



Goals and Objectives for Psychiatry Residents PGY2 – Adult General Psychiatry

Introduction: The PGY2 Core Adult General Psychiatry training can be completed as either concurrent (e.g., Inpatients in the morning; Outpatients in the afternoon) or separate rotations (e.g., six months Inpatients; six months Outpatients). It is expected that in concurrent rotations that Residents will carry a minimum of four (4) Inpatients at any one time and a minimum of one (1) new Outpatient assessment per week.

Residents will keep a log of all patients assigned to them (T-Res or other reliable method) and review this log every month with their supervisor to ensure that their workload covers an appropriate breadth of diagnostic and treatment experiences.

At the completion of the Adult General Psychiatry rotation the Resident will have acquired the following competencies and will function effectively as a:

I) Medical Expert/Clinical Decision-Maker

General Psychiatry Residents will possess a defined body of knowledge and procedural skills that are used to collect and interpret data, make appropriate clinical decisions and carry out diagnostic and therapeutic procedures within the boundaries of their discipline and expertise. They will integrate all of the CanMEDS roles, applying medical knowledge, clinical skills and professional attitudes in their provision of patient-centred care that is characterized by being up-to-date, ethical and cost-effective.

General Requirements

- Demonstrate diagnostic and therapeutic skills for ethical and effective patient care
- Access, integrate and apply relevant information to clinical practice
- Demonstrate effective and timely consultative services with respect to patient care, education and legal opinions
- 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

Specific Requirements

1. Knowledge

- Residents will have synthesized an effective level of clinical knowledge (assessment, diagnosis and treatment) and understanding relevant to psychiatry including but not restricted to:
 - etiology, symptoms and course of illness
 - normal and abnormal development
 - normal and abnormal psychology
 - psychopharmacology and somatic therapies
 - cultural, gender, social and age specific theoretical, clinical and therapeutic issues
 - community resources
 - psychotherapeutic constructs – individual, family, group
 - local health care regulations – e.g. BC Mental Health Act and other legislated reporting directives, etc.
 - critical appraisal, scientific method, quality assurance, epidemiology
 - nosology
 - population health principles
- Residents must have synthesized this clinical knowledge and, through the course of the training year, developed an in depth knowledge of the theoretical basis of illness, the clinical manifestations of disorders and the therapeutic issues that arise in hospital settings (inpatient, outpatient and emergency).



2. Clinical Skills

- Residents will demonstrate the general ability to assess, diagnose and treat the full range of mental disorders in adults across the age range and in all clinical contexts (emergency, inpatient, outpatient) by being able to:
 - Establish and maintain an effective working relationship.
 - Conduct and organize an appropriate assessment interview.
 - Perform and record an appropriate mental status examination.
 - Synthesize a diagnosis.
 - Integrate and present a bio-psycho-social understanding.
 - Develop and implement an integrated bio-psycho-social treatment plan.
 - Use psychiatric, psychological, medical and imaging investigations for assessment and treatment.
 - Demonstrate knowledge of substances of abuse, including pharmacological action, signs and symptoms of toxicity and signs and symptoms of tolerance and withdrawal.
 - Assess for, prescribe and use appropriate psychological treatments (including but not limited to psychodynamic, interpersonal, cognitive and behavioral therapies for individuals, families and groups).
 - Assess for, prescribe and use appropriate psychopharmacological treatments.
 - Assess for, prescribe and use appropriate somatic therapies (electro convulsive therapy).
 - Manage reactions and countertransference to patients.
 - Develop, effect and record comprehensive discharge plans
- Record and maintain accurate and timely medical records for each patient seen; the record to include history, relevant physical examination, relevant investigations, diagnosis, understanding and treatment plan.

II) Communicator

To provide humane, high-quality care and effectively facilitate the doctor-patient relationship, General Psychiatry Residents will enable patient-centred therapeutic communication through shared decision making and effective interactions with patients, families, caregivers, other professionals and important other individuals. Communication skills are essential for the functioning of a future specialist and are necessary for obtaining information from and conveying information to patients and their families. Furthermore, these abilities are critical in eliciting patients' beliefs, concerns and expectations about their illnesses and for assessing key factors impacting on patients' health.

General Requirements

- Effective communication is a central skill relevant to the practice of psychiatry, as reflected in Medical Expert/Clinical Skills. Additional general and specific communication skills include the ability to:
 - Listen effectively.
 - Discuss appropriate information with the health care team.
- Work effectively within multidisciplinary team structures as a member, consultant or leader.
- 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

- Convey to patients and family a timely, accurate, clear and coherent account of the diagnosis, treatment plans and prognosis in all clinical cases, including the:
 - The results of the assessment.
 - The risks and benefits of the proposed treatment plan, including possible side effects of treatments.
 - Alternatives (if any) to the proposed treatment plan.
 - Education concerning the disorder, its prognosis and prevention strategies.



- Effectively convey to medical colleagues, including referring physicians, pertinent information and opinion on clinical cases, in verbal and written formats.
- Communicate effectively with community partners, allied healthcare professionals and with other professionals involved in the life of the patients.
- The Resident shall demonstrate an ability to critically evaluate, present and teach the psychiatric literature. This ability may include:
 - using knowledge of common methodologies employed in psychiatric research to evaluate treatment studies.
 - Conducting and presenting reviews of current research in such formats as journal clubs, grand rounds and/or original publications.
 - Researching and summarizing a particular problem that derives from the Resident's caseload.
- The Resident shall maintain psychiatric medical records that are legible, timely and capture that information required by psychiatric and allied health professionals while simultaneously respecting patient privacy.

