

PSYCHIATRY

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YOU MAY TAKE TWO or FOUR WEEK ELECTIVES IN PSYCHIATRY

A. GENERAL DESCRIPTION

The Department of Psychiatry offers an extensive range of services from child psychiatry through to geriatric psychiatry. It also encompasses many approaches to psychiatric problems including biological, psychotherapeutic and community orientations. Students are expected to become fully integrated into their service for the duration of the clinical elective.

Once the student has been informed of his or her clinical elective period (after the results of the medical school lottery have been published), he or she should, as soon as possible, finalize arrangements for any electives in psychiatry. It is critical that making arrangements for an elective setting, supervisor, etc., is not left until the last moment as the availability of supervisors change rapidly. Ms. Janet Holmes and Dr. Beletsky must be informed of all electives that are arranged. Students are encouraged to contact Dr. Beletsky to arrange an appointment to review their goals and objectives to help them acquire appropriate placements if needed.

Clinical electives can be arranged for students in most areas of psychiatry. Please note that these experiences may not be available in all blocks:

- Child & Adolescent
 - A wide array of experiences are available in child and adolescent mental health, including both inpatient- and outpatient-based care.
- General Adult
 - General, inclusive experience in inpatient and/or outpatient care. Ideal for a broad experience in an acute care mental health setting.
 - Assessment Unit for tertiary care complexity inpatient differential diagnosis and initial management. Patient may have concomitant medical or neurological conditions.
- Care of the Elderly
 - Inpatient, outpatient, or consultation-based elderly care, including mood, anxiety, psychotic, and cognitive disorders.
- Psychosis
 - Early Intervention (PEPP): Providing intensive, multi-modal care to young adults experiencing psychosis as part of an interdisciplinary team.
 - Chronic Care: Longer term care in outpatient and/or inpatient settings of adults struggling with chronic or treatment-resistant psychotic disorders.
- Mood & Anxiety Disorders
 - Specialized care of mood and anxiety disorders in adult populations.
- Consultation Liaison / Sleep Disorders

- Consult Liaison: Inpatient consultation-based service providing psychiatric consultation to inpatients bedded on medical or surgical hospital units.
- Sleep Disorders: Outpatient rotation that introduces the student to diagnosis and management of common sleep disorders including: insomnia, obstructive sleep apnea, restless legs syndrome, and parasomnias.
- Urgent Consultation Service
 - Outpatient based, rapid-paced service providing psychiatric consultation to primary care providers and for Centralized Emergency Psychiatric Care (CEPS).
- ER Psychiatry (CEPS)
 - Emergency psychiatric consultation and care, delivered as part of an inter-professional team model.
- Forensics
 - Assessment and care of patients within the legal system. Please note that this elective is based in St. Thomas.

Locations include London Health Sciences Centre (Victoria and University Campus), Children’s Hospital, CPRI (Child and Parent Resource Institute), Madame Vanier Centre, Parkwood Institute Mental Health, Southwest Centre for Forensic Mental Health Care, or other institutions associated with the University of Western Ontario (e.g. Stratford General Hospital and Chatham-Kent Health Alliance).

B. LEARNING OBJECTIVES

Psychiatry is a broad-based specialty and therefore the learning objectives for an elective will depend on the orientation of the staff person and team with whom the student is involved. For example, involvement on a general inpatient ward, attachment to an early intervention program for psychosis, participation in a consultation-liaison service, or work with someone specializing in neuropsychiatry constitute four very different clinical learning experiences (and these are only four of many different possibilities).

MEDICAL EXPERT OBJECTIVES

1. Demonstrate knowledge regarding the proposed etiology, clinical features, differential diagnosis and various treatment modalities for the following adult and child/adolescent psychiatric conditions **relevant to the elective experience**:
 - a. Psychotic Disorders: Schizophrenia, Schizophreniform Disorder, Schizoaffective Disorder, Drug-Induced Psychotic Disorder
 - b. Mood Disorders: Major Depressive Disorder, Bipolar Disorder
 - c. Anxiety Disorder: Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Post-Traumatic Stress Disorder, Panic Disorder
 - d. Substance Use Disorders: Substance Abuse, Substance Dependence, Intoxication and Withdrawal Syndromes
 - e. Personality Disorders
 - f. Eating Disorders
 - g. Psychosomatic Disorders
 - h. Child & Adolescent Psychiatric Disorders: ADHD, Anxiety and Mood Disorders. Developmental Disorders

