

Behavioral Health Rotation Manual

Course Description

This is a core rotation designed to give students an introduction to the evaluation and management of behavioral and mental health conditions. This rotation may include inpatient as well as outpatient settings and will expose students to different social and economic factors encountered in a community-based patient population. Students will work with clinical preceptors and the Bethel PA program clinical team to coordinate adequate student exposure to minimum requirements for diagnoses and procedures. Each student will complete this rotation at least once during the clinical year to provide students sufficient training in the behavioral health setting.

Preceptor Requirements

Board Certified Psychiatric Physician, NCCPA Certified PA, Certified NP, and/or licensed Clinical Psychologist (PhD or PsyD) (B3.05 & B3.06)

Course Topics

- Depressive disorders; Bipolar and related disorders
- Anxiety disorders; Trauma-and stress-related disorders
- Substance-related disorders
- Schizophrenia spectrum and other psychotic disorders
- Disruptive, impulse-control and conduct disorders; neurodevelopmental disorders
- Personality disorders; Obsessive-compulsive and related disorders
- Somatic symptom and related disorders; Nonadherence to medical treatment
- Feeding or eating disorders
- Paraphilic disorders; Sexual dysfunctions

Required Minimum Exposures

Students should see the listed diagnoses and perform the listed procedures during this rotation, and will be expected to document a minimum of 90% of all minimum exposures by the end of the clinical year, prior to the Summative Skills Stations (completed at the end of Spring term). Additionally, at the end of the rotation, students will complete the Clinical Student Self-assessment form, which summarizes their overall completion of minimum exposures, and describes where they might achieve any remaining exposures in the coming rotations.

Diagnosis
BH - Anxiety Disorder

BH - Depression
BH - Mood Disorder
BH - Personality Disorder
BH - Somatoform Disorder
BH - Substance Abuse Disorder

Behavioral Health: Rotation Learning Outcomes

At the end of this course, the successful PA student will demonstrate competency in the following by achieving minimum scores as detailed in the course syllabus:

Knowledge

1. Demonstrate acquisition of medical knowledge necessary to provide acute and chronic behavioral and mental health care (K1)
2. Assess screening inventories, laboratory, and imaging test results appropriately to aid in clinical decision making (K2)
3. Provide effective, empathetic, and patient-centered counseling and education to patients in the behavioral health medicine setting (K3)
4. Provide effective, empathetic, and patient-centered mental health care to patients in the behavioral health medicine setting (K3)

Clinical and Technical Skills

1. Demonstrate appropriate history taking and physical exam skills when caring for clinical patients in the behavioral health medicine setting for children, adolescent, adult, and elderly patients (CT1, CT2)

Clinical Reasoning

1. Assimilate clinical data to develop a differential diagnosis using evidence-based principles for mental and behavioral health care (CR1)
2. Using evidence-based principles, develop plans for patients in the behavioral health medicine setting (CR1)
3. Utilize appropriate medical resources in the delivery of patient-centered care in the behavioral health medicine setting (CR2)

Interpersonal Skills

1. Establish professional relationships and communication skills with patients, preceptors, and clinical staff (IP1, IP2)

Professional Behaviors

1. Assess ethical dilemmas encountered when in clinic, including analysis of how the patient and provider's worldview or faith perspective impacted the situation (PB1)
2. Demonstrate understanding of the PA profession, including ethical, legal, and regulatory guidelines for practicing (PB2)

- Appropriately complete professional administrative requirements for each rotation including logging in the electronic tracking system and submitting required evaluations (PB2)

Rotation Grading

Please see Student Handbook for academic and progression requirements. Students in clinical rotation courses must achieve an 80% on all course assessments. Failure to achieve 80% or higher on an assessment will result in referral to the Progress and Remediation Committee.

