

Hello, welcome to John W. Grace, M.D. , P.A. Psychiatry Rotation for Lincoln Memorial University.

Here is a summary of your orientation, general expectations, and learning activities.

GENERAL EXPECTATIONS

Attitude:

We expect you to be prompt, professional, and courteous to staff and patients at all times. If, for some reason you are unable to do this (illness, stress, etc.) we expect you to let us know *before* you have an inappropriate interaction.

Professionals behave in a competent and controlled fashion in all situations. They are aware of their limitations, removing themselves from situations when they are unable to perform appropriately. Nobody expects you to be perfect all of the time. You are not *even* expected to be competent all of the time.

But...you are expected to know when you cannot work appropriately and you are expected to *never* interact with patients when your ability to deliver care is compromised.

Feedback:

We expect your feedback (good and bad) throughout the rotation. This is an ongoing experience. You have an obligation to yourself, your patients, and your classmates to get the most out of it, as well as, make it better for those that follow you.

Privacy:

Patient privacy is to be respected at all times. You do not discuss patients or cases you have seen with anyone outside this office other than general demographics and data as our required for your rotational reporting. If you see a violation of patient it is your job to please point it out to us.

EDUCATIONAL SOURCES

- ***The Diagnostic and Statistical Manual of Mental Illness.*** (DSM) is the guidelines for diagnosing mental illness. You will be expected to know the criteria for the major classifications of mental illness in your rotation (Mood, Anxiety, Psychosis, and Substance Abuse Disorders) and have enough familiarity with the manual to be able to locate the diagnostic criteria for other disorders (eating disorders, sleep disorders, learning disorders, etc.)

- ***A Comprehensive Review for the Certification and Recertification Examinations for Physician Assistants*** - Read the Psychiatry Chapter for this rotation, EOR study and the PANCE.

- ***Treatment Models:*** Thirteen models that we use in our practice to help with education, understanding and integration of treatment across all levels of sophistication. [Link to Treatment Models PDF](#)

- ***Practice Fusion Templates:*** In addition to helping us to document patient care our templates allow us to educate. They are based off of DSM criteria and other industry standards. Familiarity with them will help build your knowledge base.

- ***Text or article of your Choice on Persuasion:***

Medicine places far too much emphasis on knowledge without a corresponding emphasis on persuasion. The reality is that without being persuasive your knowledge will not motivate people to action. You need to start examining the art of persuasion for you, and your patients, own good. I ask everyone to research this topic at some point in their rotation and put it's principals into practice.

- ***The text for psychiatry rotation is CURRENT Diagnosis & Treatment Psychiatry, Second Edition (LANGE CURRENT Series).*** While we don't expect you to read all of the text we do expect you to familiarize yourself with the patients and diagnoses you see here.

Optional Sources of Information (Download via link)

[LINK TO Download FILES BELOW](#)

- 1) *The Importance of Being Average*: This is Doctor Grace's funny book on keeping life in perspective and not taking yourself so serious that you make mistakes.
- 2) *Where Am I?* This is Dr. Grace's book on spatial orientation and emotional connection.
- 3) *A Picture of You*. This is a journal writing guide to help assist patients with journaling more effectively.

Psych Meds App

This is an app for review and quizzing of psychiatric meds, it costs \$1.99. There are other pharmacology apps through this company that are useful for studying as well.

[https://itunes.apple.com/us/app/psych-meds-for-students/id571150140?
1s=1&mt=8](https://itunes.apple.com/us/app/psych-meds-for-students/id571150140?1s=1&mt=8)

Components of Rotation

Office Experience - We have a busy outpatient clinic with PAs, NPs nurses, and several therapists. You will see patients as new evaluations and in follow-up in the office with exposure to both medication management and psychotherapy (primarily cognitive-behavioral therapy in focus).

Group Therapy - Mindfulness - We are now offering a daily mindfulness group Monday through Friday for those interested in learning more about using the skills and receiving some extra support. The group is 8 - 9 AM and is lead by one of our full time therapists, Jacey Laundree, LCSW. Mindfulness is one of the most effective treatments for helping to stabilize mood and address life stressors. Our staff offers a relaxing environment and a warm approach to introduce you to a new way of dealing with what life throws you!

Presentation - All students are expected to perform a brief presentation during their time here on some mental health topic. If you have trouble choosing a topic, feel free to discuss some thoughts with us and we can help you decide. The last week of your rotation you will give a 5-10 minute oral presentation on the chosen topic.

Office Hours

You are expected to be in the office from 8-1 weekdays and until 3pm on any weekdays that the allow for you to observe therapy/counseling. Also on Saturday mornings from 8-noon.

Activities at Some Point in Rotation

1. Observed Individual Psychotherapy- 3 days
2. Observed Group Psychotherapy- 3-5 days
3. Discussion of readings on persuasion

COMPUTER ORIENTATION

- WiFi - Login to office WiFi on your laptop
- Practice Fusion - Login and ID will be given to create account

EMR ORIENTATION

- Scheduling patients
- Taking and recording vitals
- What are MMPI, TOVA, CANS-MCI
- Using templates
- SOAP notes
- Recording meds

SCHEDULED ACTIVITIES

- DAY 1 -
 - Introduction to staff
 - Visit the clinic, business office and Springbrook PHP
 - Gain access to the internet
 - Gain access to practice fusion
 - Gain access to the templates
 - Read our 13 Treatment Models, document is on website
- Week 1:
 - Introduction and Orientation
 - Learn how to use practice fusion, write notes and conduct interview with patient. Some shadowing will be necessary at first.
 - Staff Feedback to Student / Student Feedback on Rotation
- Week 2:
 - Start interviewing patients on your own, write notes and present patients.
 - Staff Feedback to Student / Student Feedback on Rotation
- Week 3:
 - Continue seeing patients on your own
 - Staff Feedback to Student / Student Feedback on Rotation

Orientation Packet for Psychiatry Rotation at John Grace, M.D., P.A.

- Week 4:
 - Continue seeing patients on your own
 - Visit PHP and Nursing home as appropriate
 - Final Evaluation of Staff/ Final Evaluation From Student

Student Feedback Forms

How would you describe the following components of your experience here at John W. Grace, M.D., P.A.? What could be better? What did you really enjoy?

Clerical Staff Interaction:

Nursing Staff Interaction:

NP and PA Interaction:

Dr. Grace Interaction:

Patient Exposure:

Psychotherapy Exposure:

Partial Hospitalization Program:

Workload:

Independence: