The Competency Checklist for Psychiatry
For Core Trainees

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The Competency Checklist

- New initiative
- Came into effect in August 2012
- All new core trainees to the Deanery to formally demonstrate they have the minimum basic communication and clinical skills to work safely in a mental health setting.
- “fitness to practice” assessment

Surely this is a given?...
Unfortunately not

- Starting core training can be daunting
- Paucity of FY posts
- New CT1s are frontline from Day 1
- Perform and interpret specialist assessments
The Annual London Deanery Trainee Survey 2012 – On call shift

How confident did you feel on your first ever on-call shift?

- Not at all confident
- Not very confident
- Quite confident
- Very confident
- Not applicable
The Annual London Deanery Trainee Survey 2012

How confident did you feel seeing patients in your first outpatient clinic alone?

- Not at all confident
- Not very confident
- Quite confident
- Very confident
- Not applicable
Two key aims

Patient safety
- Ensures all new trainees can demonstrate competency in clinical skills and have a language proficiency to ensure safe service provision.

Early identification of where skills need to be learnt

Timely achievement of Membership and completion of core training

Identify trainees who need language and communication support
What does the assessment entail…

The Royal College of Psychiatrists’ competency-based curriculum for core training

GMC Good Medical Practice and College Good Psychiatric Practice

A Competency Based Curriculum for Specialist Core Training in Psychiatry

CORE TRAINING IN PSYCHIATRY
CT1 – CT3

Royal College of Psychiatrists
February 2010

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What does the assessment entail...

The Royal College of Psychiatrists’ competency-based curriculum for core training

GMC Good Medical Practice and College Good Psychiatric Practice

5 of the 18 domains of Intended Learning Objectives were identified

FIG 1. The Intended Learning Objective (ILO) domains within the competency-based curriculum for core psychiatry training
What does the assessment entail...

The Royal College of Psychiatrists’ competency-based curriculum for core training

GMC Good Medical Practice and College Good Psychiatric Practice

5 of the 18 domains of Intended Learning Objectives were identified

Translated into 8 clinical skills
- Face validity with trainers
- Successful pilot
- Trainee survey

WHAT CLINICAL SKILLS WILL BE ASSESSED IN THE COMPETENCY CHECKLIST?

1. Elicit a Clinical History
   Trainee should demonstrate a basic ability to elicit a psychiatric history, showing an awareness of the key areas of importance.

2. Perform a Mental State Examination
   Trainee should demonstrate they are able to elicit major psychopathology.

3. Perform Cognitive Screening Assessment
   Trainee should be able to perform and score a cognitive screening assessment.

4. Perform a Risk Assessment
   Trainee must show an awareness of the importance of historical identifiers and mental state that relate to risk.

5. Present a Clinical Case
   Trainee to be able to summarise findings, offer a differential diagnosis, and propose an initial safe management plan.

6. Perform Physical Examination
   Trainee must demonstrate and present a reliable and appropriate physical examination.

7. Prescribe safely in Psychiatry
   Trainee to demonstrate they can prescribe accurately and safely and be able to prescribe rapid tranquillisation according to local guidelines.

8. Write clinical letter or report
   Trainee to demonstrate basic competence in language and communication and accurately convey relevant clinical information with clear plan.

PLUS Global impression of trainee’s verbal and written language and communication skills.
Prior to starting training, core trainees receive the Trainee Handbook
- Outline of assessment
- Learning Resources
- Checklist form

Trainers will have the Trainer’s Handbook
- Level of competence required
- OSCE style or on the ward
- Support for trainees not able to demonstrate competency

Competency 1 (Hx) and Competency 2 (MSE) must be achieved before on call and OPA work
- Trainees not able to do this – CLOSELY SUPERVISED
- Specific support and supervision in relevant domain until competency is achieved.
The Form

**London Deanery**

**THE COMPETENCY CHECKLIST IN PSYCHIATRY**

**Name of Trainee:**

**Name of Clinical Supervisor(s):**

**Date of starting post:**

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3. **Perform a cognitive screening assessment**

Trainee must be able to perform and score a competent cognitive assessment using either MMSE or SMMSE.

**How was competence assessed?**

- Methodology: FMGSC, with patient.

**Any learning objectives identified?**

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<th>Assessor’s Name (PNT):</th>
<th>Assessor Grade: SAG/SST - SAG/SST Consultant</th>
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4. **Perform a risk assessment**

Trainee must show an awareness of the importance of historical identifiers and mental state that relate to risk. Risk assessment must include risk to self, risk to others, and risk to others.

**How was competence assessed?**

- Methodology: FMGSC, patient interview, completion of multi-factorial assessment form.

**Any learning objectives identified?**

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2. **Perform a mental state examination (MSE) for a common psychiatric disorder**

Trainee must demonstrate ability to elicit a psychopathology, showing an awareness of the key areas of importance.

**How was competence assessed?**

- Methodology: FMGSC, interview of an deceased patient.

**Any learning objectives identified?**

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1. **Elicit a basic clinical history for a common psychiatric disorder**

Trainee has demonstrated a basic ability to elicit a patient history, showing an awareness of the key areas of importance.

**How was competence assessed?**

- Methodology: FMGSC, interview of an deceased patient.

**Any learning objectives identified?**

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THE COMPETENCY CHECKLIST IN PSYCHIATRY
SIGN-OFF SHEET

Name of Trainee:

Name of Clinical Supervisor(s):

Date of starting post:

TRAINER DECLARATION 1: Regarding competence in basic knowledge and skills in psychiatry

☐ I confirm that this is appropriate.

TRAINER DECLARATION 2: Regarding verbal and written communication proficiency

☐ I have assessed the above trainee’s verbal and written communication and consider the trainee’s language and communication skills are sufficient for their career in psychiatry.

☐ I have assessed the above trainee’s verbal and written communication and consider the trainee has some significant difficulty in language and or communication. This trainee would benefit from this being identified as a developmental need and additional appropriate support to be put in place.

Signed by Clinical Supervisor Print Name Date

Signed by Trainee Print Name Date

Evidence required ARCP

Trainees with Language and/or communication difficulties
Ways forward

- Incorporate it into induction or academic programme
- Measurable outcomes
  - Trainee survey
  - Local audit
  - Clinical incidents involving trainees
  - CASC results and completion of core training
  - Trainees in difficulty
- Developing an equivalent for Foundation Doctors
- For CT2/3 – MHA, MCA, more complex cases…
- Other interested parties…
Deanery website

http://www.londondeanery.ac.uk/specialty-schools/psychiatry/competency-checklist

PDF downloadable version