



## MDT Certification Continuing Education Standards (CCES)

The **objective** of this policy is designed to:

- Promote the highest standards of utilization of the McKenzie Method® of Mechanical Diagnosis and Therapy™ MDT protocols in its fundamental, proven form; and
- Demonstrate assurance to the public that the practitioner is committed to the maintenance and enhancement of knowledge and skills in MDT over time.

The **purpose** of this requirement is to ensure that individuals maintain clinical competency in the McKenzie Method® of Mechanical Diagnosis and Therapy® (MDT) after attaining Diploma or Certified status.

The **requirements of the** MDT Certification Continuing Education Standards (CCES) are established to continue full recognition in the Institute's Referral Directory active status for patient referrals. Clinicians wishing to attain the MICanada Accredited designation must be CCES compliant to apply.

**IMPORTANT:** It is the responsibility of all certified MDT practitioners to review their scope of practice and other applicable provincial laws or regulations of their profession to determine to what extent they can utilize all or certain aspects of MDT in their jurisdiction.

### POLICY FOR CLINICIANS TO CONSISTENTLY MAINTAIN COMPLIANCE:

**To remain CCES compliant clinicians must** complete one (1) of the following education opportunities every three years\*\*:

1. Attend a 2-day MDT Advanced Human Extremities or take the 2-day online Kick-starting Extremities course
2. Attend a 2-day MDT Clinical Skills Symposium (CSU)
3. Attend one 2-day MDT Masterclass **or** two different 1-day MDT Masterclasses (TW)
4. Attend a 3-day McKenzie Institute International MDT conference
5. Attend a 3-day Americas Region Diplomate Retreat (Dip. MDT only)
6. Take and complete a volume of the online Case Manager Course
7. Audit (retake) any course: Part A, B, C or D
8. Cert. MDT: Assist for the **entire** course on a Part A or B. Only applicable for Cert. MDT's that are CCES compliant. This option must first be pre-arranged and approved with the Branch Administrator, once approved by the branch office, the branch will seek the approval of the course instructor (see page 3 for more details).
9. Dip. MDT: Assist for a minimum of 3 days on a Part A, B, C or D. Only applicable for Dip. MDT's that are CCES compliant. This option must first be pre-arranged and approved with the Branch Administrator, once approved by the branch office, the branch will seek the approval of the course instructor (see page 3 for more details).
10. Present MDT research at a regional or international physiotherapy-based (or related) conference. To be eligible for compliancy credit, the Dip. Or Cert. clinician must be CCES compliant and the presentation must be submitted at least 2 months in advance of the presentation to the Branch Office, for approval by the MI Regional Educational Committee representative or IDOE.
11. Participate in MDT Research or research reviews. The clinician must currently be CCES compliant and must supply proof of their contributions. Final approval will be at the discretion of Richard Rosedale, Head of Research for MII.

\*\*Registration in the MII Diploma program waives these requirements for the duration of study. Calculation of the 3-year period will resume upon completion of the Diploma Program.

**If you are not currently CCES compliant and you have not completed any of the criteria outlined above in the last 3 years, then please refer to the NON-COMPLIANT Policy 1 and 2 on the following page.**

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### **NON-COMPLIANT POLICY 1: FOR CLINICIANS WHOSE COMPLIANCY HAS RECENTLY LAPSED**

For clinicians that want to become CCES compliant and get back on the McKenzie Provider List, but who have NOT completed any of the qualifying criteria outlined on page 1 in the **last 3+ (plus) - 7 years**, the following applies:

**Completion of 2 (two)** of the Continuing Education opportunities listed below, will be required to renew your status on the referral list:

1. Attend a 2-day MDT Advanced Human Extremities course or take the 2-day online Kick-starting Extremities course
2. Attend a 2-day MDT Clinical Skills Symposium (CSU)
3. Attend a 2-day MDT Masterclass or two 1-day MDT Masterclasses
4. Attend a 3-day McKenzie Institute International MDT conference
5. Attend a 3-day Americas Region Diplomate Retreat (Dip. MDT only)
6. Take and complete a volume of the online Case Manager Course
7. Take and complete 2 volumes of the online Case Manager Course (*counts as completion of 2*)
8. **\*\*Audit (retake) a Part A, B, C or D course \*\*Multiple audits may be taken in lieu of selecting one of the other educational activities above.**
9. Take, complete and pass with at least a minimum 80% pass mark, both Parts C and D MDT Comprehension Self-tests (*maximum 2 attempts within any 3 consecutive month period*)
10. Retake and pass the Credentialing Exam (*see below - counts as completion of 2*)

*In lieu of completing the above Continuing Education opportunities 1 through 3, you may choose to re-take the Credentialing Exam. Successful completion is needed to re-activate your listing on the McKenzie provider list.*

### **NON-COMPLIANT POLICY 2: FOR CLINICIANS WHOSE COMPLIANCY LAPSED QUITE SOME TIME AGO**

For clinicians that have NOT completed any of the qualifying criteria outlined on page 1, in the **last 7+ years**, the

**following applies:** Re-certification or completion of all 3 of the Continuing Education opportunities listed below, will be required to renew your status on the referral list:

