



# UC IRVINE SCHOOL OF MEDICINE OFFICE OF GRADUATE MEDICAL EDUCATION

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## PSYCHIATRY OUTPATIENT CLINIC ANXIETY DISORDERS WEDNESDAY MORNINGS, JULY – DECEMBER 2020

### Attendings:

**Deena McRae, MD**

[mcraed@hs.uci.edu](mailto:mcraed@hs.uci.edu)

Cell 949-510-7954

**Brian Maser, MD**

[brian.maser@va.gov](mailto:brian.maser@va.gov)

Cell 626-755-8603

### Internal Medicine Residents

Andrew Liu, PGY3

David Neary, PGY2

Amir Mekhail, PGY2

Maya Yabumoto, PGY2

### Wednesday mornings

8:15 – 8:40 AM

Teaching time

8:40 – 9:00 AM

Prepare for patients

9:00 AM – 12:00 PM

Clinic

### Location

VA: Building 1, 1<sup>st</sup> floor, Outpatient Psychiatry Clinic

### Curriculum

- Month 1: Introduction to Outpatient Clinic  
Prioritization of Safety  
Review of goals and objectives  
Refresher of psych interview and mental status exam
- Month 2: Dr. McRae - Present an overview of anxiety disorders (diagnosis, treatment)  
Resident - Think about presentation topic
- Month 3: Dr. McRae - Present an overview on depression and suicide (diagnosis, treatment, resources)  
Resident - Finalize presentation topic and discuss with Dr. McRae
- Month 4: Mid-rotation feedback session and review of written evaluation  
Dr. McRae - Present on Common Outpatient Problems: Insomnia
- Month 5: Dr. McRae to present on Common Outpatient Problems: Medication Adherence, Pregnancy and Breastfeeding
- Month 6: Dr. McRae to present on national, state, regional and local resources for patients and physicians  
Resident Presentation (10 minutes)  
Final formal feedback session and review of written evaluation

### References



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Elements of the Psychiatric Assessment

<https://med.unr.edu/psychiatry/education/resources/psychiatric-assessment-elements>

Psychiatric Interview

<https://emedicine.medscape.com/article/1941476-overview>

### **Clinic Requirements**

1. Always call Dr. McRae if there are any concerns about arriving to clinic on time.
2. Please complete medical records before leaving clinic or by 12:30 PM.
3. Please notify Dr. McRae or Dr. Maser immediately if you are ever concerned about the patient's safety or anyone else's safety, including your own.
4. Always immediately remove yourself from the situation if you feel uncomfortable or unsafe. Your safety is always top priority.
5. Always sit in a patient room between the patient and the door, so you are never blocked from an easy exit from the room.

### **Curricular Requirement**

Please select one topic related to a common psychiatric problem you would see in your patient population and provide a 10-minute presentation at your last clinic with us (check schedule).

### **Goals and Objectives of Rotation for PGY2**

#### **I. Patient Care**

**Goal:** Residents must be able to provide basic care to patients that is compassionate, appropriate, and effective for the assessment and treatment of mental health problems or appropriately refer to more specialized services.

#### **Objectives:**

- A. Evaluate and treat patients of different ages and genders from diverse backgrounds, and from a variety of ethnic, racial, sociocultural, and economic backgrounds.
- B. Form a therapeutic alliance with patients and their families of all ages and genders, from diverse backgrounds, and from a variety of ethnic, racial, sociocultural, and economic backgrounds.
- C. Elicit a clear and accurate history.
- D. Perform a mental status examination.
- E. Complete a systematic recording of accurate findings in the medical record.
- F. Develop a preliminary differential diagnosis and treatment plan for patients with mood and anxiety disorders.
- G. Perform a risk assessment to determine if psychiatric consultation or emergency services are necessary.

#### **II. Medical Knowledge**

**Goal:** Residents must demonstrate a basic knowledge of established and evolving biomedical, clinical, and epidemiological sciences for the patient with mental health concerns who may be seen in the primary care setting.

#### **Objectives:**

- A. Demonstrate a basic understanding of the etiologies, prevalence, and diagnosis of the psychiatric conditions which will be commonly seen in the primary care clinic.



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- B. Demonstrate a basic understanding of the psychopharmacological and non-pharmacologic treatment of ambulatory patients with depressive and anxiety disorders.
- C. Demonstrate a basic understanding of psychopharmacological and non-pharmacologic treatment options for insomnia.
- D. Demonstrate a basic understanding of risks and benefits of various treatment options when a patient with a depressive or anxiety disorder is pregnant or breastfeeding.
- E. Display understanding and knowledge of DSM-V criteria for basic mood and anxiety disorders.

### III. Practice-based Learning and Improvement

**Goal:** Residents must demonstrate an ability to investigate and evaluate their care of patients, to appraise and assimilate scientific evidence, and to continuously improve patient care based on constant self-evaluation and lifelong learning.

**Objectives:**

- A. Identify strengths, deficiencies and limits in one's knowledge and expertise.
- B. Set learning and improvement goals.
- C. Identify and perform appropriate learning activities.
- D. Incorporate feedback and formative evaluation into daily practice.
- E. Locate, appraise and assimilate evidence from scientific studies related to patients' health problems.
- F. Use information technology to optimize learning.

### IV. Interpersonal and Communication Skills

**Goal:** Residents must demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, their families, and health professionals.

**Objectives:**

- A. Demonstrate respect for others, as well as honesty and integrity, in all interactions with patient, families, staff, attendings and peers.
- B. Effectively communicate with patients and families across a broad range of socioeconomic and cultural backgrounds.
- C. Communicate effectively with physicians, other health professionals, and staff.
- D. Work effectively as a member of a health care team or other professional group.
- E. Educate patients, families, students and other health professionals.
- F. Maintain comprehensive and timely medical records.
- G. Display compassion and empathy with the patient, establishing patient-doctor trust and rapport.
- H. Develop rapport with patient and family in order to obtain a comprehensive history.
- I. Present and accurately document a history and mental status exam, displaying organization and understanding of the key components (e.g., pertinent positive and negative symptoms, critical psychiatric historical events).
- J. Summarize the impact of culture, socioeconomic class, gender, race, and ethnicity on psychiatric care.

### V. Professionalism

**Goal:** Residents must demonstrate a commitment to professionalism and an adherence to ethical principles.

**Objectives:**

- A. Consistently demonstrate compassion, integrity and respect for others, which includes patients, patients' families, physicians, residents, students and staff.



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- B. Respond to patient needs that supersedes self-interest.
- C. Demonstrate respect for patient privacy and autonomy.
- D. Demonstrate respect and responsiveness to diverse patient populations, including but not limited to diversity in gender, age, culture, race, religion, disabilities, national origin, socioeconomic status, and sexual orientation.
- E. Competently and professionally teach and supervise medical students.

### VI. Systems-based Practice

**Goal:** *Residents must demonstrate an awareness of and responsiveness to the larger context and system of health care, including the social determinants of health, as well as the ability to call effectively on other resources to provide optimal health care.*

**Objectives:**

- A. Advocate for quality patient care.
- B. Work in interprofessional teams to enhance patient safety and improve patient care quality.
- C. Incorporate considerations of value, cost awareness, delivery and payment, and risk-benefit analysis in patient and/or population-based care as appropriate.
- D. Understand health care finances and its impact on individual patients' health decisions and disparities that exist in mental health field and for our patients.
- E. Assist patients in dealing with system complexities to get access to mental health care resources.
- F. Demonstrate a broad knowledge of psychiatric treatment in the community setting including the impact of various health-care systems on patient care.