



CNCA Membership Renewal Continuing Education and Practice Component

As Nurse Continence Advisors (NCA), we are proud of the level of expertise and education that is afforded by this title. In order to protect the quality standard that is associated with being a NCA, we have developed continuing education (CE) and clinical practice standards.

In order to maintain your Full membership in the CNCA for the year 2008, you must meet the following CE and clinical practice requirements. If you are unable to meet these requirements, you may retain an Affiliate membership. For example, if you have not been working for the past year (i.e., maternity leave), please renew at the Affiliate level.

Note: This continuing education is complementary to, rather than in addition to, the professional development undertaken as part of your provincial college's registration standards.

CONTINUING EDUCATION

You must undertake 15 hours of continuing education annually.

- Use the CNCA Continuing Education Form attached to keep track of your CE activities over the year and submit this form with next year's membership application.
- Each CE activity must relate DIRECTLY to the area of continence or incontinence management.
- Read the specific guidelines below for examples of eligible CE activities.
- Each CE activity must be completed within the previous year (i.e. during 2006 for 2007 membership drive)
- One clock hour equals one CE hour.
- Pre-authorization from CNCA is not required. International events are acceptable.

Specific Guidelines for CE

- *Conferences, Seminars, Workshops, and Regional Meetings/Networking Sessions* – calculate one CE hour for every clock hour you spent attending the conference, seminar or workshop.
- *Academic Courses* – must be applicable to the role of a NCA. You can count courses taken towards degree completion if they apply to the field of continence. For example, if you are taking a nursing management course and you do an independent project on how to establish a nurse-run continence clinic, the course

now has a specialty focus and can count towards these CE hours. Calculate one CE hour for every clock hour you spend attending the class.

- *Employer In-Service* – must be applicable to the role of a NCA.
- *Independent Study* – Reading current literature and research in the field of continence and incontinence can count as CE hours up to 6 hours annually. You must provide the reference of the article you reviewed and 1 hour per article is allowed.
- *Presenter/Lecturer Credits* – These are credits for presentations that you make to other health care professionals or the public on the topic of continence/incontinence. You can also count your presentation time (e.g. 1 hour presentation + 2 hours preparation = 3 CE hours)
- *Articles, Book Chapters, Research Projects* – You can include publication of materials relevant to continence/incontinence. For authorship or co-authorship of a book, allot 25 CE hours. For a book chapter, article, or paper, allot 15 CE hours. For a research project, you may clock one CE hour for every hour involved.

CLINICAL PRACTICE

You must conduct at minimum 20 assessments of new clients as a NCA annually.

Specific Guidelines for Clinical Practice

- Use the CNCA Clinical Practice Form attached to keep track of your CE activities over the year and submit this form with next year's membership application.
- Assessments may be on both men and women **or** exclusively men **or** exclusively women, depending on your area of practice.
- Of the 20 new assessments, at least 10 to 15 must include a physical exam. Physical exam refers to: post-void residual, urine analysis, vaginal examination or inspection for women, measurement of pelvic floor muscle strength vaginally for women, and may include a rectal examination for men.
- The 20 new assessments are comprehensive visits in which an assessment form is used, such as the one used in the Distance Education program.
- If you have not seen 20 new assessments, you may count two follow-up appointments as one new assessment. However, these follow-up appointments must be with different clients (e.g., if counting four follow-up appointments, they would be with four clients as opposed to 1 client visited four times)

Do not hesitate to contact Dr. Jennifer Skelly, President of CNCA, if you have any questions about CE or clinical practice requirements.