Rotation offered at: North Bay Regional Health Centre, Sault Area Hospital, Health Sciences North-Sudbury, and Thunder Bay Regional Health Sciences Centre.

Description:
The desired outcome of core training in Outpatient Psychiatry is to equip the resident with the skills required to care for patients in an ambulatory setting, be it hospital, clinic or private office based, in an urban or rural setting. The general outcomes of this rotation are:

- Help residents recognize the importance of continuity-of-care.
- Recognize and monitor the evolution of illness in ambulatory settings.
- Assessment of outcome with respect to the patient’s community.
- Gain understanding and involvement of family, other professionals and paraprofessionals from different settings.
- Discuss health promotion and disease prevention.
- Describe the economics of ambulatory care.
- Familiarity with ambulatory-care-based research techniques.
- Develop awareness of practice standards.
- List and describe treatments, including biological and psychosocial.

Residents will maintain a case log to monitor exposure, with adjustments made on an ongoing basis to ensure adequate patient selection, gaining sufficient exposure to all the major diagnostic groups. Training will take place on a multidisciplinary team, which evaluates and treats individuals, couples, and families within the context of a general psychiatric clinic. Exposure to other treatment settings should also be arranged. Direct teaching of some of these skills and direct observation of interviewing will be included in this rotation.

By the end of this rotation, the resident will be able to:

1. Medical Expert

Knowledge:

- Access, integrate, and apply relevant information to clinical practice.
- Synthesize an effective level of clinical knowledge (assessment, diagnosis, and treatment) and understanding of topics relevant to Outpatient Psychiatry including, but not restricted, to:
  - Etiology, clinical presentation, and course of illness
  - Diagnostic criteria for psychiatric illness
  - Normal and abnormal development
  - Normal and abnormal psychology
  - Psychopharmacology and somatic therapies
  - Psychotherapeutic constructs (e.g. individual, family, group)
  - Health care regulations (e.g. mental health act, confidentiality, dependent adults legislation, and child welfare act)
- Cultural, gender, social and age specific theoretical, clinical and therapeutic issues
- Community resources
- Critical appraisal, scientific method, quality assurance, epidemiology
- Population health principles

**Clinical Skills**

- Demonstrate diagnostic and therapeutic skills for ethical and effective patient care.
- Demonstrate effective and timely consultative services with respect to patient care, education and legal opinions.
- Assess, diagnose, and treat the full range of mental disorders in adult men and women, in hospital outpatient and community clinics by being able to:
  - Establish and maintain rapport and an effective working relationship
  - Conduct a comprehensive diagnostic interview
  - Perform an appropriate mental status examination
  - Conduct a couple or family interview
  - Arrive at a diagnosis and differential diagnosis
  - Formulate an understanding of patients’ problems using a bio-psychosocial model
  - Give an effective oral presentation of the above
  - Determine a treatment plan using the bio-psycho-social formulation, and implement appropriate components of that plan
  - Use psychiatric, psychological, medical and imaging investigations for assessment and treatment
  - Assess suitability for, prescribe and use appropriate psychological treatments (including but not limited to psychodynamic, interpersonal, cognitive, and behavioral therapies for individuals, families and groups)
  - Develop level-appropriate skills in the practice of one individually-oriented psychotherapy modality and one other modality at minimum (e.g., family therapy, couple therapy, psycho education, group therapy, etc.)
  - Assess suitability for, prescribe and use appropriate psychopharmacological treatments
  - Discuss the process of combining modalities (e.g. pharmacotherapy and psychotherapy)
  - Respond appropriately to emergencies
  - Develop awareness and appropriate response to personal limitations including reactions to patients.
  - Record and maintain accurate and timely medical records for each patient seen, including history, relevant physical examination, relevant investigations, diagnosis, understanding and treatment plan

2. **Communicator**

- Identify and discuss relevant patient information with the health care team to ensure comprehensive patient care.
- Listen effectively.
- Convey to patients and their families an appropriate, clear, timely, and coherent account of the diagnosis, treatment plans and prognosis in all clinical cases.
- Convey pertinent information and opinions on clinical cases (written and verbally) to referring physicians, and other medical colleagues which in an efficient and timely manner.
3. Collaborator

- Consult with other physicians, health care professionals, and agencies as appropriate.
- Provide treatment cooperatively with primary care physicians in a “shared care” relationship.
- Contribute to interdisciplinary team activities.
- Discuss the structure and philosophy of the health care delivery system, including the range of community resources.
- Utilize models of cooperative and coordinated care with community resources and community-based physicians.
- Explain the process of consultation to a community-based practitioner.
- Demonstrate the ability and willingness to teach and learn from colleagues and students.
- Participate in an interprofessional healthcare team, with a clear understanding of the roles and responsibilities of each member of the team. This will include liaising with family physicians, nurse practitioners, nurses, mental health counsellors, and pharmacists.
- Demonstrate an ability to facilitate learning of patients, residents, students and other health professional.

4. Leader

- Utilize personal and system resources effectively to balance patient care, learning needs and outside activities.
- Make effective use of information technology to optimize patient care, lifelong learning, and other activities.
- Evaluate the effective use of resources, making cost effective use of resources based on sound judgement.
- Effectively plan the use of professional time, applying practice management principles including:
  - Planning 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.
- Help coordinate the efforts of the treatment team by effectively using the varied skills of other health care professionals.
- List and describe of important community resources for patients and show ability and willingness to direct patients to those resources.
- Discuss the implementation of quality assurance and risk management in an ambulatory setting.

5. Health Advocate

- Identify and describe the determinants of health affecting patients and communities, recognizing and responding to those issues where advocacy is appropriate for patient or community, such as:
  - Structures of governance in mental health care.
  - The major regional, national, and international advocacy groups’ active in mental health matters.
  - The relevant legal and ethical dimensions of ambulatory practice, including the courts, welfare and insurance systems.
6. Scholar

- Synthesize an effective level of basic science knowledge relevant to psychiatry including but not restricted to: physiology, neuroanatomy, neurochemistry, genetics, medical statistics, pharmacology, and research methodology.
- Successfully integrate information from a variety of sources, using critical appraisal sources for medical information.
- Facilitate learning of patients, house staff/students, and other health professionals through guidance, teaching, and constructive feedback.
- Demonstrate a commitment to continuous learning along with the necessary skills to acquire and develop new knowledge.
- Demonstrate interest and initiative concerning the ongoing acquisition and application of knowledge and skills pertaining to ambulatory practice.
- Perform a critical appraisal of the psychiatric literature pertaining to ambulatory practice.

7. Professional

- 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.
- Demonstrate collaborative and respectful patient relationships that demonstrate gender, cultural, and spiritual awareness.
- Demonstrate responsibility, dependability, self-direction and punctuality.
- Accept and act on constructive feedback.
- Discuss and apply ethical principles in medicine generally, and psychiatry in particular.
- Apply regulations relating to patient or other access to the health record (in the context of their illness).
- Demonstrate awareness of personal limitations.