ASSESSMENT TOOL	COURSE OUTCOME MEASURED
End of Rotation Exam*	1 – Medical Knowledge 2 – Lab and imaging 3 – Patient-centered care 4 – History & Physical Exam 5 – Clinical procedures 6 – Assimilate clinical data/DDx 8 – Professional relationships and communication
Final Preceptor Evaluation	All LO
Self-Assessment with DOP log and patient logging	All LO
Clinical Forum Posts, Self-Assessment, and Assignments	9 – Ethical decision-making 10 – Understanding of PA profession 11 – Professional administrative tasks
Completing Administrative Requirements (Pt Logs, preceptor email, MAT waiver training, site eval)	11 – Professional administrative tasks

* A sliding scale will be used for grading the PAEA EOR exam, based upon national data – see Clinical Education Handbook. All requirements must be completed no later than 10pm the day following the EOR Exam. Students who fail to meet this deadline will receive a grade of incomplete, which may result in repeating the rotation.

Behavioral Medicine Instructional Objectives

Knowledge

1. Demonstrate acquisition of medical knowledge necessary to provide behavioral and mental health care
 - a. NCCPA End-of-Rotation Exam Blueprint for EOR provides guidelines for topics and relative weight
 - b. Pass the End-of-Rotation exam with an adjusted score of 80% or higher
 - i. Exam Blueprint Below (Current at time of publication)

Psychiatry & Behavioral Health 100-Question Exam	History & Physical	Diagnostic Studies	Diagnosis	Health Maintenance	Clinical Intervention	Clinical Therapeutics	Scientific Concepts	Totals
	15%	10%	25%	10%	10%	20%	10%	100%
Depressive disorders; Bipolar and related disorders	3	2	4	2	2	3	2	18
Anxiety disorders; Trauma-and stress-related disorders	3	2	4	2	2	3	2	18
Substance-related disorders	2	1	4	1	1	3	2	14
Schizophrenia spectrum and other psychotic disorders	2	1	4	1	1	2	1	12
Disruptive, impulse-control and conduct disorders; neurodevelopmental disorders	1	1	2	1	1	3	1	10
Personality disorders; Obsessive-compulsive and related disorders	1	1	2	1	1	2	0	8
Somatic symptom and related disorders; Nonadherence to medical treatment	1	1	2	1	1	2	0	8
Feeding or eating disorders	1	1	2	1	1	1	1	8
Paraphilic disorders; Sexual dysfunctions	1	0	1	0	0	1	1	4
TOTALS	15	10	25	10	10	20	10	100

PAEA Exam Topic List:

<https://paeonline.org/wp-content/uploads/imported-files/eor-psych-topiclist-20200309.pdf>

Clinical and Technical Skills

1. Demonstrate appropriate history taking skills when providing psychiatric care
 - a. Conduct patient histories appropriate for acuity of care
 - i. Acute
 1. Recognize and efficiently approach emergent patients
 2. Identify “red flag” factors in a patient’s presentation
 3. Appropriately prioritize multi-purpose visits
 4. Utilize a staged diagnostic approach to address the differential

- ii. Chronic
 - 1. Identify co-morbidities and incorporate past knowledge of patient
 - 2. Elicit history from specialists or other providers who may have knowledge of patient
 - 3. Assess patient's understanding of the chronic condition and general approach to management
 - 4. Discuss patient's health goals and opportunities for improved mental health
- 2. Perform clinical and technical skills safely and effectively
 - a. Administer and interpret screening tools appropriately and sensitively
 - b. Differentiate between normal and abnormal findings in history and testing, and use information to guide remainder of patient interaction
 - c. Recognize need for additional testing in appropriate patients
- 3. Appropriately document and deliver oral presentations of patient encounters
 - a. Perform clear verbal patient presentations that accurately reflect the patient's condition
 - i. Present to other health care providers a brief synopsis of the patient's present illness; pertinent positive and negative history, physical exam and diagnostic findings; assessment; and recommended diagnostic and therapeutic approach to caring for the patient.
 - ii. Deliver complete and concise oral presentations using professional language.
 - b. Communicate necessary information to complete patient transfers with other healthcare providers or caregivers
 - i. Incorporate during change in level of care, admission of a patient, discharge of a patient, transfer of care to another department, or a change in provider
 - ii. Handoff communication includes, at a minimum, illness severity, patient summary, action list, contingency planning, and synthesis as a receiver of information

