



College of Dental Hygienists
of British Columbia

TABLE 1. Framework for Continuing Competency Categories

QAP Continuing Competency Categories

Group-Learning

- Courses, seminars, exchanges
- Study-clubs, workshop, symposium
- Simulations
- Webinar with participation element

Self-Learning

- Planned learning
- Article reading
- Systems learning
- Poster presentation

Reflective-Learning

- Developing a self-directed learning plan
- Reflective writing/journaling
- Mentorship/peer feedback

TABLE 2. QAP Learning Activity / Credit Framework, based on Time and/or Activity

1.

- Courses, lectures, presentations
- On-line Dental Hygiene courses

1 credit/hr



2.

- Attending dental hygiene/ dental conferences
- Does not include courses taken at conference*

2 credits/conference
Max 12/cycle



3.

- Completion of online jurisprudence education module (JEM) for renewal of registration

2 credit/cycle





4.

- Listening to a podcast

5 credit/activity



5.

- Reading a journal article or chapter in a dental hygiene related text book

Must complete a reflective component to support learning
[QAP Reflection Template Form](#)

1 credit/article
Max 25 credits/cycle



6.

- Dental hygiene related teaching or presenting completed outside of paid hours

Optional: [Lesson planning template available](#)

1 credit/hour
Max 15 credits/cycle



7.

- Membership on a dental hygiene committee or attending Professional meetings (10 max)
- Mentoring a peer (10 max)
- Assessor, Examiner or Investigator (10 max)

1 credit/hour
Max 20 credits/cycle



8.

- Preparation for QAP Tool or preparation for a dental hygiene board exam

Hour for hour credit
Max 15 credits/cycle



9.

- BCDHA Comprehensive Dental Hygiene Refresher Modules

as applicable to guided learning plan or self directed learning plan

3 credits max/module



10.

- Post diploma dental hygiene related education

13 credits max/course credit



11.

- Other formal university or college level education

Must be supported by a self-directed learning plan including a substantial reflection describing relevancy to DH practice along with how this knowledge will be applied to DH practice

[QAP Reflection Template Form](#)

20 credits max/cycle



12.

- Primary/Secondary research related to dental hygiene practice

1 credit/research area



13.

•Reflective learning completed in addition to learning activity

Must record a substantial reflection & application to DH practice in learning plan

[QAP Reflection Template Form](#)

1 credit/learning category



14.

•Develop and complete a **guided** learning plan

Must create a learning goal and plan and complete all activities associated with the plan. At the completion, a substantial reflection & application to DH practice must be sufficiently documented

3 credits maximum inclusive of goal, plan and activity



15.

•Completing a **self-directed** learning plan on the OLP**

Including a SMART learning goal, action plan to address the goal, completion of all activities related to the goal, along with a reflection for each activity.*

1 credit/goal



16.

•Authorship of textbook chapter (15 credits)
•Authorship of article published in a peer-reviewed oral health science publication (10 credits)
•Original research published in a peer reviewed oral health science publication (15 credits)

15 credits max/cycle



17.

•Published reviews of books relating to dental hygiene outside of regular work hours
•Dental hygiene related articles written and published in non-peer reviewed publications outside of regular work hours

3 credits max/cycle



18.

•Directed study/mentoring learning

"[Mentor Approval Form](#)" to be completed for submission to QAC

QAC to approve credits
Maximum 20 credits/cycle



19.

•Volunteer work in a community oral health project

"[Volunteer Approval Form](#)" to be completed for submission to QAC

QAC to approve credits
Maximum 20 credits/cycle



20.

•Other learning activities
*"[QAP CC Credit Activity Approval Form](#)" to be completed for submission to QAC. Must be supported through the OLP** describing relevancy and applicability to DH practice.*

QAC to approve credits
Maximum 20 credits/cycle



21.

•Basic Computer Skills Courses

Must be accompanied by a reflection outlining the application to DH practice
[QAP Reflection Template Form](#)

5 credits max/cycle



*SMART: Specific, Measurable, Action oriented, Realistic, and Timely Goals

** Online Learning Plan

The credits in **table 2** are examples of what may be appropriate learning activities but do not represent an exhaustive list. As potential activities and course continually change it is not possible to create an all inclusive list of current activities that would be appropriate for continuing competency credits. It will be up to the professional judgment of the registrant to determine if the activity completed actually meets the registrants required or identified learning needs and determine which activity description it best falls within.