

## Psychiatry: Foundations EPA #2

### Performing psychiatric assessments referencing a biopsychosocial approach, and developing basic differential diagnoses for patients with mental disorders

#### Key Features:

- This EPA focuses on establishing rapport/therapeutic alliance and performing psychiatric assessments using a biopsychosocial approach in order to develop a differential diagnosis which reflects an understanding of common conditions and co-morbidities.
- This EPA includes demonstrating an understanding of the impact of the biopsychosocial approach on diagnosis, assessment, management, and prognosis to improve patient-centered care.

#### Assessment Plan:

Direct observation by psychiatrist/psychiatry subspecialist, TTP psychiatry resident, Core/TTP psychiatry subspecialty resident, or psychiatry/psychiatry subspecialty fellow

Use Form 1. Form collects information on:

- Setting: emergency; inpatient unit; consultation liaison; outpatient; day hospital; community; assisted living; correctional; residential treatment centre; simulation
- Demographic: child; adolescent; adult; older adult
- Case type: anxiety disorder; cognitive disorder; mood disorder; personality disorder; psychotic disorder; substance use disorder; other
- Complexity: low; medium; high

Collect 6 observations of achievement

- At least 1 emergency setting
- At least 2 inpatient settings
- At least 2 outpatient settings
- At most 2 child and adolescent patients
- At most 2 older adult patients
- At least 3 different case types
- At least 2 by psychiatrists
- At least 3 different observers

#### Relevant Milestones:

- 1 ME 1.3** Apply knowledge of psychiatry, including neuroscience, psychology, and nosology, to accurately assess and diagnose patients
- 2 ME 1.3** Apply knowledge of the impact of biological, psychological, and social factors,

- including cultural factors, on the etiology and manifestation of mental disorders**
- 3 **COM 1.1** Communicate using a patient-centred approach that facilitates patient trust and autonomy and is characterized by empathy, respect, and compassion
  - 4 **COM 1.2 Optimize the physical environment for patient comfort, dignity, privacy, engagement, and safety**
  - 5 **COM 1.4** Respond to patients' non-verbal communication and use appropriate non-verbal behaviours to enhance communication with patients
  - 6 **COM 1.5 Recognize when personal feelings in an encounter are valuable clues to the patient's emotional state**
  - 7 **COM 2.1** Conduct a patient-centred interview, gathering all relevant biomedical and psychosocial information
  - 8 **COM 2.2 Focus the interview, managing the flow of the encounter while being attentive to the patient's cues and responses**
  - 9 **COM 2.3 Seek and synthesize relevant information from other sources, including the patient's family, with the patient's consent**
  - 10 **ME 2.2** Perform, interpret, and report mental status examination, including phenomenology
  - 11 **ME 2.2 Develop a differential diagnosis relevant to the patient's presentation**
  - 12 **COM 2.1** Integrate and synthesize information about the patient's beliefs, values, preferences, context, and expectations with biomedical and psychosocial information
  - 13 **COM 3.1** Use strategies to verify and validate the understanding of the patient and family with regard to the diagnosis, prognosis, and management plan
  - 14 **COM 5.1 Document information about patients and their medical conditions**
  - 15 **COM 5.2** Demonstrate reflective listening, open-ended inquiry, empathy, and effective eye contact while using a written or electronic medical record
  - 16 **P 1.1** Exhibit appropriate professional behaviours