

## RCPSC Psychiatry Curriculum

All residency programs in Canada, including in Psychiatry, are overseen by the Royal College of Physicians and Surgeons of Canada (RCPSC) and must follow the RCPSC curriculum, according to standards outlined in the standards of accreditation.

The current, competency-based curriculum, named “**Competence by Design (CBD)**” was developed by the RCPSC for all residency programs across the country. Psychiatry residency programs launched the CBD model with the cohort who entered PGY1 in July 2020.

CBD is a **hybrid model**, combining competency-based training, in which residents complete skill-based requirements at their own pace, with time-based training, in which specific supervised training experiences of a particular duration are completed. g.

Each residency program in Canada covers the training experiences, competencies and Entrustable Professional Activities (EPAs) that the RCPSC expects while having its own unique training experiences and requirements, based on the local context and that program’s priorities. Residents must meet both the RCPSC requirements and their program’s own requirements before completion of residency and eligibility for licensure.

### The CBD-based residency has 4 stages of training:

#### **Transition to Discipline**

First month of residency – orientation and initial clinical exposure

Orientation Block

#### **Foundations of Discipline**

PGY1 and 2 – introductory/general psychiatry rotations

PGY1 - Off-service and Psychiatry 1-block rotations

PGY2 - Outpatient Psychiatry

Inpatient Psychiatry

#### **Core of Discipline**

PGY 3 and 4 – Specialized/integrative psychiatry rotations

PGY3 - Child and Adolescent Psychiatry

Geriatric Psychiatry

PGY4- Complex Care and Rehabilitation (SPMI rotations)

Consultation-Liaison Psychiatry

Shared Care Psychiatry

Consolidation Block

Elective

RCPSC Exam (Written exam in early March, OSCE exam in mid-May)

## Transition to Practice

PGY5 – specialization of practice, administrative and systems level skills, acting as independent consultant

Electives

The RCPSC CBD Curriculum outlines **competencies** that must be attained by the end of residency through specific **training experiences** and observed completion of **EPAs**.

**Competencies** are component abilities that make up professional skill. They involve integration of knowledge, skills and attitudes/professionalism in task performance. In Canada, competencies are organized into the CanMEDS competency framework, which includes: Medical Expert, Communicator, Collaborator, Health Advocate, Scholar, Leader and Professional. An expected level of skill in a particular competency at a given level of training is referred to as a *milestone*. Milestones are found within an EPA, as specific items to be assessed. Click on the link below to see the current RCPSC Competencies Document.



- [RCPSC Psychiatry Competencies 2020](#)

**Entrustable Professional Activities (EPAs)** are specific tasks that residents must be observed doing successfully during their training. In the CBD model, faculty observation of an EPA being done by a resident is an opportunity for the resident to receive specific feedback on a task and an opportunity for the resident to achieve an “entrustable” EPA. Residents must have entrustable EPA observations on a range of EPAs, including in specific settings or with specific types of patients, which are referred to as **contextual variables**. Click on the Table of EPAs link below to see an overview of all the psychiatry EPAs. The RCPSC Psychiatry EPAs document provides the details of what is expected for each EPA observation, including the contextual variables.

[Table of EPAs](#)

[RCPSC Psychiatry EPAs 2020](#)

There are specific guidelines for completion of an EPA, to ensure that an EPA is done properly, in a timely manner. Click the link below for these guidelines. Ideally an EPA observation should involve direct feedback in the moment and be signed off immediately, in the moment. *The residency program expects residents to have achieved a minimum level of “entrustable” observations on EPAs within a given timeframe as outlined in the EPA benchmarks section of the EPA Guidelines.*

[EPA Guidelines](#)

Core EPAs, particularly C4 Formulation, C7 Neurostimulation, C8 Psychopharmacology, C9 Applying Legislation and C10 Teaching should be completed during Foundations of Discipline whenever possible. C6 Psychotherapy starts in PGY2 with the CBT psychotherapy case. C5 Emergent situations should be started if F4 has been completed.

EPAs are completed, organized and tracked through the Elentra online platform. Click on the link below to view a user’s guide to the Elentra platform.

[Elentra users guide](#)

**Training experiences** required to complete a residency program in Canada are outlined by the RCPSC in a document. These include specific clinical rotations, didactic teaching and longitudinal training requirements such as research, psychotherapy and a longitudinal patient follow-up. Each residency program in Canada meets these requirements in different ways, based on their local context and offers unique training experiences that reflect the local needs of their population and health system. The successful completion of training experiences is tracked each month by ITARs (in-training assessment report), which document assessment of competencies at a broader level within a particular clinical experience.

[RCPSC Training Experiences](#)

As a RCPSC specialty program, our residency program is evaluated according to the **RCPSC Standards of Accreditation**, based on our adherence to the CBD curriculum and other requirements, including resident wellness, safety and the quality of learning experiences:

[RCPSC Psychiatry Standards of Accreditation](#)

## Western Psychiatry Curriculum

Our program addresses the RCPSC standards as outlined above through our own curriculum, which includes clinical experiences and teaching experiences on academic Thursdays. Residents are trained in large part through a program of assessment, that includes EPAs and ITARs on rotations and longitudinal experiences. Practice OSCEs and STACERs provide formative assessment experiences in addition to the formative final STACR and the RCPSC exam in PGY4.

Resources outlining the Curriculum Plan are available on Teams, in the [Curriculum channel](#), including:

- Thursday Longitudinal Courses Details (objectives and topics covered by session)
- Academic Teaching Schedules
- Objectives and Orientation materials for each rotation
- Curriculum Maps (showing where competencies, EPAs and Training Experiences are covered throughout residency)