- Take or Audit one 3 or 4 day live MDT advanced course or attend at MII conference
- Take and complete a volume of the online Case Manager Course, in lieu you may take a second live two(2), three (3) or four (4) day live course
- Take, complete and pass with at least a minimum 80% pass mark, Parts A, B, C and D MDT Comprehension Self-tests (*maximum 2 attempts within any 3 consecutive month period*) - or -
- Retake and pass the Credentialing Exam (*see below - counts as completion of 3*)

*In lieu of completing the above Continuing Education opportunities 1 through 3, you may choose to re-take and pass the Credentialing Exam.*

### ADDITIONAL INFORMATION RELATED TO EDUCATIONAL OPPORTUNITIES

#### ➤ **MDT Advanced Human Extremities**



This advanced 2-day course draws upon the principles McKenzie has refined over decades to provide clinicians with this sensible approach for musculoskeletal conditions of the extremities. The same logical assessment process is used to determine mechanical causes of extremity pain or symptoms that can respond to an effective self-treatment regime. Eligibility Level D or higher. 16 contact hours

#### ➤ **MDT Clinical Skills Symposium**



This advanced 2-day course is designed as a more intensive clinical reasoning and problem-solving experience utilizing a high volume of patient demonstrations and case study analysis involving all regions of the spine as well as the extremities. Each major subdivision of the course has very specific educational objectives that will reinforce the knowledge and skills which will further refine your own abilities in applying these principles. Multiple instructors provide a significantly greater opportunity for one-on-one tutelage. 16 hours

#### ➤ **MDT Masterclass:**

Using a combination of role playing and case studies, these advanced 1 or 2 day courses have been designed to allow Level D or higher attendees (eligibility varies depending on the course offered), the opportunity to refine their technique skills and enhance their clinical reasoning capabilities. These courses will include an open forum period that will encourage attendees to discuss real case issues and possible solutions. Each major subdivision of the course has very specific educational objectives that will reinforce the knowledge and skills which will further refine your own abilities in applying these principles. Unlike other course, there may not be any patient demonstrations during this course.

#### ➤ **McKenzie Institute International MDT Conferences or Americas Region Diplomate Retreat:**

Attend the entire conference or retreat. Only Dip. MDT's are eligible to attend the Americas Region Diplomate Retreat. Please refer to our website for more details.

#### ➤ **The online Case Manager Course**

The McKenzie Case Manager courses were created to provide web-based instruction designed for the advanced McKenzie MDT clinician. These courses present complex clinical practice scenarios through a collection of cases that will add to your patient experience base and help you focus on the power of utilizing the information gathered on The McKenzie Institute Assessment forms to lead to patient classification and management strategies. Each Case Manager course (volume) currently consists of eight (8) individual cases. Through the analysis of all case studies, registrants will improve their clinical decision making as related to the application of Mechanical Diagnosis and Therapy to patients presenting with cervical, lumbar and extremity problems.



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### ➤ **Kick-starting MDT Clinicians in the Extremities**

This two-day fully online course will introduce the principles and practical application of MDT in the extremities to clinicians that attended Part C and D before extremity content was introduced on McKenzie courses. Clinicians will kick-start their knowledge of MDT in the extremities through clinical reasoning, problem solving, analysis of case studies, assessment and treatment of patients, and technique work. Additional pre-course pre-work will be required in advance of the course which will take about 3 hours to complete. Objectives: Identify and discuss barriers to the use of MDT in the extremities. / Compare and contrast the application of MDT in the spine to the extremities. / Analyze how the history and the physical examination helps to identify and distinguish between the MDT extremity classifications, including Serious Pathology and its associated screening. / Perform a spinal assessment and analyze the findings to differentiate between symptoms that are spinal in origin or are arising from the extremity. / Perform an extremity assessment and analyze the findings to differentiate between MDT extremity classifications. / Demonstrate competence in using MDT terminology when completing an extremity assessment form. / Discuss and design appropriate management programs for patients who present with MDT classifications in the extremities.

- **Audit (retake) courses:** In recent years the course manuals have all been revised to include the latest MDT related material.
- **Cert. MDT's: Assist on a Part A or B:** Assisting must be pre-arranged with Branch office at least 4 weeks prior to the course date. Clinicians wishing to assist must be CCES compliant. Similar to auditing, you must be in attendance and assist for the entire course for this option to fulfill your CCES compliancy requirement.
- **Dip. MDT'S: Assist on a Part A, B, C or D:** Assisting must be pre-arranged with Branch office at least 4 weeks prior to the course date. Clinicians wishing to assist must be CCES compliant. Similar to auditing, you must be in attendance and assist for the entire course for this option to fulfill your CCES compliancy requirement.
- **Present MDT research** at a regional or international physiotherapy-based (or related) conference. Clinician must be CCES compliant and must provide the branch with 2 months advance notice of the event details in writing, along with a prepared lecture outline.
- **Participate in MDT research studies or reviews.** Periodically, the institute asks members to participate in research studies, review articles and/or papers, relating to MDT research. If you would like to participate in these studies or reviews, please contact the branch office. Only clinicians that are CCES compliant are eligible to participate.