

2022-2023 Phase 2 Required Clinical Learning Experiences (Standard 6.2)

Benchmarks for specific numbers and types of clinical encounters and clinical procedures have been established by the Phase 2 Committee and are based on the 7 core disciples: Family Medicine, Children's Health, Emergency Medicine, Internal Medicine, Mental Health, Surgery, and Women's Health.

Prior to successfully completing the undergraduate MD program, students must encounter a minimum number of pre-defined clinical conditions and procedures in the appropriate clinical setting (operating room, emergency department, Inpatient, outpatient, simulation/case).

The **CLINICAL CONDITIONS**, the minimum level of responsibility and involvement will be defined as:

- 1. Active Involvement in Patient Encounter
 - a. For example, "Active involvement in Patient Encounter" is defined as:
 - i. Performs a relevant history taking
 - ii. Completes a relevant physical exam
 - iii. Develops a differential diagnosis
 - iv. Creates a management plan.
- 2. Observation of Patient Encounter
- 3. Other Simulation or Case

NOTE: In some cases, a clinical condition may be a presenting complaint such as dyspnea. You will see specific disease states where there will be some overlap. For example, asthma is also listed as a clinical condition. Asthma should be counted as the clinical condition if this was the final diagnosis, or the patient presented for follow up specifically for this condition. Once you have completed the asthma requirement and you see another patient with dyspnea, then you could count this towards this requirement even if asthma was the final diagnosis. Start completing the most specific requirements first to make full completed of this list easier.

Note: For the above, this does not include Clinical Conditions involving a Procedure. For Clinical Encounters involving a Procedure refer to the relevant Procedure for the appropriate level of involvement.

For **PROCEDURES**, the levels will be defined as:

- 1. Perform
- 2. Assist
- 3. Observe
- 4. Other Simulation

Students observe and record their learning opportunities in an electronic log. It is recommended that each student enter his or her patient encounters on a daily or weekly basis throughout the CCC.

The electronic logs of individual students are reviewed on a regular basis to assist students in achieving their objectives. Students should demonstrate an approach (relevant history & physical examination, generation of a differential diagnoses, appropriate initial diagnostic investigations, and management plan) to the following core clinical presentations for Phase 2. Progression is monitored by the individual Site Liaison Clinician and the Phase 2 Director. The Phase 2 Director will inform students and the Site Liaison Clinician regarding the suggestions to achieve the objectives, including, providing opportunities for the required clinical encounter or skill, or as required, the participation in standardized or electronic patient encounters. Students will be expected to have completed the Standard 6.2 - Required Clinical Learning Experiences, 2 weeks prior to the end of their time in the CCC to successfully continue into Year 4 of the Undergraduate Program.

Note: While not required, it is only to your advantage if you enter additional/other encounters because 1) it will enhance you education, 2) you can direct your clinical experiences in 4th year to areas of clinical deficit, and 3) The Standard 6.2 - Required Clinical Learning Experiences list can be used at residency entry to justify needs or lack thereof to particular experiences. Completing the minimum requirements, sooner than later, will also avoid any stress at the end of Phase 2. Students who have not met the requirements by the end of the CCC may be required to do remediation (extra time, on-call shifts, clinics, simulated patients, or computer cases) during weekends, evenings, or elective time to complete these requirements.

Required Clinical Learning Experiences (Conditions and Procedures List) – Phase 2

Clinical Conditions	Minimum Level of Involvement	Setting	Number Required
Family Medicine:			
Advanced Care Planning	Passive/active involvement in patient encounter	Inpatient or Outpatient	1
Alcohol use disorder	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Allergic rhinitis	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Back Pain	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Benign prostatic hypertrophy	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Cellulitis/Erysipelas	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Cognitive Impairment (Mild cognitive impairment/dementia)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Constipation (Adult)	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Constipation (Child)	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Coronary artery disease (outpatient)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Dyslipidemia	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Epistaxis	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Fatigue	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Fever (adult)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Fibromyalgia	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Gastroesophageal reflux disease	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Generalized weakness	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Headache	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Hematuria	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Hypertension	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Informed Consent	Passive/active involvement in patient encounter	Inpatient or Outpatient	1
Insomnia	Active Involvement in Patient encounter	Inpatient or Outpatient	1

