

Physical Medicine and Rehabilitation University of Toronto Rotation Specific Goals and Objectives Journal Club

As part of the RCPSC Psychiatry Residency Program requirements, a longitudinal experience is required. This rotation however, is part of a larger research exposure and experience, within the program. The overall goal of the experience, as a whole, is to assure that the resident has been introduced to the scope of research and the knowledge, skills and attitudes, as well as the concepts of critical appraisal, all of which would be fundamental to consideration of or embarking upon a career, which involves health research.

General Requirements

- To develop the necessary knowledge and skill required to utilize published research in an evidence-based Psychiatry practice
- To demonstrate proficiency of this knowledge and these skills to successfully complete the Royal College Fellowship Examinations

Medical Expert

Definition:

As Medical Experts, Psychiatrists integrate all of the CanMEDS Roles, applying medical knowledge, clinical skills, and professional attitudes in their provision of patient-centered care. *Medical Expert* is the central physician Role in the CanMEDS framework. The Psychiatrist is a medical specialist, expert in the comprehensive diagnosis, management and rehabilitation of people of all ages with neuromusculoskeletal disorders and associated disabilities.

- Demonstrate a working familiarity with the fundamentals of research experimental design such as basic experimental design, clinical trial design, including cohort studies, cross sectional studies, case controlled studies, observational studies, case series and case reports in addition to randomized controlled trials
- Understand and be able to explain the distinction between random allocation and randomization and the implications of each
- Generate research questions having gained experience in hypothesis generation
- Understand the practice of critical appraisal of the literature, including the levels of evidence that is afforded by different types of studies
- Demonstrate a working familiarity with the common biostatistical tests and be able to describe an approach to acquiring knowledge or information about any statistical tests, which are less familiar
- Explain the importance of medical and research ethics.

- Perform a focused systematic review of pertinent literature by the use of standardized search engines
- Present the focused literature review
- Incorporate the critically appraised articles into the literature review
- Provide clinical pearls, possible changes to clinical practice, based upon the critically appraised article and systematic literature review
- Present information in a formal setting and defend such a presentation and discussion
- Demonstrate understanding and behaviour consistent with acceptance of the need for continuing health education

Communicator

Definition:

As Communicators, Psychiatrists effectively facilitate the doctor-patient relationship and the dynamic exchanges that occur before, during, and after the medical encounter.

- Establish relationships with research subjects/other researchers
- Listen effectively
- Gather the articles necessary for the completion of the systematic literature review
- Communicate clearly, concisely and effectively to others on the research team, including the supervisor, or those involved in the rotation
- Provide a concise presentation that covers the critically appraised article and systematic literature review.
- Maintain timelines for the presentation

Collaborator

Definition:

As Collaborators, Psychiatrists effectively work within a health care team to achieve optimal patient care.

- Consult effectively with other physicians and health care professionals, related to research pursuits
- Demonstrate methods of effectively working with a health care team based upon the new information obtained from the systematic literature review and article that was critically appraised.

Leader

Definition:

As Leaders, Psychiatrists are integral participants in health care organizations, organizing sustainable practices, making decisions about allocating resources, and contributing to the effectiveness of the health care system.

- Utilize personal resources effectively to balance professional and non-professional activities.
- Work effectively and efficiently to achieve the end point of a suitable presentation
- Utilize information technology to optimize research endeavors and life-long learning
- Show understanding of basic principles of management related to a research project
- Perform managerial and administrative functions in an efficient and organized fashion
- Acknowledge the increased strains of health care economics, which has also affected research as a domain

Health Advocate

Definition:

As Health Advocates, Psychiatrists responsibly use their expertise and influence to advance the health and well-being of individual patients, communities, and populations.

- Identify the important determinants of health affecting patients
- Contribute effectively to improved health of patients and communities
- Recognize and respond to those issues where advocacy is appropriate
- Demonstrate sensitivity to special issues of gender, culture and social bias in dealing with research subjects
- Discuss the role of national organizations in shaping public policy on care for persons with disabilities, and the prevention of disability and specifically how potential or completed research could influence such organizations
- Promote a heightened awareness of the challenges and abilities of persons with disabilities as demonstrated by completed research or by proposal of research to be undertaken

Scholar

Definition:

As Scholars, Psychiatrists demonstrate a lifelong commitment to reflective learning, as well as the creation, dissemination, application and translation of medical knowledge.

- Develop, implement and monitor a personal continuing education strategy.
- Critically appraise sources of medical information
- Facilitate learning of patients, housestaff/students and other health professionals.
- Contribute to development of new knowledge
- Demonstrate understanding of critical appraisal as applied to review of the rehabilitation literature and basic research methodology
- Demonstrate an ability to incorporate gender, cultural and ethnic perspectives in research methodology, data presentation and analysis
- Teach effectively in a variety of settings and to diverse groups of learners such as students, residents, physicians, allied health professionals, patients, families and the lay public

- Accurately assess professional and personal strengths and weaknesses and make changes in behaviour where necessary
- Demonstrate a commitment to life-long self-directed learning and the application of new information to clinical practice using the principles of evidence based medicine

Professional

Definition:

As Professionals, Psychiatrists are committed to the health and well-being of individuals and society through ethical practice, profession-led regulation, and high personal standards of behaviour.

- Deliver highest quality care with integrity, honesty and compassion
- Exhibit appropriate personal and interpersonal professional behaviours
- Demonstrate a commitment to the application of exemplary bioethical standards to clinical practice and research in such areas as truth-telling, consent, confidentiality, conflict of interest, resource allocation, and research ethics
- Display attitudes commonly accepted as essential to professionalism
- Continually evaluate one's abilities, knowledge and skills, and know the limitations of professional competence
- Recognize the principles and effects of a balanced lifestyle on one's practice and ability to provide optimal care for patients
- Know and understand the professional, legal and ethical codes to which physicians are bound
- Analyze and know how to deal with unprofessional behaviours in clinical practice, taking into account local and provincial regulations