

CORE LEARNING OUTCOMES: DOMAINS OF CARE *and* CORE ACTIVITIES

The graduate Family Physician is a professional generalist who works to benefit the health of patients and communities.

Family medicine residents will observe the [Four Principles of Family Medicine](#). By the end of residency, the family practice resident will be competent to enter and adapt to the independent practice of comprehensive family medicine anywhere in Canada, demonstrating basic competency in all areas outlined in the [Family Medicine Professional Profile](#). Family medicine residents will provide comprehensive, patient-centred and [equity-oriented care](#) to all patients in a variety of care settings, and across the life cycle. They will demonstrate this in the workplace, using competencies described in the [CanMEDS-FM framework](#) and the [Evaluation Objectives](#) (Skill Dimensions and Priority Topics). **The Core Activities described in this document describe the minimum abilities required of all residents at the completion of the program. UBC Family Practice Residency Program commits to prioritizing resident wellness during this pursuit of competence.**

DOMAIN	CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
FAMILY MEDICINE FUNDAMENTALS	<i>Act Professionally</i>	Maintain professional demeanour at all times.
	<i>Use a Patient Centred Approach</i>	Always consider the best interests, perspectives and wishes of the patient. Build a therapeutic relationship.
	<i>Use a scholarly approach to identify and address questions</i>	Turn knowledge gaps into answerable questions. Acquire and critically evaluate knowledge from multiple sources. Apply evidence to practice decisions, balancing integration of evidence with patient wishes and clinical expertise.
	<i>Demonstrate an Open-minded and Culturally Safe Approach</i>	Use a curious, flexible, open-minded approach in all interpersonal interactions. Respect the perspective and input of all patients, colleagues, and team-members.
	<i>Adopt a Growth Mindset to Support Continuous Personal and Professional Development</i>	Demonstrate a desire to learn, including embracing challenges, persisting in the face of setbacks, making effort towards mastery, and learning from feedback (adapted from Dweck).
	<i>Act Sustainably in Service of Self, Profession and System</i>	Adopt strategies that promote sustainable practices and wellness at all levels.
	<i>Engage in Scholarly Activity</i>	Participate in the creation, dissemination, application, and/or translation of quality improvement or patient safety initiatives and/or new knowledge and practices.
	<i>Work Effectively in Teams</i>	Engage in team-based care and collaboration with patients, families, and other health care professionals.
	<i>Lead Critical Conversations</i>	Conduct challenging conversations with sensitivity and equanimity, even in the face of uncertainty.
	<i>Prepare for Practice Contexts</i>	Develop basic abilities related to practice management, in preparation for independent practice.

