General Information:
Essential Learning Outcomes- Competency-Based Curriculum
(For Self Assessment)

Trainee: ___________________________ Site: ___________________________
Dates: __________________________________________________________________________

COMPETENCY-BASED CURRICULUM IN FAMILY MEDICINE

Residents are advised to review this package and complete self evaluations twice yearly in order to monitor their progress and plan learning experiences. The enabling competencies and content tables which reflect the CFPC Evaluation Objectives 99 Priority Topics document may be referred to in completing this self-assessment. These are available under the Competency Curriculum tab in the portal (www.portal.utoronto.ca)

Through this portal link residents can also access the Site-Specific Rotation Objectives, which outline these core competencies, as mapped to each core rotation at a given training site. The site-specific rotation objectives can be used to guide learning experiences for each rotation in order to ensure training is as comprehensive as possible.

Upon completion of training residents are expected to be confident in their approach to and management of problems in the areas listed.

It is expected that the content in each domain will be learned through a combination of:

1. Clinical rotations on the specialty services
2. Experiences in Family Medicine, teaching practices and ambulatory electives
3. Academic sessions and reading
INTEGRATING FAMILY MEDICINE COMPETENCIES

Number of months of training completed in this discipline

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FAM1. Understand the role of generalist physician in the health care system.  
FAM2. Take an appropriately thorough history in a timely manner.  
FAM3. Display effective, professional and non-judgmental communication skills.  
FAM4. Adopt a patient centered approach.  
FAM5. Perform an appropriately thorough physical examination in a timely manner.  
FAM6. Construct an appropriately thorough differential diagnosis that is congruent with the data generated by the history and physical.  
FAM7. Recognize the typical and atypical presentation of common diagnoses as well as possible emergent life-threatening disease.  
FAM8. Demonstrate an effective approach to the presentation of undifferentiated symptoms/conditions.  
FAM9. Demonstrate an effective approach to the presentation of acute self-limiting illness and potentially life threatening illness.  
FAM10. Demonstrate an effective approach to the presentation of common chronic diseases.  
FAM11. Demonstrate an effective approach to the presentation of illnesses with a strong psychological component.  
FAM12. Modify the differential diagnosis in light of unexpected or changing symptoms or when symptoms persist beyond what one would ordinarily expect.  
FAM13. Justify selection of laboratory and imaging tests and employs them only when they would have an impact on patient management.  
FAM14. Interpret the test results promptly and correctly.  
FAM15. Communicate results in a timely fashion.  
FAM16. Develop and implement an appropriate treatment plan.  
FAM17. Document appropriately in the chart.  
FAM18. Participate effectively in collaborative practice, including appropriate referrals and consultations.  
FAM19. Demonstrate an awareness of the need to become a lifelong learner.  
FAM20. Develop skills related to practice management.  
FAM21. Demonstrate a commitment to patients, colleagues, profession and society through ethical and reflective practice.
## IN- HOSPITAL CARE

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| HOS1 Utilize the competencies of a family physician in the in-patient setting. | 5 4 3 2 1 |
| HOS2. Demonstrate an effective approach to [conditions needing critical care support](#). | 5 4 3 2 1 |
| HOS3. Demonstrate an effective approach to [common clinical presentations](#) in the in-patient setting. | 5 4 3 2 1 |
| HOS4. Interpret and act upon results from [common medical investigations](#). | 5 4 3 2 1 |
| HOS5. Address acute and/or chronic pain in the context of illness presentation of those patients under care. | 5 4 3 2 1 |
| HOS6. Provide perioperative support for the preoperative and postoperative management of a patient requiring surgical intervention. | 5 4 3 2 1 |
| HOS7. Conduct a functional assessment with Integrated Health Professionals (I.H.P.) and contribute to the development of a rehabilitation and discharge plan. | 5 4 3 2 1 |
| HOS8. Possess ACLS certification. | 5 4 3 2 1 |
| HOS9. Perform [common diagnostic procedures](#). | 5 4 3 2 1 |
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MAT1. Develop an approach for assessing patients who may become pregnant.  
MAT2. Perform routine antenatal visits independently at appropriate intervals based on gestational age up to 28 weeks.  
MAT3. Perform routine antenatal visits with supervision at appropriate intervals beyond 28 weeks.  
MAT4. Identify appropriate collaboration with other health care professionals based on identified risk factors (i.e. dietician, psychiatry, obstetrics)  
MAT5. Initiate assessment, with appropriate history and physical exam, of common presentations in triage.  
MAT6. Manage a patient through labour and delivery with supervision  
MAT7. Develops an approach to intrapartum complications  
MAT8. Provides appropriate postpartum care both prior to discharge from hospital and at a follow up outpatient visit.
Number of months of training completed in this discipline

