sam Lou. I am a Senior Medical Advisor at the College of Physicians and Surgeons of Alberta. In this video, it is my pleasure to share with you what makes up the Physician Practice Improvement Program, also known as PPIP.

PPIP Videos

		
<b>The Why</b> Dr. Shelley Howk	<b>The What</b> Dr. Sam Lou	<b>The How</b> Dr. Danielle Michaels

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Physician Practice Improvement Program (PPIP)

This is the second video in a three-part series. Please refer to the other videos with my colleagues Dr. Shelley Howk and Dr. Danielle Michaels, for additional information about the program.

## Land Acknowledgement

CPSA respectfully acknowledges that our office is located on Treaty 6 territory, a traditional gathering place for diverse Indigenous peoples. We strive to honour and celebrate the histories, languages and cultures of First Nations, Métis and Inuit peoples throughout Treaty 6, Treaty 7 and Treaty 8 territories, as well as in settlements and Indigenous communities across Alberta. Through this land acknowledgement, we commit to building and nurturing authentic relationships with Indigenous peoples work towards culturally-safe, equitable health care for all.

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## Objectives

- ✓ Components of PPIP
- ✓ Elements of Robust QI Activity
- ✓ Reporting and Auditing




At the end of this presentation, you will be able to:


- Recognize the three components of PPIP
- Identify the elements of a robust quality improvement activity
- Understand how to report PPIP activities to the CPSA
- Know what to expect in case of an audit and
- How to report CPD credits

## Why PPIP?

- ✓Enable learning
- ✓Foster reflection
- ✓Empower change



A circular diagram divided into four quadrants, each with an icon and text. The top-left quadrant (light blue) has a line graph icon and 'Better health outcomes'. The top-right quadrant (dark blue) has a person with a heart icon and 'Improved patient experience'. The bottom-left quadrant (dark blue) has a person with a stethoscope icon and 'Improved staff experience'. The bottom-right quadrant (medium blue) has a dollar sign and 'Y' icon and 'Lower cost of care'. In the center is a white circle with the text 'Quadruple Aim'.

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Physician Practice Improvement Program (PPIP)

Why does PPIP exist?

By now, you may have heard from my colleague, Dr. Shelley Howk in her “Why” video, that PPIP hopes to enable learning, foster reflection and empower change with the ultimate goals of enhancing the patient experience, improving population health, increasing value and quality of care, and improving work/life balance of healthcare workers as part of the Quadruple Aim.



The three activities of PPIP are:

- A practice-driven quality improvement activity
- A CPSA Standards of Practice quality improvement activity and
- A personal development activity

Physicians need to complete each of these three activities every five years. The first five-year cycle began in January 2021.

## CanMEDs

CanMEDS is a framework that identifies and describes the abilities physicians require to effectively meet the health care needs of the people they serve.

### Royal College of Physicians and Surgeons of Canada



CanMEDS

<http://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>

### The College of Family Physicians of Canada



CanMEDS-Family Medicine

[CanMEDS-Family Medicine | The College of Family Physicians of Canada \(cfpc.ca\)](#)

These three activities support the CanMEDs framework, which is endorsed by the national colleges. It recognizes that physicians must be more than just medical experts. In addition to medical expertise, being a good professional, communicator, collaborator, leader, health advocate and scholar are all abilities required to be an effective physician.

## Robust Quality Improvement Activity

- ✓Review [data](#)
- ✓Facilitation
- ✓Develop and document an [action plan](#)
- ✓Implement/Re-evaluate

What are the elements of a robust quality improvement activity? It Involves:

- Reviewing data about your practice
- Facilitation, whether by a colleague, direct supervisor, formal facilitator, trained coach or through a dedicated self-reflection module

This is followed by:

- Developing and documenting an action plan to identify all the elements expected from a robust quality improvement activity, and lastly
- Implementing your plan and evaluating your success



## Data: Practice-Driven Quality Improvement Activity Examples

- ✓EMR data
- ✓Patient access data
- ✓MD Snapshot
- ✓HQCA Panel Report
- ✓Compliance with reporting standards
- ✓Feedback data from teaching
- ✓Research/publication stats



In a practice-driven quality improvement activity, a physician uses objective data from their practice. This can include EMR data, patient access data, MD Snapshot reports, HQCA panel reports, compliance with reporting standards, feedback data from teaching, and research or publication statistics.

## Data: CPSA Standards of Practice Activity Examples

- ✓ Patient Record Content
- ✓ Referral Consultation
- ✓ Continuity of Care
- ✓ Episodic Care
- ✓ Code of Ethics and Professionalism

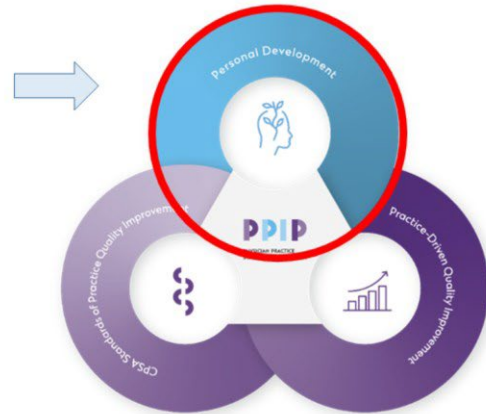


In a CPSA standards of practice activity, a physician uses the standards as a benchmark to identify opportunities for improvements. These include but are not limited to the standards of practice for:

- *Patient Record Content*
- *Referral Consultation*
- *Continuity of Care*
- *Episodic Care* and
- *the Code of Ethics and Professionalism*

## Data: Personal Development Activity Examples

- ✓ Feedback data
- ✓ Wellness assessments
- ✓ Structured Self-Assessments
- ✓ Skills assessments



In a personal development activity, physicians are encouraged to explore the non-medical expert CanMEDS roles. Being the best version of you allows you to be the best physician. Data used for this activity can come from feedback data, wellness assessments, structured self-assessments, and skills assessments.