III) Collaborator

General Psychiatrists work in partnership with others who are appropriately involved in the care of individuals or specific groups of patients. It is therefore essential for Residents to be able to collaborate effectively with patients, families and a multidisciplinary team of expert health professionals for provision of optimal patient care, education and research.

General Requirements

- Consult effectively with other physicians and health care professionals.
- Provide treatment cooperatively with primary care physicians in a "shared care" relationship.
- Contribute effectively to interdisciplinary team activities.

Specific Requirements

- Demonstrate a willingness and ability to teach and learn from colleagues, students and patients.
- Demonstrate an ability to work collaboratively with other members of the health care team — recognizing their roles and responsibilities.
- Demonstrate an ability to facilitate learning of patients, Residents, students and other health professionals and contribute to development of new knowledge.

IV) Manager

General Psychiatrists function as managers when they make everyday practice decisions involving resources, co-workers, tasks, policies and their personal lives. They do this in the settings of individual patient care, practice organizations and in the broader context of the health care system. Thus, Residents will demonstrate the ability to prioritize and effectively execute tasks through teamwork with colleagues and make systematic decisions when allocating finite health care resources. As future managers, they will be able to take on positions of leadership within the context of professional organizations and the dynamic Canadian health care system.

General Requirements

- Utilize personal and system resources effectively to balance patient care, learning needs and outside activities
- Understands and makes effective use of information technology to optimize patient care, life long learning and other activities
- Makes cost effective use of resources based on sound judgment
- 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

- Effectively plan the use of professional time, applying practice management principles including:
 - The ability to plan a work schedule consistent with personal/ professional goals and obligations including consideration of service needs, teaching, administrative tasks and research.
 - Setting realistic priorities and using time effectively in order to optimize professional performance.
 - Coordinate the efforts of the treatment team by effectively using the varied skills of other health care professionals.
 - Demonstrate knowledge of important community resources for patients and show ability and willingness to direct patients to those resources.
 - Demonstrate knowledge of the cost effective and judicious use of patient evaluation methods. This knowledge shall include
 - Psychological testing.
 - Laboratory testing.
 - Diagnostic examination.
 - Treatment comparison and selection.

V) Health Advocate

General Psychiatry Residents will recognize the importance of advocacy activities in responding to the challenges represented by those social, environmental and biological factors that determine the health of patients and society. They will recognize advocacy as an essential and fundamental component of health promotion that occurs at the level of the individual patient, the practice population and the broader community. Effective health advocacy is appropriately expressed both by the individual and collective responses of future psychiatrists in influencing public health and policy.

General Requirements

- Utilizing a Population Health approach* the Resident will identify and understand the determinants of health (and their interactions) affecting patients and communities and will recognize and respond to those issues where advocacy is appropriate for patients and their community.
**Population Health refers to the health of a population as measured by health status indicators and as influenced by social, economic and physical environments, personal health practices, individual capacity and coping skills, human biology, early childhood development and health services.*
- 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

- Demonstrate awareness of structures of governance in mental health care.
- Demonstrate awareness of the major regional, national and international advocacy groups active in mental health matters.
- Promote understanding and respect for culturally diverse patients and colleagues as a whole person, including their cultural identity (as influenced by age, gender, race, ethnicity, socioeconomic status, religion/spirituality, sexual orientation, country of origin, acculturation, language and disabilities, among other factors).

VI) Scholar

General Psychiatry Residents will demonstrate a lifelong commitment to reflective learning, as well as the creation, dissemination, application and translation of medical knowledge. They will recognize the need to be continually learning and model this for others and, through their scholarly activities, will contribute to the creation, dissemination, application and translation of medical knowledge.

General Requirements

- Residents will have synthesized an effective level of basic science knowledge relevant to psychiatry including but not restricted to:



- Physiology
 - Neuroanatomy
 - Neurochemistry
 - Genetics
 - Medical statistics
 - Epidemiology
 - Pharmacology
 - Research methodology
- Demonstrate an understanding of and commitment to the need for continuous learning.
 - Critically appraise sources of medical information.
 - Successfully integrate information from a variety of sources.
 - Maintain and enhance professional activities through ongoing learning
 - 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

- Demonstrate an ability to access and critically appraise sources of medical information.
- Develop, implement and monitor a personal and continuing medical education strategy.

VII) Professional

General Psychiatry Residents are committed to the health and well-being of individuals and society through ethical practice, professional-led regulation and high personal standards of behaviour. Additionally they are committed to the highest standards of excellence in clinical care and ethical conduct and to continually perfecting mastery of their discipline..

General Requirements

- Deliver highest quality care with integrity, honesty, compassion and respect for diversity.
- Fulfill medical, legal and professional obligations of a psychiatrist including the ability to practice psychiatry within the guidelines of the Code of Ethics of the Canadian Medical Association Annotated for Psychiatry.

Specific Requirements

- Demonstrate collaborative, respectful and ethical patient relationships that demonstrate gender, cultural and spiritual awareness.
- Demonstrate dependability, self-direction and punctuality.
- Demonstrate acceptance and constructive use of supervision and feedback.
- Demonstrate an awareness and application of ethical principles in medicine generally and psychiatry in particular.
- Demonstrate an understanding and application of the regulations relating to patient access to their record in the context of their illness.
- Demonstrate awareness of personal limitations and a commitment to physician health and sustainable practice.