

# Core Psychiatry Curriculum 2021



Royal College of Psychiatrists 2021

# How to use the Core Psychiatry Training Curriculum

## GPC Domain

The GMC's Generic Professional Capabilities Framework has 9 domains of medical practice, each Psychiatry HLO is linked directly to GPC domain

## High Level Outcomes (WHY)

HLO's are the overarching objectives a trainee needs to complete over the course of core psychiatry training.

## Key Capabilities (WHAT)

Key capabilities are the broad mandatory requirements under each HLO that all trainees across the UK must achieve by the end of core psychiatry training.

## Training Activities (HOW)

These are examples of how key capabilities can be achieved; these are not mandatory but convey ways in which you could complete each requirement.

GPC Domain	No.	High Level Outcome	Key Capabilities	Assessment
Professional Values and Behaviours	1	Demonstrate the professional values and behaviours required of a medical doctor in Psychiatry, with reference to Good Medical Practice and Core Values for Psychiatrists	<p><b>1.1 Work effectively with others</b></p> <ul style="list-style-type: none"> <li>• Demonstrates a person-centred clinical approach to patients that is honest, empathic, compassionate, holistic and respects their dignity while maintaining therapeutic optimism</li> <li>• Work collaboratively with patients, families carers of all ages and colleagues respecting their autonomy, diversity and valuing their contribution</li> </ul> <p><b>1.2 Demonstrate professional standards</b></p> <ul style="list-style-type: none"> <li>• Have a positive and conscientious approach to the completion of your work</li> <li>• Manages your own well-being and workload</li> <li>• Uses supervision and reflection effectively recognising your skills and limitations and acknowledge mistakes</li> </ul>	<p><b>ACE</b> <b>Mini-ACE</b> <b>CbD</b> <b>Mini-PAT</b> <b>Supervisor reports</b> <b>MRCPsych CASC</b></p> <p><b>ACE</b> <b>Mini-ACE</b> <b>CbD</b> <b>Mini-PAT</b> <b>Supervisor reports</b></p>

<p><b>Professional Skills</b></p>	<p><b>2</b></p>	<p><b>Demonstrate advanced communication skills to nurture therapeutic relationships as a fundamental part of person-centred psychiatric care.</b></p> <p><b>Recognise, assess and diagnose mental disorders.</b></p>	<p><b>2.1 Demonstrate an awareness of effective adaptable communication relevant to the patients context</b></p> <ul style="list-style-type: none"> <li>• Demonstrate you have an appreciation of how you as a medical doctor in Psychiatry communicate with others both verbally and non-verbally, consciously and unconsciously</li> <li>• Demonstrate you are able to use empathic language (both verbal and written) which respects the individual, removes barriers and inequalities, ensures partnership and shared decision-making and is clear, concise, non-discriminatory and non-judgemental</li> <li>• Demonstrate an understanding of the ways in which patients and others communicate both verbally and non-verbally, consciously and unconsciously</li> <li>• Demonstrate you are able to effectively explain to patients, families, carers of all ages as well as relevant others the outcome of assessment, treatment and management ensuring their ideas, values, concerns and expectations have been considered.</li> </ul> <p><b>2.2 Demonstrate clinical skills</b></p> <ul style="list-style-type: none"> <li>• Demonstrate that you have knowledge of genetic and epigenetic risks (including resilience and vulnerability factors), neuro-biological and developmental influences on mental disorder.</li> <li>• Demonstrate that you have an understanding of human psychology particularly around learning and behavioural stages of human development through the lifespan including awareness of normative as well as variations in presentations across cultures.</li> <li>• Demonstrate that you are able to take a full psychiatric history (including Mental State Examination) from the patient</li> </ul>	<p><b>ACE</b> <b>Mini-ACE</b> <b>CbD</b> <b>Mini-PAT</b> <b>DONCS</b> <b>MRCPsych CASC</b> <b>Supervisor reports</b></p> <p><b>ACE</b> <b>Mini-ACE</b> <b>CbD</b> <b>Mini-PAT</b> <b>DOPS</b> <b>CbDGA</b> <b>SAPE</b> <b>PACE</b> <b>MRCPsych Exam</b> <b>Supervisor reports</b></p>
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(as well as from relevant others if appropriate) in a range of mental disorders, in a range of acute and enduring clinical situations both routine and in an emergency, in hours as well as out-of-hours with increasing complexity under clinical and Psychiatric supervision.

