

**This report indicates the competences obtained and assessed and must be completed by a person who has been directly responsible for your training and supervision.**

In order to be eligible to apply for specialty training at ST4 level in psychiatry, applicants must demonstrate that they have attained and maintained core competences set out in all 18 ILOs in the 2010 core psychiatry curriculum<sup>1</sup>. Please note that the new 2013 core psychiatry curriculum has 19 ILOs, but for the August 2015 intake the 19<sup>th</sup> ILO is not mandatory. This report should be used as part of evidence if the applicant did not complete UK approved core training and/or is unable to provide any other form of evidence, such as ARCP<sup>2</sup> reports, to support an application for advanced training.

The report should be supported by a comprehensive portfolio of evidence demonstrating how the competences have been attained and maintained. The person completing this form must consider the actual progress of the applicant and be fully satisfied that all the competences have been obtained and give relevant details.

As a benchmark, by the end of CT3/ST3 the trainee will be **"safe to make decisions in all but the most complex clinical situations; competent"**.

## Section 1. Basic information

Applicant's name

Applicant's GMC number

Date of completion of the report

Name of person completing report

Position/Job Title

Relationship to applicant

GMC number

## Section 2: EVIDENCE SUMMARY

### 2.1. continuing development

The applicant must demonstrate to the supervisor that he/she has been engaged in continuing professional development and appraisal. Documentation from training, ARCPs, appraisals and any other relevant reports must be shared and the applicant must show how they have developed. Any reports from trust or other investigations into performance and any reports from other bodies such as the General Medical Council (GMC) that are still current must also be shared with the supervisor. It is the trainee's responsibility to ensure that no relevant information is withheld.

The applicant has produced all available evidence of performance in previous posts, including ARCP results, appraisal, complaints, and investigations.

☐ yes ☐ no

Is there evidence that any learning objectives and performance concerns have been satisfactorily met?

☐ yes ☐ no

<sup>1</sup> The 2010 and 2013 Curricula can be found on the RCPsych website at:

<http://www.rcpsych.ac.uk/trainingspecialty/corespecialtytraining/curriculum.aspx>

<sup>2</sup> Annual Review of Competence Progression. Further information on ARCP is available on the GMC website at:

[http://www.gmc-uk.org/education/competence\\_progression\\_review.asp](http://www.gmc-uk.org/education/competence_progression_review.asp)

## 2.2. Psychotherapy

Assessment	Achieved at least satisfactory in all domains
SAPE <sup>3</sup> or other form of recording psychotherapy experience - Short duration therapy	<input type="checkbox"/> yes <input type="checkbox"/> no Provide details
SAPE or other form of recording psychotherapy experience - Long duration therapy	<input type="checkbox"/> yes <input type="checkbox"/> no Provide details

## 2.3. Professional Competences

### 2.3a Curriculum coverage

In assessing these domains you should assess the applicant against the expectations for completion of core psychiatry training as set out in the curriculum.

It is the applicant's responsibility to bring together all the evidence to enable you to assess progression to achieving the competences. The evidence is likely to include workplace based assessments, multisource feedback and other portfolio content.

### 1. Be able to perform specialist assessment of patients and document relevant history and examination on culturally diverse patients to include: presenting or main complaint; history of present illness; past medical and psychiatric history; systemic review; family history; socio-cultural history; developmental history.

*By the end of CT3, the trainee should demonstrate the ability to independently take a competent history and perform an examination on adult patients who present with a full range of psychiatric disorders and in sub-specialty services.*

Mark as appropriate

A. History taking	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Mental state examination	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Physical examination	<input type="checkbox"/> yes <input type="checkbox"/> no
D. Obtaining collateral History	<input type="checkbox"/> yes <input type="checkbox"/> no

Detail the evidence presented by the doctor

### 2. Demonstrate the ability to construct formulations of patient's problems that include appropriate differential diagnosis.

*By the end of CT3, the trainee should demonstrate the ability to construct a formulation of patients with a full range of psychiatric disorders including sub-specialty and complex cases.*

Mark as appropriate

A. Create a differential diagnosis	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Identify aetiology factors	<input type="checkbox"/> yes <input type="checkbox"/> no

Detail the evidence presented by the doctor

### 3. Demonstrate the ability to recommend relevant investigation and treatment in the context of the clinical management plan. This will include the ability to develop and document an investigation plan including appropriate medical, laboratory, radiological and psychological investigations and then to construct a comprehensive treatment plan addressing biological, psychological and socio-cultural domains.

