

## **University of Calgary Rural Family Medicine Program** **Mental Health Rotational Competency Document**

In consultation with the CFPC competency documents and with various stakeholders (family medicine physicians, residents, and Royal College speciality physicians) we propose the follow competencies to be taught and assessed during the (*Mental Health*) rotation at (*Lethbridge/Medicine Hat*).

In the PGY -1 year, foundational competencies must be demonstrated prior to the resident proceeding to his/her six month rotation in family medicine with the goal that they will establish a success path for his/her core family medicine speciality rotation (the six month rotation) in the PGY2 year.

The competencies are modelled after the CanMeds 2015 roles from the Royal College of Physicians and Surgeons of Canada, which we believe will be adopted by the Canadian College of Family Physicians in 2016.

### **Relevant EPAs**

- 1.) **Assess, manage, and follow up patient presenting with common complaints and undifferentiated symptoms.**
- 2.) **Identify diagnose and manage common mental health symptoms and disorders.**
- 3.) **Care for underserved populations**

### **Medical Expert Role**

*This domain includes overall knowledge base and procedural skills specific to this rotation*

By the end of the rotation, we would expect the family medicine resident to have achieved the following competencies:

1. Working knowledge of the Mental Health Act.
2. Demonstrate competency in the baseline psychiatric interview
3. Have an opportunity to practice and refine their psychiatric interview skills and learn basic counseling techniques.

4. Management of common psychiatric conditions (the patient with a mental health emergency, psychotic disordered patients, personality disordered patients, bipolar patients, depression, anxiety disorders, delirium, competency)
5. Participate in interprofessional rounds.
6. Competence in pharmacological and non-pharmacological treatments in common mental health conditions.
7. Gain competence with working with patients suffering with addictions.
8. Gain competent working knowledge of the DSM-5.
9. Gain competent working knowledge of social services and mental health services in the community.

### Health Advocate Role

*The resident demonstrates behaviours that actively promote health and advocates for patients needs.*

### Communicator Role

*Establishes a relationship with the patient and family, and develops rapport and trust. Accurately elicits synthesizes, communicates, and documents information. Presents patients effectively.*

### Collaborator Role

*Demonstrates teamwork and positive interpersonal interactions in the health care settings.*

### Leader Role

*Demonstrates effective resource allocation, career management, and leadership roles*

1. Effectively cares for and manages appropriate clinical workload
2. Manages and utilizes resources effectively where appropriate (e.g. appropriate investigations)
3. Displays appropriate time management skills (e.g. prioritizing tasks, performing interventions in a timely manner, work at a pace appropriate for level of training.)

## Scholar Role

*Demonstrates self directed learning, insight and self reflection, and uses medical literature appropriately and applies it to patient care*

1. Demonstrates ability to use point of care resources in order to optimize clinical decision making.
2. Demonstrates appropriate evidence based medicine skills to start the practice of family medicine.

## Professional Role

*Demonstrates ethical behavior, honesty, integrity, respect for others, and patient confidentiality*

1. Exhibits appropriate professional behaviours in practice (honesty, integrity, commitment, compassion, respect, and altruism)
2. Is punctual for work related activities and show enthusiasm for learning.
3. Follows through on assigned tasks, transfer of patient care, and informs supervisors or errors or concerns.
4. Demonstrates a willingness and openness to receiving feedback
5. Demonstrates a recognition of own limitations.
6. Demonstrates early life/work balance.