

# UBC FAMILY PRACTICE Domains of Care and Core Activities

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

By the end of residency, the family practice resident will be competent to enter and adapt to the independent practice of comprehensive, longitudinal family medicine anywhere in Canada. They will apply the [Four Principles of Family Medicine](#) and demonstrate basic competency in all areas described in the CFPC's [Family Medicine Professional Profile](#), including those outlined in the [CanMEDS-FM](#) framework and the [Assessment Objectives](#) (Skill Dimensions and Priority Topics). The Core Activities described in this document identify the minimum abilities required of all residents at the completion of the program.

The program has made a shift in its approach to Indigenous Health from a deficit model to a focus on the systemic and structural causes of health inequities and the competencies required to address these. We place specific attention on the impact on Indigenous communities and individuals due to the health disparity that exists in Canada between Indigenous and non-Indigenous peoples. The principles of equity, diversity, and inclusion apply to all patients and populations, therefore we integrate the care of Indigenous People and the valuing of Indigenous ways of knowing within all domains.

UBC Family Practice Residency Program commits to prioritizing resident wellness during this pursuit of competence.

## FAMILY MEDICINE FUNDAMENTALS

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Act professionally	Maintain professional demeanour at all times. Incorporate the core ethical values and commitments of our profession. Demonstrate accountability to patients.
Use a patient-centered approach	Build and maintain an empathic and therapeutic relationship with patients. Explore the patient's illness experience (FIFE), context, and wishes, and integrate these elements into shared management planning.
Demonstrate a holistic, open-minded and equity-oriented approach to patient care	Use a curious, flexible, open-minded approach in all interpersonal interactions. Respect the perspective and input of all patients, colleagues, and team-members.
Act sustainably in service of self, patient, profession, and system	Adopt strategies that promote sustainable practices and wellness at all levels, including managing boundaries.
Manage complexity and uncertainty.	Manage complex co-existing clinical and contextual issues often in conditions of uncertainty.
Work effectively in teams	Engage in team-based care and collaboration with patients, families, and other health care professionals, where appropriate.
Lead critical and/or difficult conversations	Conduct critical and/or difficult conversations with sensitivity, empathy and equanimity, and appropriate boundaries, even in the face of uncertainty.
Embrace continuous personal and professional development	Demonstrate a desire to learn while embracing challenges with determination and persistence. Strive to use feedback and setbacks as growth opportunities, and demonstrate an ability to identify knowledge gaps and source resources and experiences to address these gaps.
Apply a patient safety and quality improvement perspective to daily practice	Prioritize patient safety. Recognize potential health care delivery risks and patient safety incidents, work proactively to prevent harm, and remediate identified concerns. Adopt strategies to promote continuous quality improvement. Contribute to individual and systems level change.
Use a scholarly approach to identify and address questions	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.
Engage in scholarly activity	Participate in the creation, dissemination, application, and/or translation of quality improvement or patient safety initiatives and/or new knowledge and practices.
Prepare for practice contexts	Develop basic abilities related to practice management, in preparation for independent practice.

## HEALTH EQUITY AND CARE OF COMMUNITY

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Apply Equity, Diversity, and Inclusion principles in patient care	Apply Equity, Diversity, and Inclusion principles to care for all patients, and in particular those experiencing health inequities and/or for those from diverse cultural backgrounds and experiences. Identify the systemic and structural factors that perpetuate inequities, and especially those affecting Indigenous populations. Demonstrate knowledge of the historical and ongoing impacts of colonialism/colonization, racism, and oppression. Reflect upon personal and organizational biases, power, and privilege. Contribute to an inclusive environment.
Identify Community Health Care Needs	Identify community health care needs and/or emerging societal needs and contribute to planning and advocacy to address these needs.