2. Complete a psychiatric interview and mental status examination tailored to the elective experience, with the following objectives:
 - a. Effectively identify and explore significant mental health issues in patient encounters.
 - b. Elicit and explore patient concerns to construct a history that is clinically relevant and accurate.
 - c. Demonstrate an understanding of developmental issues in the life cycle and the importance of the interaction between patient and the patient's family.
 - d. Use a variety of interview techniques to elicit and explore patient concerns and to respond appropriately and empathically to patient's cues to deliver compassionate and patient-centered care.
 - e. Elicit and understand specific issues from a patient's history that are amenable to psychotherapeutic interventions.
 - f. Provide a clear and concise oral presentation of a patient's history and mental status examination.
 - g. Demonstrate effective clinical reasoning, interpreting biological, social and psychological data and integrating information to generate a differential diagnosis and management plan.
 - h. Assess risk of harm to the patient or others.
3. Employ the bio-psycho-social model in understanding a patient's unique circumstances and in developing a comprehensive treatment plan which will engender the:
 - a. Ability to diagnose primary psychiatric disorders using DSM5 criteria.
 - b. Ability to recognize psychiatric disorders that are secondary to medical illness, the result of treatment for medical illnesses, or due to substance misuse.
 - c. Ability to select medically appropriate investigations to distinguish primary from secondary psychiatric disorders, particularly the value of a thorough history and physical exam.
 - d. Ability to understand the rational use of psychotropic medication.
 - e. Ability to identify and address the psychosocial factors related to psychiatric illness.
 - f. Ability to identify types of psychotherapy potentially suitable for a particular patient.
 - g. Ability to identify the factors interfering with treatment adherence, including lifestyle choices, neglect of personal care, barriers to treatment, and side effects of psychotropic medications, as well as strategies aimed at improving compliance with treatment plan.
 - h. Ability to develop an approach to the immediate management of psychiatric emergencies, such as in the Emergency Department or in a crisis situation in inpatient or outpatient settings.
4. Learn and apply effective preventive and therapeutic interventions in psychiatry relevant to the elective experience.
5. Perform a physical examination as appropriate for a patient struggling with mental illness.

COMMUNICATOR OBJECTIVES

1. Develop relationships with a patient struggling with mental illness characterized by compassion, empathy, respect, and genuineness, demonstrating a willingness to collaborate with the patient around management.
2. Write progress notes on patients that communicate accurately the patient's condition and treatment plan.
3. Demonstrate skill in communicating information with clear, concise explanations that are understandable to a patient or patient's family, taking into account cultural, religious and social caveats of development.
4. Recognize risk factors relevant to the clinical elective experience, and be able to counsel the patient on risk reduction.

COLLABORATOR OBJECTIVES

1. Demonstrate the ability to work effectively as a member of a multidisciplinary team.
2. Collaborate effectively with the patient and the patient's support network in the context of ongoing mental illness.
3. Actively seeks help, advice or consultation when needed.
4. Demonstrate skill in finding common ground when differences of opinion exist.
5. Establish effective relationships with colleagues and other member of the health care team by:
 - a. Considering their suggestions or constructive criticism.
 - b. Tactfully handling possible differences in opinions.

MANAGER OBJECTIVES

1. Apply the concept of cost-effectiveness to public health interventions.
2. Use the concepts of evidence-based medicine to guide patient care decisions whenever possible.
3. Assess the effectiveness of time management with ongoing engagement in steady improvement, considering prioritizing tasks.
4. Demonstrate responsibility and respect in the context of delivering mental health care.

HEALTH ADVOCATE OBJECTIVES

1. Identify potential conflicts between individual and general public interests in mental health care, and actively seeks advice from others for potential resolutions.
2. Assist the patient in accessing the health care system for physical, psychological, social, and economic rehabilitation or long-term care.
3. Describe the determinants of health relevant to the clinical elective experience and apply them appropriately to enhance individual and community well-being.

SCHOLAR OBJECTIVES

1. Demonstrate skill in self-directed learning by developing the
 - a. Ability to identify areas of deficiency in one's own knowledge and skills.
 - b. Ability to find appropriate educational resources.
 - c. Ability to evaluate personal learning progress.
 - d. Ability to use newly obtained skills and knowledge in patient care.
2. Determine the validity and applicability of published data through critical appraisal.

PROFESSIONAL OBJECTIVES

1. Understand the ethical, legal and professional aspects involved in psychiatric practice by familiarizing self with The Code of Ethics developed by the Canadian Medical Association and abiding by it.
2. Learn specific aspects of the doctor-patient relationship that take place in psychiatry.
3. Become familiar with boundary crossings and violations that can undermine professionalism in the delivery of mental health care.
4. Understand how personal biases can influence the provision of psychiatric care; become aware of doctor-patient relationship as a dynamic constantly evolving process with reciprocal influences.
5. Use one's own emotional responses to better understanding patients' concerns.
6. Learn the basics of the Mental Health Act, obtaining informed consent, and how to conduct various capacity assessments (treatment and financial capacity).
7. Identify the rights and legal responsibilities relevant to the clinical experience of physicians to the patient and the community.

C: NIGHT AND WEEKEND CALL

Students are NOT required to participate in Call. Calls are available if requested.

D. EVALUATION PROCEDURE

The evaluation is based on the student's clinical performance during the rotation and during a structured clinical assessment. The Schulich School of Medicine and Dentistry Electives Assessment form must be completed with a summative evaluation being a pass.

E. NUMBER OF STUDENTS ACCEPTED: 5