Psychiatry: Foundations EPA #6

Integrating the foundational principles and skills of psychopharmacology into patient care

Key Features:

- This EPA focuses on pharmacological interventions and includes the prescription, management, and monitoring of medications for adult patients (18+).
- This EPA assesses the application of evidence-based guidelines to prescribe indicated medications that are tailored to the patient's clinical profile, including prescribing agents to treat side effects (focusing on extrapyramidal side effects), and agents used as an add on or adjunct for partial response. This includes considering initial dosing principles and addressing side effects.
- This EPA involves monitoring and managing medications. Monitoring includes reviewing bloodwork, metabolic parameters, and side effects such as extrapyramidal side effects. Managing involves titrating, switching, augmenting (add on or adjunct) for partial response, or discontinuing medications as appropriate to the patient's evolving circumstances.
- It also includes shared decision-making, obtaining informed consent, providing education for medication, and facilitating access to medication as appropriate in the adult population.
- This EPA may be observed using a clinical patient encounter, including inpatient or outpatient settings, or simulation, if required.
- It is recommended that EPA observations should be planned collaboratively before or at the time of the activity.

Assessment plan:

Direct and indirect observation by psychiatrist, TTP Psychiatry resident, or subspecialty resident

Use form 1. Form collects information on:

- Activity (select all that apply): starting; monitoring (review bloodwork, side effects and metabolic parameters); managing (titrating, switching, augmenting, or discontinuation)
- Medication (select all that apply): agent to treat extrapyramidal side effects; lithium; long-acting injectable antipsychotic (LAI); monoamine oxidase inhibitor (MAOI); mood stabilizer other than lithium; oral antipsychotic; sedative/hypnotic; serotonin-noradrenaline reuptake inhibitor; serotonin specific reuptake inhibitor; stimulant; tricyclic; other antidepressant; other medication (write in)
- Observation: direct; indirect; simulation
- Observer: psychiatrist; TTP psychiatry resident; subspecialty psychiatry resident

Collect 13 observations of achievement
Starting:

- 1 LAI
- 1 lithium
- 1 oral antipsychotic
- 2 antidepressants (2 different classes)
- 1 mood stabilizer other than lithium

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- 1 sedative/hypnotic or other non-benzodiazepine for sleep
- 1 agent to manage extrapyramidal side effects

Managing:

- 2 antidepressants (2 different classes)
- 1 stimulant
- 1 oral antipsychotic
- 1 lithium

With:

- At least 8 direct observations
- At least 3 different observers
- At least 6 by psychiatrists

CanMEDS Milestones:

1. **ME 1.3 Apply knowledge of pharmacodynamics and pharmacokinetics at various developmental stages**
2. **ME 1.6 Adapt care as the complexity, uncertainty, and ambiguity of the patient's clinical situation evolves**
3. **ME 3.2 Describe the indications, contraindications, risks, and alternatives for a given treatment plan**
4. **ME 2.2 Assess and monitor patient adherence and response to therapy**
5. **ME 2.2 Assess potential harmful or beneficial drug-drug interactions**
6. **ME 3.2 Obtain and document informed consent**
7. **ME 4.1 Develop plans for ongoing management and follow-up**
8. **L 2.2 Apply evidence and management processes to achieve cost-appropriate care**
9. **HA 1.1 Facilitate access to appropriate medications**

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