- Demonstrate that you have knowledge of established psychiatric terminology and phenomenology and be able to incorporate such terminology into the mental state examination.
- Demonstrate that you are able to use the most up-to-date relevant classification system to establish a psychiatric diagnosis as well as a differential, keeping trauma in mind.
- Demonstrate that you are able to conduct a thorough physical examination, including neurological examination, in a timely fashion, respecting the wishes of the patient and relevant others and any ethical, cultural or diversity considerations.
- Demonstrate that you are able to clearly and concisely present the history, mental state examination and findings of the physical examination to your supervisor.
- Demonstrate that you have knowledge of the pharmacodynamics, pharmacokinetics, efficacy (including evidence base) and tolerability (including side effects) of psychotropic medication including those that are significant and life threatening.
- Deliver treatment in 2 psychological/psychotherapeutic modalities over both short and long durations in an appropriate setting, under the supervision of a Medical Psychotherapy Tutor.

	<p><b>Construct a formulation and deliver a range of psychological, biomedical, and social treatments for mental disorder tailoring them to meet the individual patients needs in a wide range of clinical contexts under supervision.</b></p> <p><b>Describe the various factors that are inherent to the complexity and uncertainty within psychiatric practice and the impact that they have on self, patients, carers of all ages, and colleagues.</b></p>	<p><b>2.3 Demonstrate an understanding of formulation</b></p> <ul style="list-style-type: none"> <li>Describe the predisposing, precipitating, presenting, perpetuating and protective factors (or an alternative formulation framework) that underpin the presentation of the patient and their wider system</li> </ul> <p><b>2.4 Apply the formulation to your clinical practice</b></p> <ul style="list-style-type: none"> <li>Devise safe, effective, collaborative systemic treatment and management plans depending upon the diagnosis, comorbidities, clinical situation and risks in an emergency, as well as in the short, medium and long term.</li> <li>Demonstrate you are able to safely prescribe evidence-based treatment (where available) as per national guidelines as well as the British National Formulary.</li> </ul> <p><b>2.5 Demonstrate the ability to manage complexity and uncertainty</b></p> <ul style="list-style-type: none"> <li>Demonstrate an understanding of Transference/Countertransference and know how to manage these effectively and safely to help with ongoing management via supervision</li> <li>Demonstrate the ability to review the systemic treatment and management when the outcome is not as expected/hoped for</li> <li>Demonstrate the ability to seek support when feeling 'stuck'</li> <li>Demonstrate the ability to be able to observe, absorb, contain and reflect on complex clinical/non-clinical situations to ensure a balanced response</li> <li>Demonstrate the ability to manage increasing levels of uncertainty safely under supervision prior to entering higher specialty training.</li> </ul>	<p><b>CbD MRCPsych Exam Supervisor reports</b></p> <p><b>CbD MRCPsych Exam Supervisor reports</b></p> <p><b>CbD MRCPsych Exam Supervisor reports</b></p>
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<b>Professional Knowledge</b>	<b>3</b>	<p><b>Apply the relevant legislative frameworks across the UK to safeguard patients with mental disorder and safely manage risk to themselves and others under supervision.</b></p> <p><b>Outline the structure and organisation of the NHS as well as the independent sector and the wider health and social care landscape.</b></p>	<p><b>3.1 Work within the relevant legislative frameworks</b></p> <ul style="list-style-type: none"> <li>• Know and apply the current legislation governing the care and treatment of people with mental disorder</li> <li>• Balance the duty of care to the patient and the protection of others with the restriction of human rights when considering the use of legal powers</li> </ul> <p><b>3.2 Work within the relevant organisational frameworks</b></p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge of the structure and development of national health and care services and regulatory authorities</li> <li>• Demonstrate working knowledge of local health and social care services through your interactions with them</li> </ul>	<p><b>ACE</b> <b>Mini-ACE</b> <b>CbD</b> <b>DONCS</b> <b>Supervisor reports</b></p> <p><b>CbD</b> <b>Mini-PAT</b> <b>PSR</b> <b>ESR</b></p>
<b>Health Promotion &amp; Illness Prevention</b>	<b>4</b>	<p><b>Recognise the importance of mental and physical health promotion and illness prevention for your patients and their wider community. Demonstrate how this is applied in your daily practice.</b></p>	<p><b>4.1 Engage with patients, families and carers of all ages around health promotion and illness prevention</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the importance of a holistic approach to patient care that recognises the interplay between mental and physical health</li> <li>• Apply your understanding of the factors affecting health inequalities and social determinants of mental and physical health to improve your patient's health</li> </ul> <p><b>4.2 Engage with your wider community around health promotion and illness prevention</b></p>	<p><b>ACE</b> <b>Mini-ACE</b> <b>CbD</b> <b>DONCS</b> <b>Mini-PAT</b> <b>Supervisor reports</b> <b>MRCPsych CASC</b></p> <p><b>CbD</b> <b>Supervisor reports</b> <b>CbD</b></p>