*By the end of CT3, the trainee should demonstrate the ability to negotiate treatment options in more challenging situations.*

Mark as appropriate

A. Negotiate treatment	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Further investigations	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Treatment planning	<input type="checkbox"/> yes <input type="checkbox"/> no

Detail the evidence presented by the doctor

<sup>3</sup> Structured Assessment of Psychotherapy Expertise. Further information on SAPE is available in core curriculum 2010, available from - <http://www.rcpsych.ac.uk/traininpsychiatry/corespecialtytraining/curriculum.aspx>

- 4. Based on a comprehensive psychiatric assessment, demonstrate the ability to comprehensively assess and document patient's potential for self-harm or harm to others. This would include an assessment of risk, knowledge of involuntary treatment standards and procedures, the ability to intervene effectively to minimise risk and the ability to implement prevention methods against self-harm and harm to others. This will be displayed whenever appropriate, including in emergencies.**

*By the end of CT3, the trainee should demonstrate the ability to perform a competent risk assessment and construct a defensible risk management plan in subspecialty services and be able to perform a competent assessment of a patient who may require intervention using mental health or capacity legislation.*

Mark as appropriate

A. Assessing risk	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Risk management planning	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Assessment & management of violence, emergency situation or other serious untoward event	<input type="checkbox"/> yes <input type="checkbox"/> no
D. Assessment for mental health/capacity legislation	<input type="checkbox"/> yes <input type="checkbox"/> no

Detail the evidence presented by the doctor

- 5. Based on the full psychiatric assessment, demonstrate the ability to conduct therapeutic interviews; that is to collect and use clinically relevant material. The doctor will also demonstrate the ability to conduct a range of individual, group and family therapies using standard accepted models and to integrate these psychotherapies into everyday treatment, including biological and socio-cultural interventions.**

*During CT2 and CT3 the trainee should keep their trainer updated on their progress in undertaking a brief and long term psychological therapy assessed by a supervisor using the SAPE. Trainees must otherwise demonstrate ability to apply specific psychological models in their formulations.*

Mark as appropriate

A. Progress towards undertaking a psychotherapy case	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Ability to apply psychological models in formulations	<input type="checkbox"/> yes <input type="checkbox"/> no

Detail the evidence presented by the doctor

- 6. Demonstrate the ability to concisely, accurately and legibly record appropriate aspects of the clinical assessment and management plan**

*During CT3, the trainee should continue to demonstrate the ability to properly record appropriate aspects of clinical assessments and management plans. By the end of CT3, the trainee will be able to describe the structure, function and legal implications of medical records and medico-legal reports.*

Mark as appropriate

A. Record keeping	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Medico legal report writing	<input type="checkbox"/> yes <input type="checkbox"/> no

Detail the evidence presented by the doctor

- 7. Develop the ability to carry out specialist assessment and treatment of patients with chronic and severe mental disorders and to demonstrate effective management of these disease states.**

*Aspects of this competency may be developed in year 2, but all by the end of year 3.*

Mark as appropriate

A. Assess capacity in person who has cognitive impairment	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Construct medication treatment plan for older person with chronic mental illness	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Construct treatment plan for with adult severe and enduring mental illness.	<input type="checkbox"/> yes <input type="checkbox"/> no
D. Construct treatment plan for child or person with learning difficulties with a long-term neuro-developmental disorder	<input type="checkbox"/> yes <input type="checkbox"/> no

Detail the evidence presented by the doctor

<b>8. Use effective communication with patients, relatives and colleagues. This includes the ability to conduct interviews in a manner that facilitates information gathering and the formation of therapeutic alliances.</b> <i>By the end of CT3, the trainee should demonstrate the ability to conduct clinical interviews in increasingly challenging situations.</i>	
Mark as appropriate	
A. Ability to conduct interviews	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Ability to use emotional sensitivity	<input type="checkbox"/> yes <input type="checkbox"/> no
Please indicate if there is evidence to show that the above competences have been acquired in learning disability or child psychiatry post.	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>9. Demonstrate the ability to work effectively with colleagues, including team working.</b> <i>The trainee should demonstrate the ability to work effectively as a member of a subspecialty mental health team.</i>	
Mark as appropriate	
• Team Working	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>10. Develop appropriate leadership skills.</b> <i>By the end of CT3, the trainee should demonstrate the ability to take a lead in an aspect of the work of a mental health team.</i>	
Mark as appropriate	
• Leadership skills	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>11. Demonstrate the knowledge, skills and behaviours to manage time and problems effectively.</b> <i>During CT3, the trainee should maintain the ability to independently organise their work time in the context of a mental health service effectively, flexibly and conscientiously and be able to prioritise clinical problems. By the end of CT3, the trainee should demonstrate awareness of the importance of continuity of care.</i>	
Mark as appropriate	
A. Time management	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Communication with colleagues	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Problem-solving and decision making	<input type="checkbox"/> yes <input type="checkbox"/> no
D. Maintaining continuity of care	<input type="checkbox"/> yes <input type="checkbox"/> no
E. Responding to complaints	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>12. Demonstrate the ability to conduct and complete audit in clinical practice.</b> <i>By the end of CT3, the trainee should demonstrate the ability to independently perform an audit project and apply its findings to the service as well as their own practice.</i>	
Trainee has:	
Mark as appropriate	
• Collected data	<input type="checkbox"/> yes <input type="checkbox"/> no
• Presented data with recommendations	<input type="checkbox"/> yes <input type="checkbox"/> no
• Completed the audit cycle	<input type="checkbox"/> yes <input type="checkbox"/> no
Audit: overall score for ability to independently perform audit & apply findings	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	

