

ALL PROGRAMS LISTED BELOW ARE FREE OF CHARGE AND ELIGIBLE FOR CE CREDITS.

PSPNet: Self-Guided PSP Wellbeing Course

54 CE credits

This self-guided course provides free education and guidance on effective skills for managing various mental health concerns, such as depression, anxiety and post-traumatic stress injuries. This course was designed to be helpful to Public Safety Personnel (PSP), who have mental health concerns and are looking for a new way to access services or are faced with barriers for accessing care. The Self-Guided PSP Wellbeing course is an internet-delivered cognitive behaviour therapy (ICBT) program. ICBT involves using the internet to deliver the same treatment content that is normally covered in face-to-face cognitive behaviour therapy (CBT) for depression, anxiety or post-traumatic stress injuries.

Covenant Health Palliative Institute: PalliPro Course

9 CE credits

PalliPro is an educational series for all Alberta health care professionals and disciplines to strengthen knowledge, skills and attitudes in providing palliative care. PalliPro can be used by individuals for professional development or by groups to explore the interdisciplinary nature of palliative care. This free online education includes interactive components and scenario-based learning.

CHA LEARNING

Mental Health Structural Stigma in Healthcare; E-Learning Course

6 CE credits

Those experiencing mental health and substance use (MHSU) concerns face stigma in every aspect of their lives. No matter the context, be it personal or professional, such individuals are treated differently. Unfortunately, they also find this same kind of stigma from the health-care system, which should be a place of care and understanding that helps them access the resources and support they need to maintain good health and manage their desired wellness.

This course is intended for health system leaders and influencers, as well as any healthcare professional, who want to better understand and identify structural stigma in their organization and how it contributes to inequity and poorer experiences and health outcomes for those experiencing mental health and substance use concerns.

Talking About Suicide

12 CE credits

By the end of this course, you will have the knowledge, skills, and confidence to build trust with clients at risk of suicide, engage in meaningful conversations about suicide, assess risk factors, implement safety planning best practices, and provide appropriate support. You will return to your healthcare setting with a greater understanding of the complexity of suicide in Canada and recognize the shared responsibility of healthcare providers in both addressing suicide and instilling hope in clients

U of A Lifelong Learning; Heart Failure Disease Care Path Integration

6 CE credits

Heart Failure (HF) is a complex syndrome and a major public health problem. Recent (2021) updates in the Canadian Cardiovascular Society guidelines for the management of HF define a new standard of pharmacologic care for HF with reduced Ejection Fraction (HFrEF) that incorporates 4 key therapeutic drug classes as standard therapy for most patients.

These foundational Guideline Directed Medical Therapies (GDMT) will be reviewed in addition to secondary therapies to improve outcomes in patients with HFrEF. Furthermore, recent evidence for Sodium-Glucose Cotransporter-2 Inhibitors (SGLT2i) for HF patients with preserved ejection fraction (HFpEF), regardless of the presence or absence of diabetes, will be presented. HF diagnosis, pathophysiology, and treatment options will also be reviewed. This free accredited eLearning course provides an overview of Care Paths in Connect Care and details the HF-specific Care Path, identifying benefits and clinical decision supports.

Alberta Health Services: Suicide Prevention, Risk Assessment & Management (SPRAM)

18 CE Credits

Available to AHS and non-AHS Employees:

Suicide Prevention, Risk Assessment & Management (SPRAM) is an eLearning series that responds to the foundational learning needs of health care providers, particularly those working in Addiction and Mental Health (AMH). The content supports developing foundational competence in suicide prevention, risk assessment, and managing individuals at-risk for suicide. The learner can use this content in a manner that is relevant to their practice domain and is intended to complement rather than replace any existing suicide prevention training.

Opioid Response & Management Training Program

This is a free online training program, offered in collaboration with the Paramedic Association of Canada (PAC), Premergency Inc & the Canadian Standards Association (CSA). *“The Opioid Response & Management (ORM) training program is designed to empower and support **Paramedic Service Organizations** and **Community First Responders** to build an efficient Model of Care to identify and respond to opioid-related emergencies”* There are 3 program options:

- **Paramedic Toolbox** – 18 CE credits
- **Community Toolbox** – 12 CE credits
- **Instructor** – 24 CE credits

Canadian Institute for Public Safety Research & Training (CIPSRT)

(Please note there are limited session & registration dates)

Through its national network and support from Canadian public safety personnel leadership, the Canadian Institute for Public Safety Research and Treatment (CIPSRT) responds to the identified needs of public safety personnel, clinicians, researchers and other stakeholders. Through the facilitation of high quality and easily accessible care and resources, CIPSRT has become a hub for addressing the health research needs of personnel and their families.

