

The EPA Tool - PsychRocks

The EPA tool being used by the Department of Psychiatry is home-grown, home-operated, home-updated and its data is home-analyzed. It lives entirely within the Department, with dedicated in-house technical support. If you are ever having an issue with the tool, please email [Jonathan](#) directly. He is very quick to respond. If you receive an error message associated with the issue please take a quick picture of the message and send him that too.

It's a good idea to bookmark the Psych Rocks EPA Tool on your phone or tablet so that it's readily available during an EPA observation. The best link to use to access Psych Rocks is: <http://psychrocks.psychiatry.utoronto.ca>. This link will take you directly to the login landing page.

A web based tool was intentionally chosen rather than developing an App. Apps continuously need updating on all platforms (e.g. IOS, Android, etc.) with each new change. We anticipate needing to change this tool as we learn what works and what does not.

This summer, before the 2019-20 academic year begins, we will be updating the EPA tool. The update will include improved wording for some of the existing FOD EPAs, the addition of the Core of Discipline (COD) EPAs for our pilot PGY3 cohort and modifications to the diagnosis selection which will be more aligned with the DSM5 categories.

We will continue to use PsychRocks for at least another year, at which time we will migrate over to a more robust tool from central PostMD at the University of Toronto. In the meantime, please let us know if you have any suggestions for improving PsychRocks and we will do what we can in the short-term.



Addictions Rotations

Next year, our PGY3 pilot CBD residents and our PGY2 CBD residents will be participating in a first-of-its-kind Addictions Rotation. Postgraduate Education and the Addictions Team are very excited to implement this essential clinical experience.

The two month rotation is being offered at St. Mike's and CAMH and will include 3-4 days of intensive didactic education. The rotation is a net increase in resident exposure to this patient population with a goal to better train residents to meet current societal needs.



We asked PGY1 Supervisor, Jessica Braidek for her thoughts on CBD, "CBD has definitely been an interesting challenge, especially as a new staff. I hope it gives us a chance to look more closely at our curriculum and teaching practices so that residents are more engaged in their learning. I do think we need to weigh the resident experience with our duty to provide patient-centered care that addresses system-wide needs, and with what is feasible for supervisors. At the end of the day though, I'm mostly in it for the Tim Hortons gift cards ☺"

Calling All Coaches

Currently, we have 25 coaches across the hospital sites providing advice and support to our PGY1 and PGY2 pilot CBD residents. Guess what happens in July? We will have twice as many residents needing coaches! If you or someone you know is interested in catching the CBD wave, becoming a coach is a great opportunity to get your toes wet. We have lots of coaching resources in our [CBD Handbook](#) and in our [Coach's Corner](#) on the CBD website. After a little upfront learning on coaching, it takes only 30 minutes of your time, every other month, to meet with your assigned resident(s), review their progress and provide some guidance on their learning plan. Please be in touch if you are interested – cbd.psych@utoronto.ca

A Resident asks...



“Can a resident complete an EPA for another resident?”

Yes! You need at least 50% of your EPAs to be completed by faculty, but the other 50% can be completed by residents. This is a good opportunity for a senior resident to practice giving formative feedback.

Focus on FOD1: Perform a Psychiatric Assessment with a Common Presentation



Each month, we are planning to highlight one of the EPAs to provide a little more insight or answer questions that have been asked of the CBD team. FOD1 is an EPA that can be achieved in a variety of settings across PGY1 and PGY2 rotations and is perhaps most frequently observable in the LAE Clinic as residents interview new patients.

During the Psychiatric Assessment, supervisors will be looking for the residents' ability to:

- Establish and maintain rapport which includes empathic non-judgmental responses.
- Gather a comprehensive history that is appropriate and adequate to establish diagnosis and inform a plan.
- Adjust the assessment to address the patient's acuity, level of distress or language cues.
- Pay attention to and include additional information from outside the assessment such as medical investigations to inform a plan.

At the Foundations of Discipline level of competency, cases should be less complicated. Residents should request observation for this EPA for cases such as psychosis, mood, substance use, anxiety or personality disorders. Supervisors will be looking to see if the resident can differentiate between a primary and initial diagnosis.

FOD 1 is currently the most observed EPA among PGY1s and pilot PGY2s. It has been attempted 246 times since the academic year began. Do you have feedback on FOD1? Please send your comments to kristen.sharpe@utoronto.ca



January Leaderboard

- Brandon Christensen is the PGY1 CBD Resident with the most EPAs entered.
- Paul Kaylor is the PGY2 Pilot CBD Resident with the most EPAs entered.
- Sian Rawkins is the Supervisor who has participated in completion of the most EPAs.

Every month, the Residents and Supervisor with the most completed EPAs receive a Tim Horton's Gift Card!

CONGRATS!
Call Kristen to receive
your EPA Progress
Tim Horton's gift card.