Curricular Innovation in GME: Integrating Adult Learning and Patient Centered Approaches

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Five Years Ago in the Yale Psychiatry Residency

- Clinical rotations minimized disruptions
  - Inpatient: 3 months on unit/same supervisors
  - Outpatient: 12 months, fulltime in same clinic

- Excellent clinical supervision in psychodynamic psychotherapy
  - 2.5 years with same patient and same supervisor
  - Resident meets with each once/week
  - Use of process notes for learning
Five Years Ago in the Yale Psychiatry Residency

- Didactics organized into courses directed by faculty experts with minimal central oversight
  - Some topics covered multiple times
  - Other important topics not covered
  - No shared values or pedagogy

- Curriculum did not support ACGME general medical competencies of Systems Based Practice and Practice Based Learning
Program Organization

**Core Values:** (rather than ACGME requirements)

- Patient Care
- Medical Knowledge
- Reflective Practice
- System Based Practice
- Interpersonal Communication
- Professionalism
- Innovation and Self Development
Program Organization

**Core Values:**
- Patient Care
- Interpersonal Communication
- Medical Knowledge
- Reflective Practice
- System Based Practice

**Team:**
- Esperanza Diaz, M.D.
  - Associate Program Director
  - Medical Director, Clinica Hispana, CMHC
- David Ross, M.D., Ph.D.
  - Associate Program Director
  - Attending, PTSD Firm, VA-Connecticut
- Vinod Srihari, M.D.
  - Associate Program Director
  - Director, STEP Clinic, CMHC
Traditional Curriculum for Psychiatry

- Psychodynamics
- Psychopharm
- PTSD
- Nosology/Epidemiology
- PSR
- Neurobiology
- CBT
21st Century Psychiatry: Complexity & Interconnectivity between “perspectives”

**Patient w/ PTSD**

- Neurobiology: FC & Dysregulation of PFC-Limbic Pathways
- Plasticity Enhancing Rx
- Cognitive Therapy
- Exposure Therapy
- Block Reconsolidation
- SE Supportive Housing
- Family Tx

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Department of Psychiatry
Building a 21st Century Curriculum

First Step: Convening a Task Force of Stakeholders

- Departmental Tradition;
- Faculty;
- Residents;
- Institutions;
- Clinical Settings;
Guiding Principles for a New Curriculum

1. **Integrative, patient centered, approach**
   - Maintain relevance to clinical work
   - Reconciliation of diverse clinical perspectives

2. **Apply principles of adult learning**
   - Active engagement
   - Enriched materials
   - Thinking “outside the frame”
   - Use of technology to expand the scope of discourse

3. **Collaborative learning process**
   - Flexible frame
   - Resident Grand Rounds
   - Opportunities for self-directed learning
Curriculum Overview

- **PGY-1:**
  - “Psych 101”
  - Interviewing workshop
  - Biopsychosocial Formulation class

- **PGY-2:**
  - Summer curriculum: On Call Psychiatry; Psychopharm; Interviewing; “Being a Yale Resident”;
  - “Brain Camp”, “Mind Camp”, “Social Psychiatry Camp”, Integrative psychiatry;
  - Multi-perspective case conferences with adjunct workshops;
PGY-II: Multiperspective Case Conference Series

Imagine this was your patient:

How would you think about the material?

What would you do?

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Patient Write-up

Resident presents BPS Formulation

Class Discussion

Panel of Experts
- Bio
- Psycho
- Social

Open Discussion

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Adjunct Sessions to Case Conferences

- Standard of Care
- Scientific Foundations
- Systems of Care / PBLI
- “Perspectives”

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Curriculum Overview

- PGY-3:
  - Psychopharmacology
  - Translational Neuroscience
  - Cognitive Behavioral Therapy
  - Psychodynamic Psychotherapy
  - Physical Health and Psychiatry
  - Substance Use Disorders
  - Couples’ Therapy
  - Group Therapy
Curriculum Overview

- PGY-4:
  - Being a Yale Psychiatrist: Leadership 101
  - “New York Times Psychiatry”
  - Quality Improvement Seminar
  - Drug Development Seminar
  - Boards Review Course
  - Resident Presentations
Implementation:

• Initial engagement with faculty and residents;
• Limitations that emerged;
• Reaching a new equilibrium:
  – Defining a culture of education
  – Resident recruitment
  – Faculty engagement / faculty development
### Final USA Today/USA Hockey Magazine Men's College Hockey Poll

#### April 15, 2013

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**Others receiving votes:** Western Michigan University 8, Boston University 4, Rensselaer 2.
Outcomes / Discussion:

- Qualitative;
- Quantitative;

- Broader thoughts on how we might evaluate:
  - A pt centered vs. non-patient centered curriculum?
  - Implementation of adult learning approaches?