Intimate Partner Violence - Screen	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Joint pain (Acute – Other than knee, shoulder)	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Joint pain (Chronic-Other than knee,	Active Involvement in	Inpatient or	
shoulder)	Patient encounter	Outpatient	1
Knoo pain (aguta ar chronic)	Active Involvement in	Inpatient or	1
Knee pain (acute or chronic)	Patient encounter	Outpatient	ı
Obesity	Active Involvement in	Inpatient or	1 1
	Patient encounter	Outpatient	
Opioid Use Disorder	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Osto an anglis // High Dialyfus styre	Active Involvement in	Inpatient or	4
Osteoporosis/High Risk fracture	Patient encounter	Outpatient	1
Otalgia	Active Involvement in	Inpatient or	1
Otalgia	Patient encounter	Outpatient	ı
Pain Management - Acute	Active Involvement in	Inpatient or	2
	Patient encounter	Outpatient	
Pain Management – Chronic	Active Involvement in	Inpatient or	2
	Patient encounter Active Involvement in	Outpatient or	
Palliative Care	Patient encounter	Inpatient or Outpatient	2
	Active Involvement in	Inpatient or	
Periodic health exam child (>2)	Patient encounter	Outpatient	2
	Active Involvement in	Inpatient or	
Preventive Care – Male Adult (18-50)	Patient encounter	Outpatient	2
Drawastica Care Mala Adult (50)	Active Involvement in	Inpatient or	0
Preventive Care – Male Adult (>50)	Patient encounter	Outpatient	2
Preventive Care – Female Adult (18-50)	Active Involvement in	Inpatient or	2
Treventive date Terriale Addit (10 30)	Patient encounter	Outpatient	
Preventive Care – Female Adult (>50)	Active Involvement in	Inpatient or	2
	Patient encounter	Outpatient	_
Rash	Active Involvement in Patient encounter	Inpatient or	3
	Active Involvement in	Outpatient Inpatient or	
Red eye	Patient encounter	Outpatient	1
	Active Involvement in	Inpatient or	
Sexual Health - Female	Patient encounter	Outpatient	1
Convert Health Male	Active Involvement in	Inpatient or	4
Sexual Health - Male	Patient encounter	Outpatient	1
Shoulder pain (acute or chronic)	Active Involvement in	Inpatient or	1
Shoulder pain (acute of chronic)	Patient encounter	Outpatient	'
Smoking cessation	Active Involvement in	Inpatient or	2
9	Patient encounter	Outpatient	_
Sore throat	Active Involvement in	Inpatient or	3
	Patient encounter Active Involvement in	Outpatient or	
Substance Abuse (other than alcohol)	Patient encounter	Inpatient or Outpatient	1
	Active Involvement in	Inpatient or	
Tinnitus	Patient encounter	Outpatient	1
112 and a second	Active Involvement in	Inpatient or	4
Urinary incontinence	Patient encounter	Outpatient	1
Urinary tract infection	Active Involvement in	Inpatient or	1
Office y tract iffice tion	Patient encounter	Outpatient	'
Vertigo	Active Involvement in	Inpatient or	1
	Patient encounter	Outpatient	<u> </u>

Viral Illness - Acute	Active Involvement in	Inpatient or	C
VII al IIII less - Acute	Patient encounter	Outpatient	2

Surgery:			
Abdominal Pain (Chronic)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Abdominal Pain(Acute)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Breast lump	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Lower GI Bleed	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Post-Operative Care	Active Involvement in Patient encounter	Inpatient or Outpatient	3
Pre-Operative Assessment	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Skin wound (chronic)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Upper GI Bleed	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Internal Medicine:			
Acute renal failure	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Anemia	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Ascites	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Asthma (adult)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Atrial fibrillation	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Chest Pain	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Chronic obstructive airway disease	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Chronic renal failure	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Congestive heart failure	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Cough	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Dehydration	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Delirium	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Type 1 Diabetes	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Type 2 Diabetes	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Diarrhea (acute)	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Diarrhea (chronic)	Active Involvement in Patient encounter	Inpatient or Outpatient	1

