

THE COLLEGE OF  
FAMILY PHYSICIANS  
OF CANADA



LE COLLÈGE DES  
MÉDECINS DE FAMILLE  
DU CANADA

# Guided PLP Peer Support Guide

Thank you for taking the time to provide peer support. As you know, continuing professional development (CPD) for physicians is a key component of improving patient care. Your guidance will not only deepen your peer's thinking, goal-setting, and action-oriented benchmarks, it can also help you reflect on your own practice goals and ways to achieve more.

This guide is designed to provide you with some key questions and thought-provoking statements when you meet with your peer as they plan their PLP activity and complete their exercise.

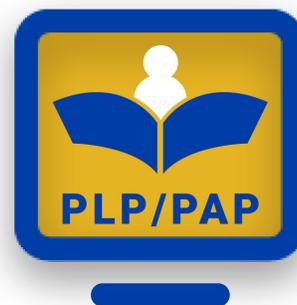
Before you begin, make sure you both agree on a time and location that is convenient and as free from distractions as possible. It's also important to say that your discussion is confidential—it will not be recorded or shared with anyone.

## About peer support

There are a few things to note for providing peer support. We will not ask for or use your information in the PLP tool, and you will not be asked to share any confidential information from or about your peer with anyone else.

Our goal is collaborative learning—that's where you come in. Your peer will be doing most of the work. We ask that you review their PLP goals and their plan to achieve those goals. You can help ensure goals are created in the SMART goal format (specific, measurable, achievable, realistic, and timely) so your peer is able to achieve their goal in the time frame they choose. By checking in occasionally with your peer over the next several months, you can help keep them focused on achieving their goals.

**CFPC**  
**Professional**  
**Learning Plan**



## Here are some sample questions you can adapt and use during your meetings:

- What goals have you identified in your PLP program?  
How do these relate to the gaps you identified?
- Why did you pick these goals? What's driving your choices?
- Part of the PLP tool involves creating SMART goals (specific, measurable, achievable, realistic, and timely). Did you have any trouble creating your goals using this method?
  - How long are you giving yourself to achieve your goals?
  - Why did you choose that time frame?
- What other day-to-day challenges do you face in your clinic, practice, community, or network have you identified?
  - Are there any particular roadblocks or points of contention preventing these areas from being improved?
    - Some examples may include clinical content or topics, how prenatal/postnatal care are administered, the relationships between other practices or colleagues, community connection or geographical implications, wellness, etc.

## Your commitment

Beyond your conversation about goals, methods to achieve those goals, and challenges that may be encountered along the way, it's important to get a final statement of commitment from your peer. This is an important way to wrap up your discussion, but also an essential step for your peer to achieve success in completing their PLP. There are a few strategies you can use to help finalize thoughts and plans:

- Ask how confident they are that their goals are achievable
- Ask them to identify any barriers or challenges they may face
- Ask them to follow up with you once they have completed their post-reflection PLP activity

## A final word of thanks

We know that you are busy, and we appreciate the time you'll spend with your peer. They have chosen you as someone they respect and who will support them in their journey. We look forward to your thoughts about this process, what's good and what could be improved.

As a Peer, you can claim non-certified Mainpro+ credits for the time spent with your colleague reviewing their plan. You can also do a Linking Learning exercise to earn **5 certified** Mainpro+ credits.

If you have any questions, please contact us at [plp@cfpc.ca](mailto:plp@cfpc.ca).