

**ST2-CL-EPA2 – Psychological distress**

<b>Area of practice</b>	Consultation–liaison psychiatry		<b>EPA identification</b>	ST2-CL-EPA2
<b>Stage of training</b>	Stage 2 – Proficient		<b>Version</b>	v0.4 (BOE-approved 04/05/12)
The following EPA will be entrusted when your supervisor is confident that you can be trusted to perform the activity described at the required standard without more than distant (reactive) supervision. Your supervisor feels confident that you know when to ask for additional help and that you can be trusted to appropriately seek assistance in a timely manner.				
<b>Title</b>	<b>Manage clinically significant psychological distress in the context of the patient’s medical illness in the general hospital.</b>			
<b>Description</b> Maximum 150 words	The trainee can assess and manage clinically significant psychological distress in the general medical setting. The trainee demonstrates awareness of challenges posed by a consultative model of care provision where a patient is not under the direct care of the psychiatrist.			
<b>Fellowship competencies</b>	<b>ME</b>	1, 2, 3, 4, 5, 6	<b>HA</b>	1
	<b>COM</b>	1, 2	<b>SCH</b>	2
	<b>COL</b>	1, 2, 3, 4	<b>PROF</b>	1
	<b>MAN</b>	4		
<b>Knowledge, skills and attitude required</b> The following lists are neither exhaustive nor prescriptive.	<p>Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.</p> <p><b>Ability to apply an adequate knowledge base</b></p> <ul style="list-style-type: none"> <li>• Applies and communicates current best level of evidence for the assessment and management of the case.</li> <li>• Considers the relevant legal frameworks.</li> <li>• Appreciates relevant psychodynamic factors, eg. transference/countertransference.</li> <li>• Appreciates different manifestations of psychological distress.</li> <li>• Understands additional resources, eg. social worker, appropriate follow up.</li> <li>• Understands most suitable setting for patient care.</li> <li>• Reviews information on psychological responses to physical illness, eg. somatoform disorders, normal grief.</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Explains the nature of psychological distress and its origins to patients, families and staff and engages the relevant persons in a negotiated management plan.</li> <li>• Exercises good judgement in the allocation of resources for the optimal care of the patient, family and ward milieu.</li> </ul>			

	<ul style="list-style-type: none"> <li>• Comprehensive assessment, including consideration of: <ul style="list-style-type: none"> <li>– premorbid psychological functioning</li> <li>– social and cultural setting</li> <li>– prognosis</li> <li>– loss</li> <li>– normal/abnormal illness behaviour</li> <li>– physiological disturbance.</li> </ul> </li> <li>• Integrates information from the assessment into a comprehensive formulation, accurate diagnosis and differential diagnosis.</li> <li>• Develops an appropriate management plan for the specific patient and setting.</li> <li>• Uses effective and empathic verbal and non-verbal communication skills: <ul style="list-style-type: none"> <li>– verbally communicated information is understandable, concise and accurate</li> <li>– information is documented in a sensitive, understandable, concise and accurate manner.</li> </ul> </li> <li>• Negotiates an appropriate management plan with the treating team.</li> <li>• Clarifies the referring agent’s expectation of the consult.</li> <li>• Negotiates clinical role throughout the course of the treatment episode.</li> <li>• Appropriately prioritises allocation of their own time to the case.</li> <li>• Identifies possible stigma surrounding psychological distress.</li> <li>• Advocates for the adequate provision of health information to the patient and family.</li> <li>• Recognises any abnormal treatment behaviour.</li> <li>• Proposes strategies for resolving disputes/disagreement.</li> </ul> <p><b>Attitude</b></p> <ul style="list-style-type: none"> <li>• Models and encourages a non-judgemental approach to patients, including patients with previous mental illness and/or personality disorder.</li> </ul>
<b>Assessment method</b>	Progressively assessed during individual and clinical supervision, including three appropriate WBAs.
<b>Suggested assessment method details</b>	<ul style="list-style-type: none"> <li>• Case-based discussion.</li> <li>• Mini-Clinical Evaluation Exercise.</li> <li>• Direct Observation of Procedural Skills (DOPS).</li> <li>• Observed Clinical Activity (OCA).</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Feedback from appropriate sources.</li></ul> |
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<b>References</b>
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COL, Collaborator; COM, Communicator; HA, Health Advocate; MAN, Manager; ME, Medical Expert; PROF, Professional; SCH, Scholar