Dyspnea (acute)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Dyspnea (chronic)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Hyponatremia	Active Involvement in	Inpatient or	1
• •	Patient encounter Active Involvement in	Outpatient Inpatient or	
Hypokalemia	Patient encounter	Outpatient	1
Hypothyroidism	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Inflammatory bowel disease	Active Involvement in	Inpatient or	1
aa.e.y zewer aleease	Patient encounter Active Involvement in	Outpatient Inpatient or	
Palpitations	Patient encounter	Outpatient	1
Peripheral edema	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Pleural effusion	Active Involvement in	Inpatient or	1
	Patient encounter Active Involvement in	Outpatient Inpatient or	
Pneumonia	Patient encounter	Outpatient	1
Pre-syncope	Active Involvement in	Inpatient or	1
Pre-syncope	Patient encounter	Outpatient	ļ ļ
Seizure disorder / epilepsy	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Anxiety Disorders	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Depression (includes postpartum depression)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Geriatric Psychiatric Presentation	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Personality Disorders	Active Involvement in	Inpatient or	1
	Patient encounter	Outpatient	
Psychiatric Emergencies (e.g., mental status exam or suicide assessment)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
,	Active Involvement in	Inpatient or	4
Suicidal ideation	D (*)		1 1
Children's Health	Patient encounter	Outpatient	
Children's Health:	Patient encounter	Outpatient	
Abdominal Pain (Child)	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Abdominal Pain (Child) Adolescent Health Problems (eating disorder, sexual health, family issues,	Active Involvement in	Inpatient or	
Abdominal Pain (Child) Adolescent Health Problems (eating	Active Involvement in Patient encounter Active Involvement in	Inpatient or Outpatient Inpatient or	1
Abdominal Pain (Child) Adolescent Health Problems (eating disorder, sexual health, family issues, depression, drugs/alcohol, school)	Active Involvement in Patient encounter Active Involvement in Patient encounter Active Involvement in Patient encounter Active Involvement in	Inpatient or Outpatient Inpatient or Outpatient Inpatient or Outpatient Inpatient or	1
Abdominal Pain (Child) Adolescent Health Problems (eating disorder, sexual health, family issues, depression, drugs/alcohol, school) Asthma (Child)	Active Involvement in Patient encounter Active Involvement in	Inpatient or Outpatient	1 1
Abdominal Pain (Child) Adolescent Health Problems (eating disorder, sexual health, family issues, depression, drugs/alcohol, school) Asthma (Child) Child Developmental Disorder	Active Involvement in Patient encounter	Inpatient or Outpatient Inpatient or Outpatient Inpatient or Outpatient Inpatient or Outpatient Outpatient	1 1 1

	Patient encounter	Outpatient	
Newborn assessment	Active Involvement in Patient encounter	Inpatient or Outpatient	3
Well-baby assessment (each encounter of a different age)	Active Involvement in Patient encounter	Inpatient or Outpatient	5
Women's Health:		'	
Abnormal vaginal bleeding	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Contraception – Initiation	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Menopause – symptoms	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Pelvic pain (female)	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Prenatal Visit – First prenatal visit	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Prenatal visit Follow up	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Emergency Medicine			
Level of Consciousness Altered	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Acute Management of Chest Pain	Active Involvement in Patient encounter	ER setting	2
ECG Interpretation	Active involvement	ER setting	5
Нурохіа	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Acute abdominal pain	Active involvement	ER setting	2
Acute back pain	Active involvement	ER setting	1
Acute Cerebrovascular Accidents	Active involvement	ER setting	1
Acute headache	Active involvement	ER setting	1
Acute dyspnea / hypoxia	Active involvement	ER setting	1
Fracture (upper or lower limb)	Active Involvement in Patient encounter	Inpatient or Outpatient	2
Hypotension	Active involvement	ER setting	1
Stroke (acute) or TIA	Active Involvement in Patient encounter	Inpatient or Outpatient	1
Syncope	Active Involvement in Patient encounter	Inpatient or Outpatient	1

Procedures	Minimum Level of Involvement	Setting	Number Required	
Admission Orders	Perform	Inpatient	3	
Airway Management - Endotracheal Intubation.	Assist	Inpatient	3	
Airway Management – Laryngeal Mask Airway (LMA) inserts	Assist	Inpatient	3	
Cast/Splint	Perform	Inpatient or outpatient	1	
Chest x-ray interpretation	Perform	Inpatient or outpatient	1	
Clinic / Referral Letter or Dictation	Perform	Inpatient or outpatient	3	
Discharge Planning	Perform	Inpatient	3	
Discharge Summary	Perform Inpatient		3	
Ear Syringing	Perform	Inpatient or outpatient	2	
ECG Interpretation	Perform	Inpatient or outpatient	1	
Female Pelvic Examination	Perform	Inpatient or outpatient	2	
Foley Catheterization Male/female	Perform	Inpatient or outpatient	2	
General Abdominal Examination	Perform	Inpatient or outpatient	2	
Glucometer	Perform	Inpatient or outpatient	2	
Injection - IM, SC or Intra-Dermal	Perform	Inpatient or outpatient	4	
Intravenous Line Insertion	Perform	Inpatient or outpatient	3	
Pap Smear	Perform	Inpatient or outpatient	3	
Male/Female Rectal Examination	Perform	Inpatient or outpatient	2	
Spirometry / Peak Flows	Perform & Interpret	Inpatient or outpatient	2	
Sterile technique - scrubbing in OR	Perform	Inpatient or outpatient	3	
Wound Closure by Suturing	Perform	Inpatient or outpatient	3	