<b>13. Develop an understanding of the implementation of clinical governance.</b>	
<i>By the end of CT3, the trainee should demonstrate the ability to deviate from clinical guidelines when clinically appropriate to do so.</i>	
<i>Mark as appropriate</i>	
A. Understanding of the Clinical Governance Framework	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Ability to appropriately deviate from guidelines	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>14. Ensure that the doctor is able to inform and educate patients effectively.</b>	
<i>By the end of CT3, the trainee should demonstrate the ability to help a patient with a relapsing illness construct a relapse prevention plan.</i>	
<i>Mark as appropriate</i>	
A. Ability to effectively inform and educate patients	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Ability to develop relapse prevention plan	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>15. Develop the ability to teach, assess and appraise.</b>	
<i>By the end of CT3, the trainee should demonstrate the ability to teach in a variety of settings and to conduct assessments.</i>	
<i>Mark as appropriate</i>	
A. Ability to construct a learning plan	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Ability to participate in appraisal	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Ability to teach in a variety of settings	<input type="checkbox"/> yes <input type="checkbox"/> no
D. Ability to conduct assessments	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>16. Develop an understanding of research methodology and critical appraisal of the research literature.</b>	
<i>By the end of CT3, the trainee should demonstrate an understanding of basic research methodology and critical appraisal applied to the study of psychiatric illness and its treatment.</i>	
<i>Mark as appropriate</i>	
A. Use of evidence in practice	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Demonstrates understanding of research methodology and critical appraisal	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>17. Ensure that the doctor acts in a professional manner at all times.</b>	
<i>By the end of CT3, the trainee should demonstrate skills in limiting information sharing appropriately, skills in obtaining consent and performing a risk assessment in children or people with learning disabilities who have a mental health problem.</i>	
<i>Mark as appropriate</i>	
A. Understanding of Doctor-Patient relationship	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Confidentiality	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Obtaining Consent	<input type="checkbox"/> yes <input type="checkbox"/> no
D. Recognising own limits	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	
<b>18. Develop the habits of lifelong learning.</b>	
<i>By the end of CT3, the trainee should demonstrate the ability to use systems to maintain up-to-date practice and demonstrate an understanding of the relevance of professional bodies.</i>	
<i>Mark as appropriate</i>	
A. Takes advantage of learning opportunities	<input type="checkbox"/> yes <input type="checkbox"/> no
B. Evidence of reflective practice	<input type="checkbox"/> yes <input type="checkbox"/> no
C. Understanding of relevant professional bodies	<input type="checkbox"/> yes <input type="checkbox"/> no
Detail the evidence presented by the doctor	

**19. Develop the skills of reflective practice.**

***By the end of CT3, the trainee should demonstrate a capacity to use self reflection to manage disturbance in patients with evidence of a change process in their understanding of the boundaries of safe and effective practice for them and others.***

*Providing evidence for this ILO is not mandatory until 2015, but applicants are advised to do so if possible*

Mark as appropriate

A. Reflective Practice skills

☐ yes ☐ no

Detail the evidence presented by the doctor

**DECLARATION**

I understand that I have a professional duty to document any concerns identified.

*Please select as appropriate:*

I have no concerns and the applicant is ready to progress to advanced training	<input type="checkbox"/>
The applicant is not ready to progress to advanced training	<input type="checkbox"/>

Signed \_\_\_\_\_ Date \_\_\_\_\_ PRINT NAME \_\_\_\_\_

**APPLICANT'S DECLARATION**

I confirm that the evidence I provided is a complete and accurate record of the evidence collected and assessments undertaken in support of my application for advanced training in psychiatry.

Signed \_\_\_\_\_ Date \_\_\_\_\_ PRINT NAME \_\_\_\_\_