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HEALTH EQUITY AND CARE OF THE COMMUNITY	<i>Care of a Patient Experiencing Health Inequities</i>	Identify and care for patients experiencing health inequities. Use a non-judgmental holistic approach, demonstrate an understanding of the unique determinants of health, advocate with a patient for identified issues, and support patients through use of resources.
	<i>Care of a Patient from another Culture or Country</i>	Provide care for patients from another culture or country. Demonstrate a culturally safe, holistic approach, an understanding of their unique determinants of health, and support for patients through use of resources.
	<i>Care of Indigenous People</i>	Provide culturally safe care for Indigenous patients, their families and communities. Demonstrate understanding of the historical context of Indigenous people in Canada and use the Truth and Reconciliation Commission of Canada Calls to Action to inform practice.
	<i>Care of Community Needs</i>	Identify community health care needs and/or emerging societal needs and develop a plan to address and advocate for these needs.
	<i>Care of Patients in a Rural, Remote or Resource-Constrained Community</i>	Provide care to patients living in rural, remote, or resource-constrained settings, managing a broad range of medical conditions and flexibly adapting skills in response to local resources and care needs. Demonstrate clinical courage and wise resource stewardship.
MATERNITY AND NEWBORN CARE	<i>Care of the Preconception and Prenatal Patient</i>	Provide care for women +/- partners regarding fertility/infertility, preconception counseling, contraception, pregnancy termination and prenatal care.
	<i>Care of the Intrapartum Patient</i>	In the hospital setting, safely manage normal labours and deliveries, being attentive to maternal and fetal well-being. Recognize abnormal labour and delivery patterns, manage and/or consult appropriately after initial stabilization.
	<i>Care of the Postpartum Patient</i>	Provide post-partum care, including assessment and management of common and serious post-partum complications.
	<i>Care of the Newborn</i>	Provide care of the newborn in the context of their family or caregivers, including assessment and management of common and serious problems.
CARE OF CHILDREN AND ADOLESCENTS	<i>Care of the Well Baby and Child</i>	Provide preventative care for babies and children; assess and manage abnormal growth and developmental patterns. Consider: the changing cognitive and developmental stages in children, capacity for consent, appropriate involvement of family or caregivers, and modify their approach accordingly.
	<i>Care of the Adolescent Patient</i>	Provide adolescent health care, considering need for prevention, conditions prevalent in adolescents as well as confidentiality, and psychosocial issues. Consider: changing cognitive and developmental stages in adolescents, capacity for consent with appropriate involvement of the family or caregivers, and modify their approach accordingly.
	<i>Care of Children and Adolescents with a Minor Episodic Problem</i>	Triage and treat children and adolescents presenting with a minor episodic problem, working efficiently through an appropriately broad initial differential diagnosis and ruling out potential serious diagnoses. Consider: the changing cognitive and developmental stages in children and adolescents, capacity for consent with appropriate involvement of the family or caregivers, and modify their approach accordingly.
	<i>Care of Children and Adolescents with an Acute Serious Presentation</i>	Arrive at a timely working diagnosis for the child or adolescent presenting with an acute serious problem, considering an appropriately broad differential, including dangerous causes, and physiologic differences between children and adults. Prioritize, assess and reassess appropriately and initiate management and treatment in a timely way.
	<i>Care of Children and Adolescents with a Chronic Condition</i>	Provide individualized care for children and adolescents with chronic conditions. Consider: the changing cognitive and developmental stages in children and adolescents, capacity for consent with appropriate involvement of the family or caregivers, and modify their approach accordingly.

