



## Goals and Objectives for Psychiatry Residents CHRONIC CARE

At the completion of Chronic Care rotation the Resident will have acquired the following competencies and will function effectively as a:

### **I) Medical Expert/Clinical Decision-maker**

*As Medical Experts, physicians integrate all of the CanMEDS Roles, applying medical knowledge, clinical skills, and professional attitudes in their provision of patient centered care. Medical Expert is the central physician role in the CanMEDS framework.*

#### **General Requirements**

- function effectively as consultants, integrating all of the CanMEDS Roles to provide optimal, ethical and patient-centered medical care
- establish and maintain clinical knowledge, skills and attitudes appropriate to their practice
- perform a complete and appropriate assessment of a patient
- use preventive and therapeutic interventions effectively
- demonstrate proficient and appropriate use of procedural skills, both diagnostic and therapeutic
- seek appropriate consultation from other health professionals, recognizing the limits of their expertise

#### **Specific Requirements**

##### **1) Demonstrate diagnostic and therapeutic skills for ethical and effective patient care**

- a) establish and maintain therapeutic relationships with serious and persistent mentally ill
- b) assess and manage treatment refractory conditions (eg. clozapine for treatment refractory psychosis, ECT for treatment refractory mood disorders)
- c) assess and manage co-morbid conditions (eg. substance use disorders, Metabolic Syndrome)
- d) identify, assess and manage psychiatric emergencies in the community
- e) become familiar with common genetic/congenital syndromes (eg. down, fragile X, Fetal Alcohol Syndrome) associated with Mental Retardation (MR), and the concept of behavioral phenotypes
- f) recognize the behavioral and psychiatric problems associated with autism (pervasive developmental disorders)
- g) knowledge of age appropriate behavioral norms in individuals with developmental disabilities. ( e.g. imaginary friends, concrete thinking)

##### **2) Access and apply relevant information to clinical practice**

- a) use a variety of psychosocial intervention strategies with individuals, families, groups and other social units (eg. Residential facilities).
- b) use a problem-based approach that leads to a range of potential interventions, working collaboratively with a patient in developing a management plan and in setting realistic individual goals that challenge them without exceeding their capabilities, recognizing their vulnerability to certain day-to-day stresses.

##### **3) Demonstrate effective consultation services with respect to patient care, education and legal opinions**

- a) the principles underlying:
  - i) community Psychiatry
  - ii) psychosocial Rehabilitation/Recovery
  - iii) mental Health Legislation
  - iv) case Management Models
- b) openness and flexibility in treatment planning
- c) provide consultation to agencies, schools, and social services from a variety of perspectives including a systems approach with an emphasis on effective communication



## **II) Communicator**

*As Communicators, physicians effectively facilitate the doctor-patient relationship and the dynamic exchanges that occur before, during, and after the medical encounter.*

### **General Requirements**

- develop rapport, trust and ethical therapeutic relationships with patients and families
- accurately elicit and synthesize relevant information and perspectives of patients and families, colleagues and other professionals
- accurately convey relevant information and explanations to patients and families, colleagues and other professionals
- develop a common understanding on issues, problems and plans with patients and families, colleagues and other professionals to develop a shared plan of care
- convey effective oral and written information about a medical encounter

### **Specific Requirements**

- 1) Establish therapeutic relationships with patients/families**
- 2) Obtain and synthesize relative history from patients/families/communities**
- 3) Listen effectively**
- 4) Discuss appropriate information with patients/families and the health care team**
  - a) the contribution of patients and families in the care of and in the planning and delivery of mental health services
  - b) work with families providing education, counseling, support and treatment

## **III) Collaborator**

*As Collaborators, physicians effectively work within a healthcare team to achieve optimal patient care.*

### **General Requirements**

- Participate effectively and appropriately in an interprofessional healthcare team
- Effectively work with other health professionals to prevent, negotiate, and resolve interprofessional conflict

### **Specific Requirements**

- 1) Consult effectively with other physicians and health care professionals**
  - a) ability to relate in a multi-disciplinary setting
  - b) ability to relate to other mental health professionals as co-workers, recognizing the special contribution of each to the welfare of the patient.
- 2) Contribute effectively to other interdisciplinary team activities**

