

## Goals and Objectives for Psychiatry Residents CHILD & ADOLESCENT PSYCHIATRY

At the completion of Child & Adolescent Psychiatry rotation the Resident will have acquired the following competencies and will function effectively as a:

### I) Medical Expert

*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. Knowledge**

- The normal development of the child within his/her family
- The evolution of the family through its life cycle, including issues around family dissolution, single parenting, blended families, adoptive and foster families
- The common child psychiatric syndromes, their assessment and management
- The bio psychosocial effects of child mental illness on the child, family and community
- The availability and use of resources in the hospital and the impact of psycho social trauma on children community including school, Ministry of Children & Family Development and Mental Health
- An appreciation of the role of the psychiatrist in the assessment and management of children exposed to abuse and neglect
- The role of different members of the interdisciplinary team in the assessment and management of Child Psychiatry patients

##### **2. Clinical Skills**

- Ability to form a therapeutic relationship with patients and families
- Carry out assessment interviews with children, adolescents and parents, including conducting appropriate mental state examinations
- Carry out assessments of family functioning and dynamics
- Formation and diagnosis on five axes of child and adolescent psychiatric disorders, including the incorporation of information from relevant allied health professionals.
- Plan management, including appropriate psychotherapeutic and psychopharmacological interventions and carrying out treatment
- Plan and arrange the use of educational and social resources as part of total management of the patients disorder
- Successfully work as a member of a multidisciplinary team
- Demonstrate competence in assessing and managing emergency situations

## **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**

- Establish therapeutic relationship with patients/families, communicating in appropriate language
- Obtain and synthesize relevant history from patients/families/communities
- Listen effectively
- Discuss appropriate information with patients/families and the health care team, effectively communicate diagnoses and recommendations
- Timely production of concise and thorough case summaries and other documents in appropriate language

## **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**

- Consult effectively with other physicians and health care professionals
- 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**

- Utilize resources effectively to balance patient care, learning needs, and outside activities
- Allocate finite health care resources wisely
- Work effectively and efficiently in a health care organization, effectively planning use of professional time
- 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**

- Identify the important determinants of health affecting patients
- Contribute effectively to improved health of patients and communities
- Recognize and respond to these issues where advocacy is appropriate
- Awareness of structures of governance in Mental Health Delivery to children and adolescents
- Demonstrate an awareness of systems based care (child protection, adoption, foster care and rehabilitation services)

## **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**

- Develop, implement and monitor a personal continuing education strategy
- Critically appraise sources of medical information
- Facilitate learning of patients, house staff/students and other health professionals
- 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**

- The Residents will develop and demonstrate the attitude of care and respect for patients and their families
- Demonstrate a satisfactory working relationship with medical staff and other members of the treatment team
- Take initiative in all aspects of care management including working with community resources
- The Resident will be clean, appropriately dressed and consistently inoffensive to patients and co-workers
- The Resident will show respect, reliability and consideration for other people's time
- Thorough knowledge of the patient, the social circumstances surrounding the patients and the current literature related to the patient's problems, the resident will demonstrate enthusiasm regarding learning and be able to complete thorough case presentations at rounds
- The Resident will demonstrate conscientiousness in all aspects of patient care
- The Resident will demonstrate personal integrity and not attempt to cover up mistakes