## Title
First presentation of a complex mental disorder.

### Description
The trainee will be able to assess adults (18–65) with a first presentation of a complex mental disorder and develop and implement a management plan. This includes:

- comprehensive assessment and consideration of differential diagnoses
- engagement and provision of education
- interventions to assist patients and their family/carers with stigma and barriers to care
- development of a recovery plan with the patient and their family/carers
- initiation of psychological and pharmacological treatment as appropriate
- appropriate follow-up.

### Fellowship competencies

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<th>Fellowship competencies</th>
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### Knowledge, skills and attitude required
Competence is demonstrated if the trainee has shown sufficient aspects of the knowledge, skills and attitude described below.

**Ability to apply an adequate knowledge base**
- Demonstrate knowledge of evidence-based interventions in adults with a first presentation of a mental disorder, including their long-term effectiveness.
Integrate knowledge from the scientific literature regarding adults with a first presentation of a mental disorder into clinical work. For example, knowledge about stigma, the significance of the duration of untreated psychosis, engagement and barriers to care.

Skills
- Conduct a comprehensive biopsychosociocultural assessment including a sophisticated risk assessment.
- Integrate the information collected and develop a competent formulation, identifying gaps in the available information.
- Develop and defend an appropriate differential diagnosis, acknowledging the degree of uncertainty that may be present in the first presentation of a mental disorder.
- Gather collateral information from family/carers or other appropriate sources, with due regard to privacy considerations.
- Plan and implement appropriate investigations to clarify the diagnosis.
- Provide explanation and education to patients with a first presentation of a mental disorder and their family/carers regarding the differential diagnosis and treatment options.
- Develop skills and strategies to engage patients with a first presentation of a mental disorder and their families/carers in ongoing care.
- Develop an integrated and flexible biopsychosociocultural management plan in collaboration with the patient and their family/carers.
- Develop a plan consistent with recovery framework principles in collaboration with the patient and their family/carers.
- Implement this plan, under supervision, and in collaboration with the patient and their family/carers, the multidisciplinary team and other services and health professionals.

Attitude
- Advocate on behalf of patients and their family/carers to improve overall outcomes and access to services and supports.
- Appreciate the ethical issues in the assessment and treatment of people with a first presentation of a mental disorder. In particular, the tension between beneficence and nonmaleficence and the maintenance of autonomy while managing risks appropriately and safely.
- Respect the patient's goals for their care.

Assessment method
Progressively assessed during individual or clinical supervision, including three appropriate WBAs.

Suggested assessment method details
- Case-based discussion.
- Mini-Clinical Evaluation Exercise.
- Observed Clinical Activity (OCA).
- Direct Observation of Procedural Skills (DOPS).
References

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