**Behavioural Medicine/Mental Health**

**Curriculum Objectives**

**Family Medicine Expert**

1. **Psychiatric assessment and management**

1.1. The family medicine resident will recognize and diagnose mental health problems commonly found in family practice including anxiety disorder, mood disorders, schizophrenia, personality disorders and addiction. They will be able to:

   1.1.1. Demonstrate familiarity with the DSM diagnostic criteria for these common disorders.
   1.1.2. Demonstrate ability to appropriately screen for these disorders in high-risk groups.
   1.1.3. Take an appropriate history to generate differential diagnoses for symptoms which also includes medical causes and contributors to rule out serious organic pathology.
   1.1.4. Assess patient's suicide risk, homicide risk and judgment.
   1.1.5. Identify comorbid psychiatric conditions.
   1.1.6. Identify the functional impact of the symptoms to help guide and evaluate treatment.

1.2. The resident will develop a management plan and provide appropriate follow up for these disorders, including the ability to:

   1.2.1. Offer appropriate treatment in a way that promotes full discussion of options and patient's own decision-making.
   1.2.2. Use a multidisciplinary approach to treatment and management and refer appropriately.
   1.2.3. Use a multifaceted approach to treatment.
   1.2.4. Include psychosocial support as part of the treatment plan.
   1.2.5. Demonstrate knowledge of indications, side effect profile, common interactions and monitoring requirements of psychopharmacological agents such as antidepressants, antianxiety medications, mood stabilizers, antipsychotics and other commonly used agents.
   1.2.6. Demonstrated knowledge of different forms of therapy (including brief psychotherapy, couples and family therapy, behavior therapy, long-term psychotherapy) and the selection of patients for each modality.
   1.2.7. Monitor response to treatment using functional benchmarks, adjusting and augmenting as clinically indicated.
   1.2.8. Diagnose and treat serious complications and side effects of medications.

1.3. The resident will develop the confidence and skills to manage difficult or emotionally intense situations or interactions, including:

   1.3.1. When confronted with difficult patient interaction seek out information about patient's life circumstances, current context and functional status to better understand the patient's frame of reference.
   1.3.2. Identify own attitudes and beliefs which may be contributing to the situation.
   1.3.3. Look for and attempt to limit the impact of your personal feelings [e.g. Anger, frustration] and remain vigilant for new symptoms and physical findings to be sure they receive adequate attention.
   1.3.4. Work towards establishing common ground and an atmosphere of safety and trust.
   1.3.5. Screen for abuse and domestic violence and assess the level of risk for all members of the household, generating an emergency plan if needed.
   1.3.6. Anticipate possible violent or aggressive behavior and recognize the warning signs.
   1.3.7. Develop a plan within your practice environment to deal with patients who are verbally or physically aggressive.
   1.3.8. Set clear boundaries with respect to appointment length, prescribing practices and accessibility especially with those patients who have a personality disorder.
1.3.9. Take steps to end the physician-patient relationship when it is patient's best interests and do so according to guidelines.

**Manager**

2.1. The resident will demonstrate proficient assessment and management of patients using the patient centered clinical method, including the ability to:

2.1.1. Manage time and resources effectively.

**Communicator**

3.1. The resident will provide coordination of patient care including collaboration and consultation with other health professionals and caregivers:

3.1.1. Describe the components of patient centered clinical method.

3.1.2. Demonstrate skilled interviewing termination techniques and having clinical data and physical examination techniques in gathering clinical data.

3.1.3. Consciously enhanced patient physician relationship recognizing characteristics of the therapeutic and caring relationship.

3.1.4. Find common ground with the patient in regard to defining problems and priorities, setting goals of treatment and recognizing the roles of patient and family physician in each encounter.

**Collaborator**

4.1. The resident will coordinate care of patients with multiple care providers in teams of providers:

4.1.1. Apply the competencies of the collaborator role in team-based care in working with consulting health professionals.

4.1.2. Appropriately incorporate families and other caregivers in the care of patients while abiding by the ethical standards of patient autonomy and consent.

**Health Advocate**

5.1. The resident will incorporate prevention and health promotion into the clinical encounter.

**Professional**

6. In development

**Scholar**

7. In development

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