## **IV) Manager**

*As Managers, physicians are integral participants in healthcare organizations, organizing sustainable practices, making decisions about allocating resources, and contributing to the effectiveness of the healthcare system.*

### **General Requirements**

- Participate in activities that contribute to the effectiveness of their healthcare organizations and systems
- Manage their practice and career effectively
- Allocate finite healthcare resources appropriately
- Serve in administration and leadership roles, as appropriate

### **Specific Requirements**

- 1) Utilize resources effectively to balance patient care, learning needs, and outside activities**
  - a) the range of community and social agencies that serve the serious and persistently mentally ill
- 2) Allocate finite health care resources wisely**
- 3) Work effectively and efficiently in a health care organization**
  - a) the respective roles of inpatient, outpatient, partial hospitalization, and rehabilitation services for the serious and persistently mentally ill.
  - b) the present and future role of the psychiatrist in community mental health and particularly in the areas of consultation, education, and planning
- 4) Utilize information technology to optimize patient care, life-long learning and other activities**



## **V) Health Advocate**

*As Health Advocates, physicians responsibly use their expertise and influence to advance the health and well-being of individual patients, communities, and populations.*

### **General Requirements**

- Participate in activities that contribute to the effectiveness of their healthcare organizations and systems
- Manage their practice and career effectively
- Allocate finite healthcare resources appropriately
- Serve in administration and leadership roles, as appropriate

### **Specific Requirements**

#### **1) Identify the important determinants of health affecting patients**

- a) current issues in the Mental Health field, including:
  - i) substance abuse and serious persistent mental illness
  - ii) health risks and interventions in SMPI population
  - iii) the multi-problem patient
  - iv) medico-legal issues including the B.C. Mental Health Act and coercion
  - v) housing
  - vi) poverty
  - vii) Developmental Disabilities and Psychiatric Illness
- b) sensitivity to issues of social class and stigmas as they affect the mentally ill and their families

#### **2) Contribute effectively to improved health of patients and communities**

- a) identify medical problems and link patients with the health care system
- b) liaise with patients' primary health providers
- c) promote a positive view of mental illness by providing education to members of the public

#### **3) Recognize and respond to those issues where advocacy is appropriate**

- a) the social, political, and economic context in which services to the seriously mentally ill are established.
- b) the primacy of the patients' needs and those of their support systems over those of the mental health system.
- c) maintain mentally ill patients with long-term disabilities in the community and to encourage their patients to become citizens in the full sense of the word

## **VI) Scholar**

*As Scholars, physicians demonstrate a lifelong commitment to reflective learning, as well as the creation, dissemination, application and translation of medical knowledge.*

### **General Requirements**

- Maintain and enhance professional activities through ongoing learning
- Critically evaluate information and its sources, and apply this appropriately to practice decisions
- Facilitate the learning of patients, families, students, residents, other health professionals, the public, and others, as appropriate
- Contribute to the creation, dissemination, application, and translation of new knowledge and practices

### **Specific Requirements**

#### **1) Develop, implement and monitor a personal continuing education strategy**

#### **2) Critically appraise sources of medical information**

#### **3) Facilitate learning of patients, house staff/students and other health professionals**

#### **4) Contribute to development of new knowledge**



## **VII) Professional**

*As Professionals, physicians are committed to the health and well-being of individuals and society through ethical practice, profession-led regulation, and high personal standards of behaviour.*

### ***General Requirements***

- Demonstrate a commitment to their patients, profession, and society through ethical practice
- Demonstrate a commitment to their patients, profession, and society through participation in profession-led regulation
- Demonstrate a commitment to physician health and sustainable practice

### ***Specific Requirements***

#### **1) Deliver highest quality care with integrity, honesty and compassion**

- a) the ability to view patients in the community as people rather than disorders and relate to them with genuineness and empathy

#### **2) Exhibit appropriate personal and interpersonal professional behaviors**

#### **3) Practice medicine ethically consistent with obligations of a physician**

- a) awareness of and willingness to cope with biases or preconceptions that might affect their work with the serious and persistently mentally ill