Adapt practice to a Rural, Remote, or Resource-Constrained Community	Provide equity-oriented 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.
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## MATERNITY AND NEWBORN CARE

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Care of the Preconception and Prenatal Patient	Provide care for women +/- partners regarding fertility, preconception, conception and in pregnancy including infertility, contraception, termination, preconception counseling etc.
Care of the Intrapartum Patient	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.
Care of the Postpartum Patient	Provide post-partum care, including assessment and management of common and serious post-partum complications.
Care of the Newborn	Provide care of the newborn in the context of their family or caregivers, including assessment and management of common and serious problems presenting in the newborn period.

## CARE OF CHILDREN AND ADOLESCENTS

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Care of the Well Baby and Child	Provide preventative care for babies and children, assess and manage abnormal growth and developmental patterns. Consider changing cognitive and developmental stages in children, capacity for consent, with appropriate involvement of the family or caregivers, and modify approach accordingly.
Care of the Adolescent Patient	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 approach accordingly.
Care of Children and Adolescents with a Minor Episodic Problem	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 changing cognitive and developmental stages in children and adolescents, capacity for consent with appropriate involvement of the family or caregivers, and modify approach accordingly.
Care of Children and Adolescents with an Acute Serious Presentation	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.
Care of Children and Adolescents with a Chronic Condition	Provide individualized care for children and adolescents with chronic conditions. Consider changing cognitive and developmental stages in children and adolescents, capacity for consent with appropriate involvement of the family or caregivers, and modify approach accordingly.

## CARE OF ADULTS

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Preventive Care of the Adult Patient	Perform a periodic health review for an adult patient. In light of the patient's wishes, co-morbidities and life expectancy, consider preventative interventions.
Care of Workers	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.
Care of an Adult with a Minor Episodic Problem	Triage and treat adult patients presenting with a minor episodic problem, working efficiently through an appropriately broad initial differential diagnosis, ruling out serious diagnoses. Be proactive and opportunistic in addressing other health issues if time permits.
Care of an Adult with an Acute Serious Presentation	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.
Care of an Adult with a Chronic Condition	Provide care to adult patients with chronic conditions, showing adaptability if new symptoms arise and/or a change in the patient's condition warrants a change in approach. Consider the impact of chronic disease on adult life and function.
Care of an Adult with Multiple Medical Problems	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

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Preventive Care of the Elderly Patient	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 (goals of care), co-morbidities, and life expectancy.

Care of an Elderly Patient with a Minor Episodic Problem	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).
Care of an Elderly Patient with an Acute Serious Presentation	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 as well as patient's wishes (goals of care), co-morbidities, and life expectancy. Prioritize, assess, and reassess appropriately and initiate management and treatment in a timely way.
Care of an Elderly Patient with a Chronic Condition	Provide care to elderly patients with chronic conditions, showing adaptability if new symptoms arise and/or a change in the patient's condition warrants a change in approach. Consider issues common to elderly populations (e.g. physiologic changes, frailty, cognitive changes, concurrent issues) as well as patient's wishes (goals of care), co-morbidities, and life expectancy.
Care of an Elderly Patient with Multiple Medical Problems	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) as well as patient's wishes (goals of care), co-morbidities, and life expectancy.

### PALLIATIVE AND END OF LIFE CARE

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Care of a patient with a newly diagnosed life-limiting condition	Lead a conversation with patient and family regarding a life-limiting diagnosis (new or evolved from chronic), including prognosis, advance care planning (e.g. capacity for consent, goals of care, quality of life, treatment options), and family concerns.
Care of a patient needing active palliation	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).
Care of a patient with a palliative condition, experiencing a crisis	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.

### MENTAL HEALTH & ADDICTIONS CARE

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Care of a Patient with a Mental Health Issue	Assess and manage common acute and chronic mental health issues in children, adults, and elderly people. 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.
Care of a Patient with a Substance or Process Use Disorder	Assess and manage a patient with a substance or process use (e.g. 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

CORE ACTIVITY	CORE ACTIVITY DESCRIPTION
Perform an Acute Care or Minor Office Procedure	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.)
Care of the pre-surgical, intra-operative and post-surgical patient	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.