Training for public safety personnel (PSP) may take on many forms, such as efforts to reduce stigma, increase knowledge, or minimize mental health disorders through resiliency training and early intervention programs. CIPSRT's mandate further includes efforts to build long-term training capacity, accessibility and overall wellness.

- **Treatment 101** – 24 CE credits
- **Sleep 101** – 21 CE credits
- **R2MR (Road to Mental Readiness)** – 60 CE credits
- **R2MR Train the Trainer** – 60 CE credits

Alberta Family Wellness Initiative; Oxford Brain Story Certification

60 CE credits

The University of Oxford, in partnership with the Alberta Family Wellness Initiative, is working to share knowledge about the science of brain development for families and professionals. This is important information for everybody to understand how our earliest experiences can affect our long-term mental and physical health.

Centre for Addictions & Mental Health (CAMH); Understanding Stigma

18 CE credits

Understanding Stigma is a free online course adapted by the Mental Health Commission of Canada from a workshop created by the Central Local Health Integration Network. The course is designed to help healthcare providers and frontline clinicians develop strategies to improve patient-provider interactions and overall care for people with mental illness including addiction.

The Canadian Virtual Hospice

- **My Grief Toolbox** - 18 CE credits
- **Indigenous Cultural Safety Training** - 15 CE credits
- **Healthcare Provider Grief: Recognizing & Responding** - 12 CE credits
- **Grief Training** - 12 CE credits
- **Long Term Care** - 12 CE credits
- **Methadone 4 Pain** - 9 CE credits

Alberta Federation of Regulated Health Professionals (AFRHP): Protecting Patients from Sexual Abuse & Misconduct

9 CE credits

This course addresses general principles concerning sexual abuse and sexual misconduct. This course will help familiarize you with the Act to Protect Patients – Alberta’s legislation to address sexual abuse and misconduct among regulated health professions. It will also help you to recognize and prevent sexual abuse and sexual misconduct in your practice environment.

Caregiver Centered Care - Dept Of Family Medicine; University Of Alberta

Caregiver Centered Care is a Program of Applied Research & Innovation in Health Services Delivery in Family Caregiving.

- **Covid 19 Caregiver Centered Care Education** – 3 CE credits
- **Foundational Caregiver Centered Care Education** – 3 CE credits
- **Advanced Caregiver Centered Care** – 18 CE credits

NotInMyCity – Mobilizing Communities to Disrupt Sexual Exploitation & Sex Trafficking in Canada

3 CE credits

In collaboration with national and international thought leaders, #NotInMyCity has developed a short, interactive e-learning course “Mobilizing Communities to Disrupt Sexual Exploitation and Sex Trafficking in Canada”.

Alberta SPOR SUPPORT Unit; E-Learning Modules

AbSPORU’s collection of eLearning modules and videos provides introductory literacy, skills and knowledge on key topics in patient-oriented research.

- **Intro to Patient Oriented Research** – 3 CE credits
- **Patient Engagement in Patient Oriented Research** – 6 CE credits
- **Pragmatic Clinical Trials** – 12 CE credits
- **EDI & Accessibility in Patient Oriented Research** – 6 CE credits
- **Knowledge Translation in Patient Oriented Research** – 6 CE credits

Sick Kids Learning Institute; Pediatric Sexual Assault

9 CE credits

By the end of this online basic level course, learners will have gained knowledge and skill in pediatric sexual abuse/assault. Six modules approx. 15–20 minutes in length will cover the following topics:

- Foundations of Pediatric Sexual Abuse/Assault
- Understanding Systems (Relevant Legislation) and How They Interact
- Medical Assessment: Medical History, Timing of Assessment, Developmental Considerations
- Ano-genital Examination and Interpretation of Exam Findings
- Medical Assessment: STIs, Emergency Contraception, and Forensic Evidence Collection
- Psychosocial Family Supports

Alberta College of Paramedics; Learning Management System

- **Regulatory Knowledge Course – 12 CE credits**
- **Penthrox Administration – 6 CE credits**

The College is excited to announce the launch of a new course in our Learning Management System (LMS). The LMS was introduced to provide free Continuing Competence opportunities to all members and enhance training courses wherever possible. To access the LMS, enter your member portal and select “Learning Modules” on the left side. Click the hyperlink displayed on the page with the purple bar to be directed into the LMS homepage.

There are currently two live courses. The first, Regulatory Knowledge, was converted into a full course and launched in the LMS in October 2024. The course explores the legislation that governs paramedic practice in Alberta, the Standards of Practice and Code of Ethics that paramedics must adhere to and the role of the Alberta College of Paramedics. The course consists of six parts and a final exam.

