Learning Collaborative Care and Curriculum Design as a Psychiatry Resident: An Opportunity to Build Educational Skills

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Background

• Healthcare systems are increasingly utilizing collaborative care models, leading to a greater need for psychiatrists trained in these practices.
• Psychiatry residency programs across the nation are looking to expand their collaborative care training.
• There is a critical need for effective collaborative care curricula in psychiatry residency training programs.

Methods

1. An interprofessional curriculum development committee was created including faculty and trainees.
2. Collaborative care training experiences offered to UC San Diego’s psychiatry residents were evaluated and a gap analysis was performed.
3. Opportunities for residents to actively participate in curriculum development were identified.

Gap Analysis Findings

• Lack of standardized collaborative care curriculum across multiple training sites for psychiatry residents
  - Only a few residents per class, depending on elective choices, were gaining any experience practicing in the collaborative care model
  - General lack of collaborative team integration and therapy experiences
• UC San Diego psychology trainees were getting more experience in collaborative care models when compared with psychiatry trainees
• Graduating residents were not comfortable and knowledgeable about collaborative care (Figure 1)
• Main obstacle in expanding collaborative care training was resident service obligation

Curriculum Development

• A psychiatry half-day VA-based collaborative care elective rotation was transformed into a core clinic experience for all categorical psychiatry residents.

| Core Collaborative Care Rotation in UC San Diego’s Adult Psychiatry Residency Program |
| Didactic component |
| Mentoring |
| Interprofessional education |
| Co-therapy experience |
| Triaging, chart reviews, patient hand-off’s from PCP’s, and scheduled appointments |

• Co-therapy experience allows collaborative learning between trainees in different mental health fields and also enhances general therapy training for psychiatry residents.
• Residents are being included in this development by participating in workgroup/meetings, helping to create the curriculum, and providing feedback.

Resident Involvement

• Offers direct resident input to enhance education for future residents
• Creates opportunity for psychiatry residents to gain experience in resident education, independent study and quality improvement projects
  - Currently one PGY4 resident completing an independent study project with this opportunity
  - Another resident in the Community Psychiatry Track also interested in becoming involved

Summary and Future Directions

• There were significant gaps in UC San Diego’s psychiatry residency training in collaborative care.
• A standardized core curriculum was developed and is currently being implemented.
• Knowledge and comfort levels of psychiatry residents who have completed the core rotation will be assessed to make improvements to the curriculum.
• Interested residents will continue to have opportunities for involvement.

References