## Facilitation – Mandatory for Personal Development

- Why?

- Frame the data and look at it in context
- Get help interpreting the data and identifying opportunities

- Who?

- Colleague, supervisor, trained coach or facilitator

- What?

- Making a process easier or possible

While recommended for all three activities, a unique mandatory requirement of the personal development activity is the involvement of a facilitator. Why are they important?

They help to frame the data and look at it in context. They help to interpret the data and identify opportunities. Facilitation helps us to take a step away from personal data so we don't get mired in individual comments that may hinder true practice improvement.

Who can be a facilitator?

A colleague, supervisor, or trained coach

What do they do?

They guide you in making a process easier or possible. Dedicated modules for self-facilitation can also be used.

## Action Plan

- ✓ **Establish** a SMART Goal (**S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**imely)
- ✓ **Document** your Action plan – we have a template
- ✓ **PDSA cycle – Plan-Do-Study-Act** attempts to capture the iterative nature of QI.

Plan	Write an action plan
Do	Start doing the work
Study	Pause at regular intervals to study your data
Act	Act on the results by modifying your action plan



What should an action plan include?

From your data, identify a gap or opportunity for improvement. Establish SMART goals that are specific, measurable, achievable, relevant and timely.

Engage in a quality improvement methodology such as a PDSA cycle, in which you develop a plan, implement it, re-evaluate your data and act on your findings by modifying the action plan.

Then repeat this cycle as part of continuous practice improvement.



There you have it, the three elements of the Physician Practice Improvement Program:

- A practice-driven quality improvement activity
- A CPSA standards of practice quality improvement activity and
- A personal development activity.

For each activity, data is used to identify a potential area for improvement. SMART goals are created as part of an action plan. The plan is put into practice and re-evaluated. Then the cycle repeats.

## PPIP Reporting on RIF

Report your PPIP activities in the annual Renewal Information Form (RIF) in the **Physician Practice Improvement Program (PPIP)** section.



### Physician practice improvement program (PPIP)

For the second year in a row, CPSA is continuing a quality improvement program called Physician Practice Improvement Program (PPIP). PPIP supports physicians in optimising their practice and care to Albertans. It includes two distinct parts: Continuous Quality Improvement and Personal Development. Your responses in this section will help us provide physicians with the support they need to meet their personal and professional goals.

#### Practice-Driven Quality Improvement, CPSA Standards of Practice & Personal Development questions

I am confident in my knowledge...

I have worked on or completed the activity within the last 12 months ...

- ☐ Agree
- ☐ Undecided
- ☐ Disagree

Finally, report your work to the CPSA by completing the questions in the PPIP section of your annual Renewal Information Form or RIF.

## PPIP Audit

- Confirm participation and gather data
- Random from those who reported PPIP on RIF
- Questions about data, SMART goals, action plan, focus area, facilitation
- By email

Audits will be sent to a random selection of physicians who indicate that they have completed a PPIP activity in their RIF, to confirm their participation and to gather data about activities that can be shared to help other physicians.

The audit will ask questions about data sources, SMART goals, action plans, area of focus and facilitation.

Contact will be made through email and an online reporting form.




## PPIP CPD


- CPSA does not provide credits for PPIP
  - MAINPRO+ (College of Physicians of Canada)
    - Certified or non-certified
  - MOC (Royal College of Physicians and Surgeons of Canada)
    - Section 2 or 3

While the CPSA does not provide continuous professional development credits for PPIP, most, if not all, PPIP activities are eligible for credits with MAINPRO+ or MOC. Please check with your respective CPD programs' criteria for eligibility.

## Summary

- ✓ 3 PPIP activities
- ✓ Data sources
- ✓ Facilitation
- ✓ Action Plans
- ✓ Reporting




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Through this presentation, I have explained that the three different activities of PPIP include a practice-driven quality improvement activity, a CPSA standards of practice quality improvement activity and a personal development activity. I shared that there are various data sources that can be used to complete these activities.


That facilitation can be helpful.

I discussed the components of an action plan. And lastly, how to report your good work to the CPSA.


## Conclusion & Video Series




**The Why**  
Dr. Shelley Howk



**The What**  
Dr. Sam Lou



**The How**  
Dr. Danielle Michaels



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Physician Practice Improvement Program (PIIP)

This concludes “The What” segment of the PPIP Why-What-How video series. For a refresher on why PPIP was created, please watch “The Why” video, presented by my colleague Dr. Shelley Howk, and for further details about how to complete PPIP activities, please watch “The How” video, brought to you by my colleague Dr. Danielle Michaels.

# Questions?

[ppip@cpsa.ab.ca](mailto:ppip@cpsa.ab.ca)

For further information or additional resources, please refer to the references on our website, or contact us directly at this email. Thank you for your time and do not hesitate to contact the CPSA if you have further questions or need assistance.