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EMR1. Utilize the competencies of a family physician in the Emergency Department.  
EMR2. Demonstrate an effective approach to the presentation of potentially life threatening illness.  
EMR3. Take an appropriately thorough history in a timely manner.  
EMR4. Perform an appropriately thorough physical examination in a timely manner.  
EMR5. Justify selection of laboratory and imaging tests and employs them only when they would have an impact on patient management.  
EMR6. Construct an appropriately thorough differential diagnosis that is congruent with the data generated by the history and physical.  
EMR7. Demonstrate an effective approach to the presentation of potentially emergent conditions.  
EMR8. Develop an appropriate treatment plan.  
EMR10. Engage other resources appropriately in the health care system.  
EMR11. Perform procedures independently in the Emergency Department.  
EMR13. Interpret the test results promptly and correctly.
MENTAL HEALTH

Number of months of training completed in this discipline

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PSY1. Utilize the competencies of a family physician in patients with mental health concerns.  
PSY2. Perform an appropriate history and physical examination and order diagnostic tests to generate a differential diagnosis of medical conditions causing or contributing to psychiatric presentation for common axis 1 disorders.  
PSY3. Generate a differential diagnosis and make a diagnosis using Diagnostic and Statistical Manual of Mental Disorders (DSM) criteria for common axis 1 disorders (requires knowledge of DSM criteria) or make referral to clarify diagnosis where presentation is complex  
PSY4. Initiate common non-pharmacologic treatments for depression, anxiety disorders, bipolar disorders, and psychotic disorders.  
PSY5. Provides care for a pt presenting with depression  
PSY6. Provides care for a pt presenting with anxiety disorder  
PSY7. Provides care for a pt presenting with bipolar and psychotic disorders  
PSY8. Provides care for patients presenting with or at risk of substance abuse  
PSY9. Provides care for patients presenting with or at risk of intimate partner abuse  
PSY10. Provides care for patients presenting with a history of sexual abuse  
PSY11. Provides care for patients presenting with a history of personality disorder  
PSY12. Provide continuity of care  
PSY13. Initiate and manage common pharmacologic treatments (antidepressants, antipsychotics, anxiolytics, mood stabilizers)
Number of months of training completed in this domain.

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ADU1. Utilize the competencies of a family physician when addressing Men’s and Women’s Health.

ADU2. Perform a comprehensive health history taking into account the patient’s gender and life stage.

ADU3. Perform an appropriately thorough physical examination in a timely manner taking into account the patient’s gender and life stage.

ADU4. Construct an appropriately thorough differential diagnosis related to common symptoms that is congruent with the data generated by the history and physical.

ADU5. Justify selection of laboratory and imaging tests and employ them only when they would have an impact on patient management.

ADU6. Identify emergent conditions that require immediate management or consultations.


ADU8. Demonstrate an effective approach to common conditions presenting in adulthood.

ADU9. Demonstrate an effective approach to patients presenting with surgical concerns.

ADU10. Perform accurate nutrition assessments and develop appropriate care plans.

ADU11. Demonstrate appropriate physical activity and nutrition guidelines for healthy patients throughout the life cycle.

ADU12. Demonstrate knowledge of unique diet modifications needed in the prevention and treatment of chronic diseases.

ADU13. Provide anticipatory guidance of intended effects and side effects as well as appropriate follow up.

ADU14. Demonstrate an effective approach to rational medication prescribing.

ADU15. Engage other resources appropriately in the health care system.

ADU16. Advocate effectively on behalf of the patient.
WOMEN’S HEALTH

Number of months of training completed in this domain.

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WMN1. Utilize the competencies of a family physician when addressing Women’s Health. 5 4 3 2 1
WMN2. Take an appropriately thorough history in a timely manner. 5 4 3 2 1
WMN3. Perform an appropriately thorough physical examination in a timely manner. 5 4 3 2 1
WMN4. Construct an appropriately thorough differential diagnosis that is congruent with the data generated by the history and physical. 5 4 3 2 1
WMN5. Justify selection of laboratory and imaging tests and employ them only when they would have an impact on patient management. 5 4 3 2 1
WMN6. Identify emergent gynecological conditions that require immediate management or consultations (i.e. ectopic pregnancy, PID, hemorrhage, sexual assault, etc.) 5 4 3 2 1
WMN7. Adopt best practice in incorporating sex and gender differences in health and disease. 5 4 3 2 1
WMN8. Demonstrate an effective approach to the presentation of Women’s Health issues. 5 4 3 2 1
WMN9. Counsel on options, and initiate medical management of common presenting women’s health symptoms and provide anticipatory guidance of intended effects and side effects as well as appropriate follow-up. 5 4 3 2 1
WMN10. Engage other resources appropriately in the health care system. 5 4 3 2 1
CARE OF CHILDREN AND ADOLESCENTS

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CHI1. Develop an approach to neonatal resuscitation.  5 4 3 2 1
CHI2. Perform an appropriate assessment of a newborn.  5 4 3 2 1
CHI3. Perform an appropriate assessment of a well baby and child.  5 4 3 2 1
CHI4. Develop an approach to common conditions of infancy and childhood in the out-patient setting.  5 4 3 2 1
CHI5. Develop an approach to psychological problems presenting in children.  5 4 3 2 1
CHI6. Understand the developmental stages of an adolescent.  5 4 3 2 1
CHI7. Identify and manage common adolescent conditions.  5 4 3 2 1
**CARE OF ELDERLY**

