



## “The Quick-List”

### *Summary Examples of Ways to Achieve Mastery of the Seven Core Competencies of the Osteopathic Profession*

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As the PNWU-COM student evaluates his/her individual development of the Competency-Based Student Portfolio, please use this “quick-list” for examples of activities and assignments that when completed reflect the pursuit of competency-based actions. The “quick-list” is an abridged version of competency-based activities developed from the master NBOME document found on the PNWU Office of Academic Support homepage entitled ["Mastery of the Core Competencies"](#) .

#### **Competency 1: OSTEOPATHIC PHILOSOPHY AND OSTEOPATHIC MANIPULATIVE MEDICINE**

**Definition:** PNWU –COM students are expected to demonstrate and apply knowledge of accepted standards in Osteopathic Manipulative Treatment (OMT). The educational goal is to train a skilled and competent osteopathic practitioner who remains dedicated to life-long learning and to practice habits in osteopathic philosophy and manipulative medicine.

#### **Examples of Competency-Based Portfolio Entries**

- Examples of participation in OMT training (via recorded dates or a short-paragraph/write-up)
- OSCE’s
- Case Logs
- SPE’s
- Letters from rotation faculty/physicians stating a direct observation of utilization of caring and compassionate behavior with patients

- Letters from rotation faculty/physicians stating a direct observation of utilization of listening skills with patients
- Critical Review of OMT-related medical literature
- Participation in activities that provide educational programs with an OMT focus
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## **Competency 2: MEDICAL KNOWLEDGE**

Definition: PNWU-COM students are expected to demonstrate and apply knowledge of accepted standards of clinical medicine, remain current with new developments in medicine, and participate in life-long learning activities, including research.

### **Examples of Competency-Based Portfolio Entries**

- Attendance at Grand Rounds
- Attendance conferences of professional societies
- Participation (as either presenter or attendee) in a journal club
- Research activity on a current medical issue
- Peer and faculty instructional program offerings with a goal of developing as a medical educator
- Presentation or participation at “*Excellence in Medical Student Achievement*” Seminar Series

## **Competency 3: PATIENT CARE**

Definition: PNWU-COM students must demonstrate the ability to effectively treat patients, provide medical care that incorporates the osteopathic philosophy, patient empathy, awareness of behavioral issues, the incorporation of preventive medicine, and health promotion.

### **Examples of Competency-Based Portfolio Entries**

- SPE’s
- OSCE’s
- Suture Clinic
- Providing or participating in informed consent practices for a medical procedure
- Bedside teaching rounds
- Recorded performance of patient interaction
- SimLab Experiences
- Case Logs
- Documented reference of patients to needed not-for-profit or community service organizations
- Documented counseling of patients regarding healthy lifestyles and preventive medicine

#### **Competency 4: INTERPERSONAL AND COMMUNICATION SKILLS**

Definition: PNWU-COM students are expected to demonstrate interpersonal and communication skills that enable them to establish and maintain professional relationships with patients, families, and other members of health care teams.

##### **Examples of Competency-Based Portfolio Entries**

- Demonstration of proficiency of health assessment of non-English speaking and hearing-impaired patients
- OSCE's
- SPE's
- Patient Surveys
- Recorded performance of patient interaction
- Maintenance of medical records
- Providing resources to patients
- Evidence of working effectively with other on a healthcare team
- Evidence of communicating medical problems and options to patients at appropriate levels of understanding
- Case and chart review

#### **Competency 5: PROFESSIONALISM**

Definition: PNWU-COM students are expected to uphold the Osteopathic Oath in the conduct of their professional activities that promote advocacy of patient welfare, adherence to ethical principles, collaboration with health professionals, life-long learning, and sensitivity to a diverse patient population. Residents should be cognizant of their own physical and mental health in order to effectively care for patients.

##### **Examples of Competency-Based Portfolio Entries**

- Evidence of communicating informed consent protocol to patients
- Evidence of compassion for the terminally-ill patient and application of skills in offering palliative care and end-of-life preparation
- Standardized oral exams demonstrating knowledge and responsive abilities to the special needs and cultural origins of patients
- Attendance at sensitivity seminars and programs

#### **Competency 6: PRACTICE-BASED LEARNING AND IMPROVEMENT**

Definition: PNWU-COM students must demonstrate the ability to critically evaluate their methods of clinical practice, integrate evidence-based medicine into

patient care, show an understanding of research methods, and improve patient care practices.

Examples of Competency-Based Portfolio Entries

- Participation in quality assurance programs
- Documentation of consistently showing application of principles of evidence-based medicine
- Review of evidence-based medicine literature via journal club participation
- Use of evidence-based medicine during SPE's and OSCE's
- Demonstration of the ability to use information retrieval systems (e.g., computer literacy) as applied to patient care and hospital systems
- Feedback on peer presentations

**Competency 7: SYSTEMS-BASED PRACTICE**

Definition: PNWU-COM students are expected to demonstrate an understanding of health care delivery systems, provide effective and qualitative patient care within the system, and practice cost-effective medicine.

Examples of Competency-Based Portfolio Entries

- Demonstration of an understanding of business models to medical practice
- Attendance at multi-disciplinary hospital meetings
- Attendance at local and national health care organizational meetings
- Attendance at guest lectures given by policy-makers
- Documented ability to provide local medical resources to patients
- Participation in advocacy activities relevant to patient quality care
- Effective communication and instruction regarding patient navigation of medical resources during an OSCE