

Residency Rotation-Specific Objectives**PGY1 Psychiatry: Perinatal Mental Health and Addiction / Life Changes**

Resident name:	Supervisor name:
Rotation dates:	Hospital:

IMPORTANT: Supervisor and resident must discuss these rotation-specific objectives during the rotation orientation, and sign below to confirm discussion has taken place.

Resident signature	Supervisor signature	Date

1 MEDICAL EXPERT**1.1 Knowledge of Anatomy and Physiology Objectives**

1. Not Applicable for this rotation.

1.2 Data Gathering Objectives:

2. Obtain a complete, systematic, and appropriate history from a patient.
3. Perform a mental status examination
4. Complete a thorough work-up including appropriate laboratory tests and imaging studies.

1.3 Clinical Reasoning, Management and Judgement/Diagnostic and Therapeutic Planning

Objectives:

5. Demonstrate knowledge of symptoms of common psychiatric disorders in pregnancy and in the postpartum period.
6. Demonstrate an understanding of diagnosis and management of common psychiatric disorders in pregnancy and in the postpartum period.
7. Demonstrate appropriate use of screening tools for drug use.
8. Recognize the acuity of illness of patients in the emergency room and determine need for admission.
9. Develop an approach to the diagnosis and management of perinatal psychiatric problems, perinatal drug dependency, and reproductive life-stage problems including the following:
 - a) premenstrual mood and anxiety difficulties
 - b) risks for perinatal mood and anxiety disorders
 - c) mood and anxiety difficulties during pregnancy
 - d) postpartum depression and anxiety
 - e) methadone maintenance treatment for opioid-dependent women during pregnancy
 - f) smoking cessation and pregnancy
 - g) peri-menopausal or post-menopausal depression and anxiety
 - h) postpartum psychosis.
10. Demonstrate an awareness of complications of psychiatric medication for the patient and her fetus.
11. Demonstrate an awareness of risks associated with peri-conception, antepartum, and postpartum substance use.
12. Demonstrate management options including individual therapy, group therapy, CBT (Cognitive Behavioural Therapy), IPT (Inter-personal Therapy) and mindfulness-based interventions.

1.4 Procedural Skills Objectives:

Not applicable in this rotation.

2 COMMUNICATOR

2.1 Physician/Patient Relationship Objectives:

13. Establish a therapeutic relationship with patients and families
14. Demonstrate empathy and sensitivity to racial, gender, and cultural issues
15. Listen effectively, discuss appropriate information with patients/families
16. Teach patients/families, as appropriate; provide clear explanations of in a professional manner
17. Learn how to convey bad news with empathy to patients and families.

2.2 Written Communication Skills Objectives:

18. Utilize appropriate common terms associated with perinatal psychiatric problems, perinatal drug dependency, and reproductive life-stage problems when documenting individual cases.
19. Complete health records in an accurate and timely manner.

3 COLLABORATOR

20. Demonstrate appropriate communication skills when interacting with all members of the multidisciplinary healthcare team and administrative staff.
21. Demonstrate an understanding of all inter-professional team member roles, including community mental health agencies, in managing perinatal psychiatric problems, perinatal drug dependency, and reproductive life-stage problems.
22. Cooperate and work effectively with colleagues and other professionals on the service.
23. Consult the appropriate medical/ancillary services to optimize patient care.

4 LEADER

4.1 Time Management Objectives:

24. Prioritize patient-care requests in an effective and efficient manner.
25. Demonstrate effective time-management skills.

4.2 Resources Stewardship Objectives:

26. Utilize resources effectively to balance patient care, learning needs, and work-life activities.
27. Understand the benefits and limitations of various treatments in the high-risk perinatal population.

5 HEALTH ADVOCATE

28. Identify opportunities for patient counselling in regard to their specific conditions, and education regarding lifestyle modifications.
29. Demonstrate familiarity with the important determinants of health affecting patients with common psychiatric disorders in pregnancy and in the postpartum period.
30. Discuss the role of the community resources/support services for a positive pregnancy outcome and postpartum period.

6 SCHOLAR

6.1 Self-Directed Learning Objectives:

31. Acquire basic knowledge of common perinatal psychiatric problems, perinatal drug dependency, and reproductive life-stage problems

6.2 Critical Appraisal Skills Objectives:

32. Critically appraise the literature regarding the diagnosis and treatment of issues in perinatal psychiatric problems, perinatal drug dependency, and reproductive life-stage problems
33. Learn basics of principles of evidence-based medicine for decision making.

6.3 Teaching Skills Objectives:

34. Teach medical students, and patients/families, as appropriate.

7 PROFESSIONAL

7.1 Responsibility Objectives:

35. Be available to the healthcare team and participate in the management of patients in conjunction with the healthcare team.
36. Demonstrate professional attitudes (i.e. respectful, non-judgmental) in interactions with all patients and other healthcare personnel.
37. Deliver the highest quality of care with integrity, honesty, and compassion.
38. Exhibit appropriate personal and interpersonal professional behaviors.
39. Report absences in a timely manner.

7.2 Self-Assessment Skills/Insight Objectives:

40. Communicate with attending staff and request assistance in patient management when appropriate.
41. Consult ancillary services when required to enhance patient care.

7.3 Ethics Objectives:

42. Demonstrate an awareness of the medico-legal issues and ethical issues with respect to patient confidentiality.
43. Demonstrate familiarity with some of the common ethical issues that arise in the provision of patient care in a perinatal mental health setting.

Version Control

Date	Version No	Author	Location of Revisions	Approved at RPC Meeting
April 27, 2015	v1.3	C Sutherland	new	Approved at RPC Meeting April 04 2015
June 23, 2016	V1.71	CS / J Puddicombe	general	