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**COE1.** Understand the role of the generalist physician in the care of the elderly in the health care system

5 4 3 2 1

**COE2.** Take an appropriately thorough history from an elderly patient in a timely manner

5 4 3 2 1

**COE3.** Perform an appropriately thorough physical examination in an elderly patient in a timely manner.

5 4 3 2 1

**COE4.** Engage and collaborate with other resources appropriately in the health care system.

5 4 3 2 1

**COE5.** Demonstrate an effective approach to the presentation of common conditions, undifferentiated illnesses and chronic diseases in the elderly.

5 4 3 2 1

**COE6.** Demonstrate an effective approach to the care of the elderly patient in hospital.

5 4 3 2 1

**COE7.** Demonstrate an effective approach to the elderly patient presenting with confusion or cognitive impairment.

5 4 3 2 1

**COE8.** Demonstrate an effective approach to end of life care in the elderly.

5 4 3 2 1

**COE9.** Manage medications in the elderly effectively.

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PAL1. Perform a comprehensive assessment of pain  
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PAL2. Demonstrate an approach to the appropriate and effective use of opioids.  
5 4 3 2 1

PAL3. Demonstrate an awareness of the role for adjuvant medications in the management of pain  
5 4 3 2 1

PAL4. Acquire an approach to the assessment and effective management of common symptoms  
5 4 3 2 1

PAL5. Display knowledge and skill in addressing grief and bereavement  
5 4 3 2 1

PAL6. Demonstrate an awareness of the role for adjuvant medications in the management of pain  
5 4 3 2 1

PAL7. Demonstrate an understanding of the role for symptom screening and performance assessment tools  
5 4 3 2 1

PAL8. Develop a personal plan for professional self care.  
5 4 3 2 1

PAL9. Describe the role of both family physicians and other formal caregivers in end-of-life care.  
5 4 3 2 1

PAL10. Describe the elements of providing care to a dying patient in their home.  
5 4 3 2 1

PAL11. Demonstrate an effective approach to advance care planning.  
5 4 3 2 1

PAL12. Demonstrate knowledge of physician assisted suicide and euthanasia and palliative sedation, and withholding and withdrawing therapy.  
5 4 3 2 1

PAL13. Define the elements of the experience of suffering and the diverse manifestations.  
5 4 3 2 1

PAL14. Recognize and appropriately address palliative care emergencies  
5 4 3 2 1
MUSCULOSKELETAL

Number of months of training completed in this domain.

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MSK1. Understand the role of the primary care physician in providing preventative musculoskeletal care. 5 4 3 2 1
MSK2. Take an appropriately thorough musculoskeletal history in a timely manner. 5 4 3 2 1
MSK3. Display effective communication skills. 5 4 3 2 1
MSK4. Perform an appropriately thorough musculoskeletal physical examination in a timely manner. 5 4 3 2 1
MSK5. Construct an appropriately thorough differential diagnosis that is congruent with the data generated by the history and physical. 5 4 3 2 1
MSK6. Recognize the typical and atypical presentation of common diagnoses as well as possible emergent life-threatening disease. 5 4 3 2 1
MSK7. Demonstrate an effective approach to the presentation of common conditions. 5 4 3 2 1
MSK8. Demonstrate an effective approach to the management of symptoms. 5 4 3 2 1
MSK9. Demonstrate an effective approach to the presentation of conditions requiring joint injection. 5 4 3 2 1
MSK10. Demonstrate an effective approach to the management of non-surgical bone and joint disorders. 5 4 3 2 1
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- **COM1.** Demonstrate an effective approach to disease prevention and health promotion.  
- **COM2.** Demonstrate an effective approach to infectious disease prevention and control, including outbreaks.  
- **COM3.** Demonstrate an effective approach to environmental health issues.  
- **COM4.** Develop and apply the knowledge and skills necessary to assess a population's health.  
- **COM5.** Demonstrate an effective approach to public communication, collaboration and advocacy.
### SURGICAL SKILLS

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**SRG1. Demonstrate an effective approach to patients presenting with surgical concerns.**

**SRG2. Demonstrate an effective approach to common urologic conditions.**

**SRG3. Demonstrate an effective approach to common cardiovascular conditions.**

**SRG4. Demonstrate an effective approach to common gastrointestinal conditions.**

**SRG5. Demonstrate an effective approach to common nerve entrapment syndromes.**

**SRG6. Demonstrate an effective approach to common otolarygologic presentations.**

**SRG7. Demonstrate an effective approach to common ophthalmologic presentations.**

**SRG8. Demonstrate an effective approach to diseases of the breast.**

**SRG9. Perform procedures independently in the office setting.**

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