FOUNDATIONS OF DISCIPLINE #2: DEVELOP AND IMPLEMENT A MANAGEMENT PLAN BASED ON A BIO-PSYCHO-SOCIAL-CULTURAL FORMULATION IN A PATIENT WITH A COMMON MENTAL HEALTH CONCERN

Short Description: The Learner should demonstrate competence in formulating patients and developing, implementing, and monitoring a management plan in a variety of psychiatric settings for patients with common mental health concerns.

Assessment Plan Summary:
- General, Child and Geri STACERs
- Psychodynamic Case Report

Milestones:

Develop and document a bio-psycho-social-cultural formulation
1. Formulation should be specific to the patient
2. Formulation should include an appropriate organizational structure (grounded in a patient’s predisposing, precipitating, perpetuating and protective bio-psycho-social-cultural factors)

Develop a differential diagnosis and justify the preferred diagnosis
1. List at least 3-4 reasonable diagnoses
2. Provide a rationale for your preferred diagnosis and exclusion of others.

Develop a treatment plan that incorporates biological, psychological, social and cultural considerations
1. Obtain informed consent
2. Order investigations required to start a specific medication
3. Initiate and titrate an evidence-informed pharmacological intervention
4. Monitor for common and serious side effects and response to medication
5. Initiate and monitor side effects and response to ECT and/or rTMS
6. Identify and manage barriers to compliance
7. Consider potential drug interactions and medical comorbidities
8. Be aware of, and access as indicated, institutional, municipal, provincial and other appropriate resources
9. Suggests care that incorporates psychotherapeutic skills
10. Considers patient’s social supports with resources and care as indicated

Conveys the formulation, diagnosis and plan accurately and clearly
1. Uses a bio-psycho-social-cultural framework
2. Identifies short, medium and long term management goals
3. Links the formulation to the management plan
4. Communicates effectively

Scope: Any age group in a clinical or educational setting