

ST3-AP-FELL-EPA4 – Recovery and rehabilitation

Area of practice	Adult psychiatry	EPA identification	ST3-AP-FELL-EPA4	
Stage of training	Stage 3 – Advanced	Version	v0.5 (EC-approved 26/02/16)	
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.				
Title	Recovery and rehabilitation.			
Description Maximum 150 words	The trainee must demonstrate an ability to assess and develop appropriate collaborative treatment plans in adults with chronic mental illness requiring longer-term follow-up using a recovery framework. The trainee will work with the person with mental illness in implementing the treatment plan.			
Detailed description If needed	<p>The trainee will need to demonstrate the ability to work collaboratively with a range of people with severe and enduring mental illness taking into account the following:</p> <ul style="list-style-type: none"> • the importance of recovery • engagement and negotiating the long-term therapeutic relationship • psychological, social and cultural interventions • optimisation of long-term therapy and minimisation of side effects • working with family and carers • the role of NGOs and other organisations • relapse prevention • the importance of careful and comprehensive transfer of care, where relevant. 			
Fellowship competencies	ME	1, 2, 3, 4, 5, 6, 7, 8	HA	1
	COM	1, 2	SCH	2
	COL	1, 2, 3, 4	PROF	1, 2
	MAN	2, 4		
Knowledge, skills and attitude required	Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.			

<p>The following lists are neither exhaustive nor prescriptive.</p>	<p>Ability to apply an adequate knowledge base</p> <ul style="list-style-type: none"> • Demonstrates knowledge regarding recovery principles and practice. • Understands the issues of stigma and institutionalisation. • Understands the different models of service delivery for rehabilitation, long-term support and follow-up and the evidence base to support these. • Demonstrates knowledge of evidence-based practice in psychiatric rehabilitation. • Understands issues of resource management and the role of other service providers. <p>Skills</p> <ul style="list-style-type: none"> • Works collaboratively with the person with mental illness towards a comprehensive biopsychosociocultural assessment which includes consideration of strengths and supports, function, cognition and disability and effects of stigma. • Works collaboratively with other professionals and agencies. • Demonstrates appropriate skills in working with families/carers. • Negotiates an agreed integrated treatment plan in a biopsychosociocultural framework which might include, but is not limited to: optimising medication and adherence, psychological interventions and symptom reduction, engaging in psychoeducation, maximising function, understanding the role of community support, developing a relapse prevention plan with the person, negotiating appropriate risk management, addressing with the person issues of physical health and side effects. • Provides appropriate clinical leadership. • Demonstrates effective verbal and written communication skills. <p>Attitude</p> <ul style="list-style-type: none"> • Advocates on behalf of patients and carers. • Demonstrates a strong understanding of ethical issues.
<p>Assessment method</p>	<p>Progressively assessed during individual and clinical supervision, including three appropriate WBAs.</p>
<p>Suggested assessment method details (These include, but are not limited to, WBAs)</p>	<ul style="list-style-type: none"> • Observed Clinical Activity (OCA). • Case-based discussion. • Feedback from members of the multidisciplinary team and patients.
<p>References</p>	

COL, Collaborator; COM, Communicator; HA, Health Advocate; MAN, Manager; ME, Medical Expert; PROF, Professional; SCH, Scholar