

WHAT IS CBD?

Competency by Design is the Royal College's model of Competency Based Medical Education and is the terminology for the competency based method of medical education that we are using in the Department of Psychiatry. It is a change to postgraduate residency training with the goal of enhancing patient care by improving resident learning and assessment.

CBD is a system of medical education that focuses on outcomes and is based on a framework of competencies. It organizes training into stages, provides guidance for teaching and learning at each stage and includes frequent, in the moment, low stakes assessments of competencies. The competency stages are assessed using a series of entrustable professional activities (EPAs) which are made up of measurable milestones. Residents must now demonstrate EPA competence in order to progress through their stages of training.

This graphic illustrates the stages of training under CBD as developed by the Royal College.



¹ Competence by Design (CBD)

² Milestones at each stage describe terminal competencies