



Department of Family Medicine Policy

Policy Name:	Self-Directed Learning Time (SDL)
Application/ Scope:	All Family Medicine Residents enrolled in the Residency Program
Approved Date & Approved By:	Approval of Revised #3.1 September 27, 2023: Residency Program Committee, Postgraduate Medical Education (PGME) October 11, 2023: Executive Management Committee, Department of Family Medicine <i>Original Approval:</i> June 10, 2020: Residency Program Committee, Postgraduate Medical Education (PGME) June 17, 2020: Executive Management Committee, Department of Family Medicine
Review Date:	Five years from the approved date
Revised (Date):	June 17, 2025

1. BACKGROUND AND DEFINITIONS

1.1 Guidance for residents and streams regarding the uses and scheduling of self-directed learning time

1.2 Definitions

1.2.1 Self-Directed Learning (SDL): a learning experience that is planned and organized by the resident. SDL experiences are used to further learning in a particular topic/area or to meet a personal learning objective.

Examples of SDL activities include residents wellness activities, studying for exams; reading journals; doing literature reviews; attending a specialty clinic (e.g., teen clinic or family planning clinic); working on a chart audit; preparing the resident project; preparing for activities such as journal clubs and Practical Evidence Applied in Real Life Situations (PEARLS).

1.2.2 Stream: for the purposes of this policy, when this term is used, it means one of the following Family Medicine streams: Urban, Rural, Bilingual and Northern.

1.2.3 Program Administrator (PA): Individual tasked with administrative responsibilities for the Stream(s)

2. REASON FOR POLICY

2.1 This policy provides guidance with respect to the amount of self-directed learning time residents receive and the scheduling of such time.

3. POLICY AND PROCEDURE STATEMENTS

3.1 SDL time is granted only during home site Family Medicine rotations and any Family Medicine Selective/Elective rotations

3.2 Each resident will be allocated a two (2) half-days per four (4) weeks block for SDL activities.



Procedure:

- 3.3 It is the responsibility of the resident to ensure they request to their Stream Program Administrator all SDL time that they are entitled to.
- 3.4 SDL time will be scheduled by the Program Administrator who will try to schedule and provide notice in advance in accordance with the PARIM Agreement timeline prior to the confirmed SDL time.
- 3.5 SDL activities must be arranged by the resident following the policy.
- 3.6 Residents are not allowed to request changes to their scheduled SDL times to extend holidays or weekends.
- 3.7 If there are changes to the SDL date(s), a request for a change in SDL time may be considered upon submission of a written request directly to Education Director and it is at the discretion of the Education Director.

4. REVIEW AND EFFECT ON PREVIOUS STATEMENTS

- 4.1 The Review Date for this Policy and Procedure is five (5) years from the date it is approved by the Executive Management Committee, Department of Family Medicine.
- 4.2 If this document is revised or repealed, any related documents shall be reviewed as soon as possible to ensure that they comply with the revised document, or are in term revised or repealed.
- 4.3 This Policy supersedes all previous governing documents dealing with the subject matter addressed in this document.

5. POLICY CONTACT

Please contact the Family Medicine Postgraduate Program Director with questions regarding this document.

6. REFERENCES

PARIM <https://www.parim.org/residency/>