Psychiatry: Core EPA #11

Integrating the principles and skills of neurostimulation into patient care

Key Features:

- This EPA focuses on the application of neurostimulation modalities in the management of adult and older adult patients.
- This includes identifying suitable candidates and completing pre-procedure work-up which includes informed consent discussion; delivering neurostimulation; managing and interpreting electroencephalography (EEG); providing follow-up care; and managing complications.
- This EPA also includes communicating with the patient or substitute decision maker and family about the procedure to guide consent and dealing with stigma or cultural resistance related to acceptance of the proposed procedure.
- The observation of this EPA is divided into two parts: suitability for neurostimulation; delivery of neurostimulation.
- It is recommended that EPA observations should be planned collaboratively before or at the time of the activity.

Assessment plan:

Part A: Suitability for neurostimulation
Direct and indirect observation by psychiatrist

Use form 1. Form collects information on:

- Case type (write-in):
- Modality: ECT; rTMS; other evidence-based form of neurostimulation
- Setting: inpatient unit; outpatient; simulation
- Demographic: adult; older adults

Collect 3 observations of achievement

- At least 1 of each demographic
- At least 2 ECT cases

Part B: Delivery of neurostimulation
Direct observation by psychiatrist or neurostimulation provider

Use form 1. Form collects information on:

- Case type (write-in):
- Modality: ECT; rTMS; other evidence-based form of neurostimulation
- Demographic: adult; older adults

Collect 3 observations of achievement

- At least 2 ECT cases

© 2026 The Royal College of Physicians and Surgeons of Canada. All rights reserved.

CanMEDS Milestones:

Part A: Suitability for neurostimulation

1. **ME 2.4 Develop and implement management plans that consider all the patient's health problems and context**
2. **ME 2.2 Assess a patient's suitability to proceed with neurostimulation**
3. **ME 3.2 Describe the indications, contraindications, risks, and alternatives for neurostimulation**
4. **COM 3.1 Provide information clearly and compassionately, checking for patient/family understanding**
5. **COM 4.3 Answer questions from the patient and/or family**
6. **COM 4.3 Use communication skills and strategies that help the patient and family make informed decisions**
7. **ME 3.2 Use shared decision-making in the consent process**
8. **ME 3.2 Obtain and document informed consent**
9. **ME 2.4 Anticipate peri-procedural issues and complications, and incorporate these considerations in the management plan**
10. **HA 1.2 Work with patients and their families to decrease stigma regarding neurostimulation treatments**

Part B: Delivery of neurostimulation

1. **ME 2.2 Assess a patient's suitability to proceed with neurostimulation**
2. **ME 3.2 Describe the indications, contraindications, risks, and alternatives for neurostimulation**
3. **ME 3.2 Obtain and document informed consent**
4. **ME 3.4 Prepare and position the patient for the neurostimulation procedure**
5. **ME 3.4 Ensure correct application of monitoring equipment**
6. **ME 3.4 Apply neurostimulation using appropriate techniques**
7. **COL 1.2 Communicate effectively with multi-disciplinary team during the procedure**
8. **ME 3.4 Document the encounter to adequately convey the procedure and outcome(s)**
9. **ME 3.4 Establish and implement a plan for post-procedure care**

© 2026 The Royal College of Physicians and Surgeons of Canada. All rights reserved.