Members can now also access a second course, Pain Management: Methoxyflurane (Penthrox®). The course is purposefully comprehensive in scope, offering methoxyflurane as a new pain management medication for paramedics in Alberta. The course consists of six parts and a final exam.

U Learn Online; EMS EDUCATION

U Learn Online EMS Education specializes in paramedic continuing education. U Learn Online EMS Education courses are designed by paramedics for EMRs, Primary care paramedics, and Advanced care paramedics

- [EMS SIM Series: Child vs Car](#) – 9 CE credits
- [EMS SIM Series: Barfight](#) – 9 CE credits

Athabasca University Power ED; Indigenous Health & Wellness, Advocacy & Allyship

24 CE credits

Enhance your learning journey with a valuable resource designed to deepen your understanding, challenge your perspectives, and guide you toward reconciliation and justice.

Ontario Health

Each of these activities is awarded **6 CE credits**

- **Chronic Disease Prevention for Indigenous People**
- **Cultural Competence in Healthcare**
- **Environmental Health**
- **First Nations, Inuit & Metis Culture, Colonization and the Determinants of Health**
- **Health Literacy**
- **Indigenous Cancer Care and Challenges**
- **Indigenous Community Health Services**
- **Indigenous Health Services and Governments**
- **Indigenous History and Political Governance**
- **Indigenous Knowledge and Traditional Health**
- **Pediatric Oncology**
- **The Health & Landscape of Indigenous People**
- **Truth and Reconciliation Commission of Canada (TRC) and the United Nations**

FGM/C Training; Foundation Module

3 CE credits

Understanding Female Genital Mutilation / Cutting: A Canadian Issue.

The focus of the Joining Hands Project is to create systems of support for girls in Canada at risk of FGM/C and survivors. Professionals will be trained to spot and protect girls at risk and to give trauma-informed, culturally sensitive care to survivors. In a collaboration between survivors and subject matter experts in the fields of medicine, mental health, education, child protection and law enforcement, this project has created five distinct trauma-informed, online, interactive training modules for professionals working within FGM/C-impacted communities across Canada.

[Coursera.org](https://www.coursera.org)

Coursera offers several free and online training courses that are offered through different universities & colleges and can be claimed as a 'University/College' course in the CE category. (Please note that not all courses on this website are offered for free)

Credits for University/College courses are awarded as follows:

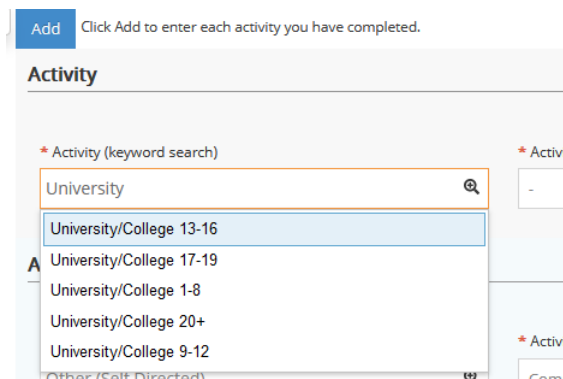
- 1 – 8 Hours = 24 CE credits
- 9 – 12 Hours = 36 CE credits
- 13 – 16 Hours = 48 CE credits
- 17 – 19 Hours = 57 CE credits
- 20+ Hours = 60 CE credits

Although there is a fee for most completion certificates, the College will accept a screenshot of the member's Coursera account dashboard that shows course completion.

Set up an account on this website, then take the course. You can purchase a certificate at the end if you wish, but you don't have to. Once you have your account set up and have finished the course, take a screenshot from your dashboard that shows you completed the course. Save that screenshot as your proof and keep it for up to 5 years in case of an audit.

To enter the course and get the CE credits:

In the search bar, type the word 'University'. You can then choose the correct listing based on the number of hours of your program:



Any of the courses through any University or College that are relevant to your practice can be claimed for CE credits. Here are a few examples:

- [Vital Signs: Understanding What the Body is Telling Us](#) – 13 Hours = 48 CE credits
- [Covid-19 Training for Healthcare Workers](#) – 8 Hours = 24 CE credits
- [Addiction Treatment: Clinical Skills for Healthcare Providers](#) – 15 Hours = 48 CE credits
- [Schizophrenia](#) – 5 Hours = 24 CE credits
- [Knowledge and Skills for Dementia Care](#) – 29 Hours = 60 CE credits
- [Violence Against Healthcare](#) – 15 Hours = 48 CE credits