

# MUN Internal Medicine Introducing Competency By Design: Newsletter 5



Shifting gears....  
Transition to CBD:  
July 2019

## Learning Contracts

Starting this month, there will be a rollout of Learning Contracts!

These will be done at the beginning of each block, and will document a set of goals to be accomplished by the residents in their block.

Learning contracts will be reviewed at the start of each block, in the same way as learning objectives currently are.

## How it works:

Residents and staff meet on the first day of the block to discuss:

1. Learning Goal  
Ex: Evaluate chronic liver disease on examination
2. Clinical Opportunity  
Ex: admission or follow up exam of a patient with cirrhosis on CTU

At the midpoint or end of the rotation, residents and staff meet again to go over what was achieved, and how it was beneficial.

Ex: Was able to examine effectively for the stigmata of chronic liver disease in 3 patients admitted to the CTU, which improved confidence in technique.

The contract should be signed when you meet - at the start & midpoint of rotation!



## What they look like:

Name: \_\_\_\_\_  
Rotation: \_\_\_\_\_

PGY: \_\_\_\_\_  
Block #: \_\_\_\_\_

The learning contract should be reviewed by both the resident and preceptor at the start of each rotation. The purpose of this contract is to acknowledge the objectives have been reviewed and to encourage reflection on individual resident learning needs. Reflection should promote resident autonomy, responsibility for learning, and resident driven learning. Also this contract should aid preceptors in understanding learner needs and identify opportunities to achieve them.

Objectives in Training for Rotation reviewed.

(One45 under Handouts [Link](#) > Internal Medicine Rotation objects)

Describe your learning goal	Identify clinical opportunity to achieve this goal?	Accounty / Eval. Did you achieve this goal?
Example: Identify thyroid nodules on physical exam	Example: patients with Grave's disease, toxic goiter, Hashimoto's, thyroid nodules N/D, etc.	Yes. 10 thyroid exams, felt 4 nodules. Feel more confident identifying and describing nodules on physical exam.
1.		
2.		
3.		
4.		

Remember to check the box when you've reviewed your objectives!

## The Benefits

- Residents have more ownership of the goals they set with staff
- Ensures that any specific EPAs or clinical goals are reasonable to obtain early in rotations, especially as CBD rolls out