		outpatient	
Telehealth Session	observe	Inpatient or outpatient	1
Throat or Nasopharyngeal Swab	Perform	Inpatient or outpatient	3
Urinalysis - Dipstick	Perform	Inpatient or outpatient	2
Use of local anesthetic	Perform	Inpatient or outpatient	3
Vaginal birth	Perform with supervision	Inpatient	1
Leopold's Maneuvers	Perform	Inpatient or outpatient	2
Cervical assessment during labour	Perform	Inpatient	2
Fetal position assessment	Perform	Inpatient or outpatient	2
Active management of second stage of labour	Perform	Inpatient or outpatient	1
Cord gases	Perform	Inpatient or outpatient	1
Venipuncture	Perform	Inpatient or outpatient	2
Cardiac Exam	Perform	Inpatient or outpatient	2
Respiratory Exam	Perform	Inpatient or outpatient	2
Peripheral Vascular Exam	Perform	Inpatient or outpatient	2
Spirometry Interpretation	Perform	Inpatient or outpatient	2
Cranial Nerve Exam	Perform	Inpatient or outpatient	2
Cerebellar Exam	Perform	Inpatient or outpatient	2
Lumbar Spine Exam	Perform	Inpatient or outpatient	2
Cervical Spine Exam	Perform	Inpatient or outpatient	2
Shoulder Exam	Perform	Inpatient or outpatient	2
Elbow Exam	Perform	Inpatient or outpatient	2
		Inpatient or	2
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Wrist Exam	Perform	outpatient	
Hand Exam (Tendons & Neurovascular)	Perform	Inpatient or outpatient	2
Hip Exam	Perform	Inpatient or outpatient	2
Knee Exam	Perform	Inpatient or outpatient	2
Ankle Exam	Perform	Inpatient or outpatient	2
Upper Extremity Exam (Myotomes & Dermatomes)	Perform	Inpatient or outpatient	2
Lower Extremity Exam (Myotomes & Dermatomes)	Perform	Inpatient or outpatient	2
Prostate Exam	Perform	Inpatient or outpatient	2
Ear Exam	Perform	Inpatient or outpatient	2
Thyroid Exam	Perform	Inpatient or outpatient	2
Oral Cavity Exam	Perform	Inpatient or outpatient	2
Complete Lymph Node Exam	Perform	Inpatient or outpatient	2
Complete Eye Exam – including slit lamp examination	Perform	Inpatient or outpatient	2
Mental Status Exam	Perform	Inpatient or outpatient	2

Phase 2 <u>Theme 1</u> and <u>Theme 2</u> Standard 6.2 - Required Clinical Learning Experiences (RCLE)

The following list of encounters are to be logged electronically. Encounters can be logged in any setting.

Theme 1 Learning Outcome	Encounter	Examples	Level of Involvement	Setting	Number Required
Concept 2: The Delivery of Primary Health Care in Northern Ontario Describe the role of the physician as a community health advocate in northern, rural and remote settings	Advocacy for patient/community related to rural or remote setting	 Ensuring timely access to services Identifying resource to alleviate the burden of financial constraints to accessing care Establishing an effective care plan that mitigates gaps in access to care 	Active Participation	Any	2
Concept 3: Access to Diagnostic, Treatment, Specialist expertise and Supportive Social Services • Apply knowledge of the unique geography and health care resource issues faced by Northern, rural and remote communities to effectively assist with the management and potential transfer of patients	Management Modified by remoteness or lack of resources, social factors or economic factors	 A condition or injury that was not identified earlier due to lack of health care resources or medical literacy Patient transfer Northern Ontario travel grant application 	Active Participation	Any	2

Concept 6: The Role of Technology in the Delivery of Healthcare • Demonstrate their development in the competencies of scholar, manager and communicator by effectively and safely employing technological resources in both the delivery of care and education for patients. • Choose and utilize appropriate technologies for their own learning needs in the competencies of scholar and medical expert	Utilization of technology to facilitate a patient interaction	•	Provision of virtual care such as: Telemedicine consult with a specialist Use of telemedicine for a patient interaction E-consult OTN / Point-to-Point Patient interaction	Active Participation	Any	3
 Concept 8: Indigenous Peoples Health Demonstrate the ability to work with Indigenous peoples in a culturally safe manner. Demonstrate how to respectfully enquire whether an Indigenous patient is taking traditional herbs or medicines to treat their ailment and how to integrate that knowledge into their care Concept 9: The Health of Francophones Demonstrate an understanding of the importance of providing culturally and linguistically appropriate health care services, including the active offer of French language services. Demonstrate cultural competence in patient encounters with Francophone patients. 	Engage in culturally competent care	•	During an encounter with an Indigenous patient, explore patient expectations regarding the integration of culturally relevant practices in care. Identify if the patient currently engages in the use of traditional medicines or other culturally-based health care practices and discuss their impact on the development of the care plan. Collaborate with the patient to identify appropriate community-based resources supporting culturally-competent care. Application of an Active Offer Patient encounter requiring an interpreter	Active Participation	Any	4

