

Physical Medicine and Rehabilitation

University of Toronto

Rotation Specific Goals and Objectives

Rheumatology

General Requirements:

To develop the necessary clinical skills and knowledge required in Rheumatology for:

- Competent practice of the specialty of physical medicine and rehabilitation
- Successful completion of the Royal College Fellowship Exam

Specific:

By the end of the Psychiatry Residency Program, including within this specific rotation, the resident must achieve the following objectives:

- Demonstrate diagnostic and therapeutic skills for ethical and effective patient care
- Access and apply relevant information to clinical practice
- Demonstrate effective consultation skills with respect to patient care, education and medical-legal opinions

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.

1. Function effectively as consultants, integrating all of the CanMEDS Roles to provide optimal, ethical and patient-centered medical rehabilitative care

- Demonstrate a reliable and conscientious professional conduct in all aspects of patient care
- Recognize the importance of a multi-disciplinary team in effective patient assessment and management
- Demonstrate compassionate interest and overall understanding in all aspects of the patient's care including medical, surgical, social and psychological care
- Demonstrate an appreciation of the social, economical and governmental aspects of health care provision (Home care programs, Arthritis Society and volunteer programs) as they apply to rheumatological disorders

2. Establish and maintain clinical knowledge, skills and attitudes appropriate to their practice

- Explain the anatomy, physiology, histology and pathophysiology of connective tissue, bones and joints
- Recognize the role of the immune system in the pathogenesis of rheumatic disease
- Recognize the clinical presentation of rheumatologic conditions including:
 - rheumatoid arthritis
 - seronegative arthropathies
 - septic arthritis
 - osteoarthritis
 - systemic lupus erythematosus
 - crystal induced arthropathies
 - tendinopathies
 - polymyalgia rheumatica
 - neuropathic arthropathy
 - fibromyalgia
 - metabolic bone diseases (rickets, osteomalacia, osteoporosis, Paget's disease, hyperparathyroidism)
 - vasculitides
 - osteonecrosis
 - dermatomyositis/polymyositis
- Demonstrate your acquisition of knowledge as a result of self-evaluation, feedback and self-directed study

3. Perform a complete and appropriate assessment of a patient

- Demonstrate proficiency in completing a relevant and organized history and functional history from a patient with joint disease
- Demonstrate proficiency in completing a physical examination and functional examination of the musculoskeletal system with emphasis on structure and alignment, signs of inflammation, joint range of motion and stability, muscle strength and extra-articular manifestations of rheumatic diseases
- Demonstrate an ability to select and interpret appropriate investigations including laboratory tests and radiological workup

4. Use preventive and therapeutic interventions effectively

- Implement an effective management plan in collaboration with a patient and their family
- Demonstrate effective, appropriate, and timely application of preventive and therapeutic interventions including:
 - Mobility aids
 - Orthoses
 - Physical modality prescriptions
 - Pharmacotherapies: oral, injectable and topical

- 5. Demonstrate proficient and appropriate use of procedural skills, both diagnostic and therapeutic**
 - Demonstrate the technique of diagnostic and therapeutic intra-articular and soft-tissue injections and aspirations and be able to examine and interpret synovial fluid analysis
- 6. Seek appropriate consultation from other health professionals, recognizing the limits of their expertise**
 - Demonstrate effective, appropriate, and timely consultation of another health professional as needed for optimal patient care
 - Arrange appropriate follow-up care

Communicator

Definition:

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

- 1. Develop rapport, trust, and ethical therapeutic relationships with patients and families**
 - Establish positive therapeutic relationships with patients and their care givers that are characterized by understanding, trust, respect, honesty and empathy
 - Respect patient confidentiality, privacy and autonomy
 - Listen actively
 - Be aware of and responsive to nonverbal cues
 - Seek out and synthesize relevant information from other sources, such as a patient's family/caregivers and other professionals and review of relevant documentation
 - Synthesize the information gathered for the diagnosis and management of a particular patient problem
- 2. Convey relevant information and explanations accurately to patients and care givers, colleagues and other professionals**
 - Deliver information to a patient and their care givers, in a humane, respectful, clear, concise and accurate manner so that it is understandable and encourages discussion and participation in decision-making
 - Deliver information to colleagues and other health professionals in a respectful, clear, concise and accurate manner to encourage and facilitate inter-professional person-centered collaborative practice
- 3. Develop a common understanding on issues, problems and plans with patients, care givers, and other professionals to develop a shared plan of care**