Clinical Reasoning

- 4. Assess psychometric and screening results appropriately to aid in clinical decision making for behavioral and mental health patients
 - a. Order tests demonstrating understanding of the practice setting, availability of tests, and acuity of the patient
 - b. Follow evidence-based guidelines for screenings and monitoring of chronic mental health conditions
 - c. Utilize and compare with previous results whenever possible
 - d. Demonstrate consideration of test sensitivity, specificity, and practicality in decision-making process
- 5. Integrate clinical findings to develop differential diagnoses with appropriate assessments for patients across the lifespan

- a. Determine additional data elements required to make effective patient management decisions
 - b. Generate a differential including consideration of possible atypical presentations
 - c. Approach differential diagnoses with appropriate understanding of age-related diagnoses
6. Assimilate clinical data to develop treatment plans for patients, using evidence-based principles
- a. Create management plans that address all key elements of the patient's history, physical exam, and other data sources available
 - b. Incorporate patient preferences and needs when developing plans

Interpersonal Skills

7. Conduct patient education and counseling in an effective, empathetic, and culturally competent manner
- a. Demonstrate effective interpersonal skills in all interactions
 - b. Utilize active listening skills during patient interactions
 - c. Approach patients with sensitivity to individual needs, understandings, and beliefs
 - d. Demonstrates a willingness to incorporate patient preferences during interaction
 - e. Approach culturally sensitive conversations with an awareness of individual needs and a curiosity to learn more about individual patients
 - f. Identify obstacles to obtaining medical care, including barriers with insurance and cost, rural location, and mobility
 - g. Appropriately tailor education and counseling to address acuity of the problem
 - i. Emergent and acute problems should be approached efficiently with sensitivity to ongoing needs
 - ii. Preventative counseling should include consideration of evidence-based recommendations and individual needs of the patient
 - iii. Chronic management should be conducted with sensitivity to the ongoing relationship between practitioner and patient
8. Establish professional interpersonal and communication skills with preceptors, clinical staff, and patients
- a. Relate professionally in a working situation with other members of the healthcare team
 - b. Demonstrates effective and professional conflict resolution skills
 - c. Conduct counseling appropriate for patient's age when needed
 - i. Children and adolescents:
 - 1. Include patient and parent in the conversation as appropriate
 - 2. Use age-appropriate language to encourage participation and understanding
 - ii. Adults and elderly:
 - 1. Demonstrate respect for individual needs and preferences

2. Establish good rapport with patients based on trust and open communication
3. Identify necessary resources to manage complex medical needs
4. Utilize SPIKES method, or other effective communication tool, when communicating difficult news with patients

Professional Behaviors

9. Assess ethical dilemmas encountered when in clinic, including analysis of how the patient and provider's worldview or faith perspective impacted the situation
 - a. Identify potential points of conflict for patients and providers in the medical setting
 - b. Analyze ethical situations with appropriate consideration of legal and regulatory guidelines
 - c. Examine personal beliefs and impact on approach to practice
10. Demonstrate understanding of the physician assistant profession, including ethical, legal, and regulatory guidelines for practicing
 - a. Demonstrate an openness to receive constructive criticism and incorporate feedback into future performance
 - b. Identify limitations and seek help from preceptor and appropriate reference materials
 - c. Maintain professional attitude and meet professional expectations such as regular attendance, punctuality, and dress code
 - d. Identify appropriate medical resources for obtaining information and guidance in the clinical decision making process
11. Obtain required minimum experiences for the general surgery rotation (listed above), or create a plan for obtaining these experiences on subsequent rotations. A reasonable plan will be sufficient for completing the requirements for this rotation.
12. Conduct self-assessment of academic progress and clinical performance, demonstrating an understanding of their own limitations and biases, leading to appropriate professional development and help-seeking behavior
 - a. Accurately report progress toward required minimum experiences and procedures
 - b. Develop a reasonable plan for obtaining any missed experiences
 - c. Identify gaps in knowledge and appropriate development activities related to these gaps
 - d. Thoughtfully assess their own performance in alignment with preceptor evaluation