Theme 2 : Personal and Professional Aspects of Medicine								
Theme 2 Learning Outcome	Encounter	Examples	Level of Involvement	Setting	Number Required			
Portray how the practice of medicine is a moral enterprise and that many if not most medical decisions include a significant value judgment component	Ethics / Professional / Law	Log encounters in which one or more ethical or professional values or virtues are engaged (e.g., a situation or issue involving ethical, professional, or legal norms such as honesty; compassion; sensitivity to cultural norms; respect for autonomy; integrity; altruism, collaboration in the service of patient care, etc.).	Observation	Any	6			

Theme 1 and Theme 2 RCL Learning Outcome	Encounter	Examples	Level of Involvement	Setting	Number Required
THEME 1 Concept 5: The Interprofessional Health Team in Northern Ontario Demonstrate their ability to collaborate with interprofessional members of the health care team. THEME 2 Demonstrate respect for others, including patients, their families and professional colleagues. Explain the fundamental role that respect plays in enhancing collegiality among medical professionals.	Collaboration with interprofessional members of the health care team	 Collaborate with the healthcare team in developing comprehensive discharge plans. Engage with nursing and other healthcare professional staff on the acute care floor to identify care priorities for patient rounds. Deliver a summary update of care plan changes to healthcare team members and identify team member roles in implementing the plan. Engage with other healthcare professionals to ensure timely access to services. 	Active Participation	Any	6

Phase 2 Theme 6 – Medical Career Required Clinical Learning Experiences (RCLE)

The following list of encounters are to be logged via Elentra. Encounters can be logged in any setting. The Theme 6 RCLEs are a required assessment element as per the Phase 2 PaRRP.

Theme 6 – Career Advising				
Theme 6 Learning Outcome	Encounter	Examples	Level of Involvement	Number Required
Explore a variety of practice management approaches exposed to during the Comprehensive Community Clerkship.	Identify different practice management approaches	 Engage in conversation with preceptors about different practice management strategies Attending formal curriculum sessions, workshops, or other events of personal choice Engage in conversation with residents in training on their perspective of practice management 	Active Participation	2
Seek out information about the characteristics of different career options that will lead to making informed decisions about career options.	Explore different disciplines as possible career path options	 Reflect on MCAP sessions and suitability for your career path Observe a variety of career options through your SES Inquire about the careers of physicians from different disciplines you encounter during your CCC 	Active Participation	4
Seek out appropriate guidance regarding the choice of electives in preparation for Phase 3 electives.	Consider different elective options	 Consult electives portals for options Consult with Learner Affairs Officers regarding opportunities matched with career goals Seek out resources available from Academic Director, Electives and Community Services and Relations offices Seek out information regarding international elective options 	Active Participation	2

Develop and practice a personal approach to wellness, including but not limited to social support, work-life balance, nutrition, recovery, and stress management.	Inquiry regarding stress management strategies, indications and integration	 Trial concepts in the wellness formal curriculum and reflect on its benefit Engage with a colleague, resident or preceptor on the strategies they use for wellness Identify the beneficial strategies you observed in patients, in colleagues and in the practice setting Take an inventory of your resiliency strengths and gaps Identify the wellness strategies that work for your and ways to improve on the gaps in wellness you experience Take steps to improve on utilized strategies and try new ones, as required 	Active Participation	4
Reflect on one's own overall wellness, including reflection on related topics (e.g. the patient and physician experience with illness, dealing with difficult experiences), and take steps to make improvements where necessary.	Reflect on your overall state of wellness	 Utilize your critical reflection skills to reflect on events you encounter during your CCC Seek out feedback on your critical reflections from your preceptors or residents Use the opportunity presented to you during your CCC to reflect on how you can improve on your wellness strategies, or values, thinking and attitude 	Active Participation	2

DO NOT REMOVE THIS VERSION RECORD FROM THIS DOCUMENT				
Version	Date	Author/Comments/Amendments/Approvals		
		Document history before what is shown below can be found on archived versions		
V11	May 2022	Approved by Phase 2 Committee		
	2022 06 29	Approved via UMECC Co-Chair's action		
		To be ratified by UMECC at Sept 1 UMECC meeting		