- Respect diversity and difference, including, but not limited to the impact of gender, religion and cultural beliefs on decision-making
- Engage patients, care givers, and relevant health professionals in shared decision- making to develop a plan of care and promote patient autonomy.
- Address challenging communication issues effectively, such as obtaining informed consent, delivering bad news, and addressing anger, confusion and misunderstanding

4. Convey effective oral and written information about a medical encounter

- Prepare and maintain clear, complete, accurate, and appropriate records of clinical encounters and plans
- Present verbal reports of clinical encounters and plans effectively
- Communicate with other medical staff a detailed but concise patient history, problem list, differential diagnosis and treatment plan.
- Communicate a patient’s diagnosis and treatment plan in a manner that is easily understood by the patient and/or family.

Collaborator

Definition:

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

1. Participate effectively and appropriately in an interprofessional health care team

- Work with others to assess, plan and provide integrated care for patients

2. Work effectively with other health professionals to prevent, negotiate, and resolve interprofessional conflict

- Demonstrate a respectful attitude towards other colleagues and members of an interprofessional team
- Work with other professionals to prevent conflicts

Manager

Definition:

As Managers, 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.

1. Participate in activities that contribute to the effectiveness of their health care organizations and systems

- Work collaboratively with others in their organizations

2. Manage their practice and career effectively

- Set priorities and manage time to balance patient care, practice requirements, outside activities and personal life

3. Allocate finite health care resources appropriately

- Recognize the importance of just allocation of health care resources, balancing effectiveness, efficiency and access with optimal patient care for individuals and disabled populations

Health Advocate

Definition:

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

1. Respond to individual patient health needs and issues as part of patient care

- Identify the health needs of an individual patient
 - Assist patients and families in accessing health and social resources in the community, including patient support groups
 - Demonstrate sensitivity to special issues of gender, ethnicity and social bias in dealing with patients, families and persons with disabilities
- Identify opportunities for advocacy, health promotion and disease prevention

2. Respond to the health needs of the communities that they serve

- Promote a heightened awareness of the challenges and abilities of persons with disabilities
- Appreciate the possibility of competing interests between the communities served and other populations

3. Identify the determinants of health for the populations that they serve

- Identify the determinants of health of persons with disabilities, including barriers to access care and resources
- Identify vulnerable or marginalized populations within those served and respond appropriately
- to issues of gender, ethnicity and social bias in dealing with persons with disabilities

4. Promote the health of individual patients, communities, and populations

- Promote a heightened awareness of the challenges and abilities of persons with disabilities including environmental and attitudinal barriers

Scholar

Definition:

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

1. Maintain and enhance professional activities through ongoing learning

- Recognize and reflect learning issues in practice
- Pose an appropriate learning question
- Access and interpret the relevant evidence
- Integrate new learning into practice
- Evaluate the impact of any change in practice
- Document the learning process

2. Evaluate medical information and its sources critically, and apply this appropriately to practice decisions

- Critically appraise retrieved evidence in order to address a clinical question
- Integrate critical appraisal conclusions into clinical care thereby demonstrating a commitment to lifelong learning

3. Facilitate the learning of patients, families, students, residents, other health professionals, the public and others, as appropriate

- Assess and reflect on a teaching encounter
- Receive and provide feedback effectively

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.

1. Demonstrate a commitment to their patients, profession, and society through ethical practice

- Exhibit appropriate professional behaviors in practice, including honesty, integrity, commitment, compassion, respect and altruism
- Demonstrate a commitment to delivering the highest quality care and maintenance of competence
- Maintain appropriate relations with patients

2. Demonstrate a commitment to their patients, profession and society through participation in profession-led regulation

- Demonstrate knowledge and an understanding of the professional, legal and ethical codes of practice to which physicians are bound

3. Demonstrate a commitment to physician health and sustainable practice

- Evaluate one's abilities, knowledge and skills continually
- Recognize the limitations of professional competence
- Recognize other professionals in need and respond appropriately