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CARE OF ADULTS	<i>Preventive Care of the Adult Patient</i>	Perform a periodic health review for an adult patient. In light of the patient's wishes, co-morbidities and life expectancy, consider preventative interventions.
	<i>Care of Workers</i>	Promote health and prevention of illness and injury in the workplace and advise a working patient on their risk of adverse effects from a workplace exposure. Assess and manage an injured worker.
	<i>Care of an Adult with a Minor Episodic Problem</i>	Triage and treat adult patients presenting with a minor episodic problem, working efficiently though an appropriately broad initial differential diagnosis, ruling out serious diagnoses. Be proactive and opportunistic in addressing other health issues if time permits.
	<i>Care of an Adult with an Acute Serious Presentation</i>	Arrive at a timely working diagnosis for the adult patient presenting with an acute serious problem, considering an appropriately broad differential, including serious causes. Prioritize, assess and reassess appropriately and initiate management and treatment in a timely way.
	<i>Care of an Adult with a Chronic Condition</i>	Provide care to adult patients with chronic conditions, showing adaptability if new symptoms arise and/or a change in the patient's condition warrant a change in approach. Consider the impact of chronic disease on adult life and function.
	<i>Care of an Adult with Multiple Medical Problems</i>	Assess, prioritize and manage an adult with multiple medical problems. Factor complexity (e.g. medical, psychosocial, socioeconomic etc) into management recommendations.
CARE OF THE ELDERLY	<i>Preventive Care of the Elderly Patient</i>	Perform a periodic health review for an elderly patient. Consider issues common to elderly populations (e.g. physiologic changes, frailty, cognitive changes, concurrent issues) as well as patient's wishes, co-morbidities and life expectancy.
	<i>Care of an Elderly Patient with a Minor Episodic Problem</i>	Triage and treat elderly patients presenting with a minor episodic problem, working efficiently though an appropriately broad initial differential diagnosis and ruling out potential serious diagnoses. Consider issues common to elderly populations (e.g. physiologic changes, frailty, cognitive changes, concurrent issues).
	<i>Care of an Elderly Patient with an Acute Serious Presentation</i>	Arrive at a timely working diagnosis for the elderly patient presenting with an acute serious problem, considering an appropriately broad differential, including serious and life-threatening causes. Consider issues common to elderly populations (e.g. physiologic changes, frailty, cognitive changes, concurrent issues) and the deleterious effect of hospitalization. Prioritize, assess and reassess appropriately and initiate management and treatment in a timely way.
	<i>Care of an Elderly Patient with a Chronic Condition</i>	Provide care to elderly patients with chronic conditions, showing adaptability if new symptoms arise and/or a change in the patient's condition warrant a change in approach. Consider issues common to elderly populations (e.g. physiologic changes, frailty, cognitive changes, concurrent issues).
	<i>Care of an Elderly Patient with Multiple Medical Problems</i>	Assess, prioritize and manage an elderly patient's multiple medical problems. Consider issues common to elderly populations (e.g. physiologic changes, frailty, cognitive changes, concurrent issues).
PALLIATIVE AND END-OF-LIFE CARE	<i>Care of a patient with a newly diagnosed life-limiting condition</i>	Lead a conversation with patient and family regarding a life-limiting diagnosis, including prognosis, advance care planning (e.g. capacity for consent, goals of care, quality of life, treatment options) and family concerns.
	<i>Care of a patient needing active palliation</i>	In a patient with an actively palliative condition, assess and manage pain and other common symptoms consistent with patient's evolving goals of care across all care settings and transitions. Reassess capacity for consent, goals of care, advance care planning and family coping. Creatively adapt care to the present setting of patient and family (including home).
	<i>Care of a patient with a palliative condition, experiencing a crisis</i>	Anticipate, plan and deliver timely management to a patient with a palliative condition experiencing crisis (e.g. medical, imminent death, psychological, family dynamics). Creatively adapt care within and between settings.

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MENTAL HEALTH AND ADDICTIONS CARE	<i>Care of a Patient with a Mental Health Issue</i>	Assess and manage common acute and chronic mental health issues in adults and children. Attend to factors common to populations experiencing mental health issues (e.g. comorbidities, social complexity, medical complexity, etc) and adapt care if new symptoms arise and/or a change in the patient's condition warrants a change in approach.
	<i>Care of a Patient with a Substance or Process Use Disorder</i>	Assess and manage a patient with a substance or process use (eg, gambling, social media, etc) disorder. Attend to factors common to populations experiencing these conditions (e.g. comorbidities, social complexity, medical complexity, etc) and employ a broad repertoire of management techniques and resources.
SURGICAL AND PROCEDURAL SKILLS	<i>Perform an Acute Care or Minor Office Procedure</i>	Perform acute care and minor office procedures, including explicit attention to general key features of procedural skills ((e.g. deciding whether or not to do the procedure, indications/contraindications, common complications, personal limitations, informed consent, adequate preparation, attention to patient safety and comfort, re-evaluation if needed, plan for follow up etc.)
	<i>Care of the pre-surgical, intra-operative and post-surgical patient</i>	Assess, provide initial management, prepare, and refer appropriate patients for surgical treatment of emergent and non-emergent conditions. Assist the surgeon during surgery. Provide holistic, individualized, shared care of post-operative patients, including routine follow-up and addressing common complications.

The Core Activities have been adapted and modified from Queen's Entrustable Professional Activities

Schultz, K, Griffiths, J, Lacasse, M. *The Application of Entrustable Professional Activities to Inform Competency Decisions in a Family Medicine Residency Program.* Acad Med. 2015;90:888-897.