			<b>4.3 Identify and challenge stigma and discrimination against people with mental disorders</b>	<b>Supervisor reports</b>
<b>Leadership &amp; Teamworking</b>	<b>5</b>	<b>Recognise the personal qualities, team dynamics and human factors that are relevant in psychiatric practice. Apply these to work constructively within a team whilst developing personal leadership skills appropriate for your level and role.</b>	<b>5.1 Work with others</b> <ul style="list-style-type: none"> <li>• Show an awareness of your personal qualities and recognise the impact of your emotions and behaviours on your work</li> <li>• Demonstrate a working knowledge of the roles and responsibilities of, and the interface between multidisciplinary team members</li> </ul> <b>5.2 Demonstrate leadership skills</b> <ul style="list-style-type: none"> <li>• Demonstrate the ability to recognise and appraise the leadership skills of others in a range of contexts</li> <li>• Demonstrate the development and application of your own leadership skills</li> </ul>	<b>DONCS</b> <b>Mini-PAT</b> <b>Supervisor reports</b>  <b>DONCS</b> <b>Mini-PAT</b> <b>Supervisor reports</b>
<b>Patient Safety &amp; QI</b>	<b>6</b>	<b>Participate in and promote activity to improve the safety and quality of patient care and clinical outcomes in your psychiatric practice.</b>	<b>6.1 Patient safety</b> <ul style="list-style-type: none"> <li>• Understand the principles and engage with the systems of clinical governance that assure safety and quality of patient care</li> </ul> <b>6.2 Quality improvement</b> <ul style="list-style-type: none"> <li>• Demonstrate the importance of quality improvement to improve patient safety and outcomes of patient care</li> <li>• Undertake quality improvement activities relevant to your clinical practice</li> </ul>	<b>CbD</b> <b>Supervisor reports</b>  <b>CbD</b> <b>CP</b> <b>JCP</b> <b>Supervisor reports</b>



Safeguarding Vulnerable Groups	7	<p>Recognise and assess the factors that contribute to vulnerability.</p> <p>Identify those patients and relevant others who may be vulnerable and work collaboratively in safeguarding their welfare in a timely and appropriate manner.</p>	<p>7.1 Demonstrate specialist knowledge of the individual and systemic factors contributing to the vulnerabilities and safeguarding concerns in people of all ages with mental disorders</p> <p>7.2 Demonstrate knowledge of the individual and systemic factors contributing to vulnerabilities and safeguarding concerns in people of all ages</p> <p>7.3 Work within legislative frameworks and local process to raise and report safeguarding concerns in a timely manner and contribute to safeguarding processes</p>	<p>CbD Supervisor reports</p> <p>CbD Supervisor reports</p> <p>CbD Supervisor reports</p>
Education & Training	8	Plan and provide effective education and training.	<p>8.1 Demonstrate an understanding of the principles of learning as related to medical education and apply this to your practice</p> <p>8.2 Demonstrate an awareness of the principles of feedback, and be able to implement this knowledge in the giving and receiving of feedback related to your teaching and learning activities</p> <p>8.3 Actively take part in clinical, psychiatric and educational supervision, understanding your role and responsibilities as a trainee and that of your trainers/supervisors</p>	<p>AoT CP JCP Supervisor reports Mini-PAT</p>
Research & Scholarship	9	Demonstrate knowledge of research methodology,	<p>9.1 Demonstrate an understanding of the principles of research</p> <ul style="list-style-type: none"> <li>Describe the various methodologies research</li> <li>Understand the ethics of research</li> </ul>	<p>AoT CP JCP</p>

	<b>critical appraisal and best practice guidance and apply it to your clinical practice.</b>	<b>9.2 Demonstrate the ability to critically appraise research and translate it your clinical practice</b>	<b>MRCPsych Exam (paper b) Supervisor reports</b>
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