

**University of Washington
Internal Medicine Residency**

Homeless Care

Educational Goals: IM Residents will rotate through the Homeless Care rotation to:

- Gain awareness of the social, psychological, and medical issues pertaining to homelessness.
- Experience the provision of primary care for vulnerable populations, with particular emphasis on care of the homeless.
- Be exposed to career opportunities in providing primary health care to this unique, vulnerable, and multifaceted population.
- Experience a multidisciplinary approach to providing primary care to the poor in both academic and community settings.
- Gain awareness of literacy and health literacy through design of a patient education handout or tool.
- Experience teaching and precepting medical students in an indigent care environment, and in doing so foster medical student interest in pursuing primary care internal medicine for the underserved.
- Pursue self-directed learning and reading in topics pertaining to indigent care.

This chart details the minimum curricular goals for each year of residency.

Patient Care: History Taking		Resident Competency Evaluation Form, Mini-CEX	
PGY-1	Not available as PGY-1.		
PGY-2	<p>Demonstrates the ability to obtain and document an accurate and complete history from patient or authorized outside resources with some faculty input.</p> <p>Specific historical areas include:</p> <ul style="list-style-type: none"> • Symptom-driven history for patients presenting with specific complaints: chest pain, shortness of breath, abdominal pain, cough, infectious syndromes, edema, foot complaints, skin rashes • Emphasis on understanding and acknowledging the tangible problems for which homeless patients pursue healthcare • Detailed past history for the diagnoses of DM, HTN, CAD, CHF, CRF, COPD/Asthma, HIV, Hepatitis • Risk factors for infectious diseases and epidemiology of acute and chronic problems in the population • Detailed Social history, including past and present housing situation, contact information, sources of food and income, past or current employment, legal history and past incarcerations, and personal or family history of domestic violence • Detailed substance abuse history, including past or current treatment programs, assessment of readiness to change • Primary-care-appropriate Psychiatric history, involvement with mental health services, case manager <p>Begins to deal with difficult and/or sensitive topics such as:</p> <ul style="list-style-type: none"> • Compliance/adherence issues • Chronic homelessness 		
PGY-3	<ul style="list-style-type: none"> - Demonstrates the ability to obtain and document an accurate and complete history from patient, caregiver, or outside resources independently. - Successfully deals with sensitive topics and proposes creative solutions to adherence challenges. 		
Patient Care: Physical Exam		Resident Competency Evaluation Form, Mini-CEX	
PGY-1	Not available as PGY-1.		
PGY-2	<p>Demonstrates the ability to reliably recognize abnormalities on the physical exam and appropriately characterize (with regular input from faculty):</p> <ul style="list-style-type: none"> • Recognition of illness severity or risk for deterioration of clinical status prompting possible need for hospitalization • Recognition that serial focused physical exams rather than an initial complete physical exam may be necessary in patients with paranoid or avoidant tendencies, reluctance to trust, or profound self-consciousness regarding suboptimal personal hygiene • Cardiac examination for evidence of congestive heart failure including abnormal PMI, JVP, HJR, S3, and significance of systolic and diastolic murmurs • Pulmonary exam for evidence of pneumonia in patients with cough • Abdominal exam for masses, organomegaly, stigmata of cirrhosis • Foot exam for evidence of diabetic ulcerations, tinea pedis, onychomycosis, trench foot, and painful corns & calluses; able to identify a “high-risk” foot • Vascular exam for evidence of venous and arterial insufficiency • Skin exam for those with complaints of rash or pruritus, including investigation for lice, scabies, or other infectious skin problems • Neurologic exam including mini mental status exam for complaints of weakness, and pain/sensory symptoms; 		

	able to localize site of neurologic dysfunction from clinical exam findings <ul style="list-style-type: none"> • Gynecologic exam, including collection of Pap smear, KOH prep, and wet mount
PGY-3	- Independently carries out an accurate examination with both normal and abnormal physical findings.
Patient care: Medical Decisions Methods: Resident Competency Evaluation Form, Chart Review/documentation	
PGY-1	Not available as PGY-1.
PGY-2	Reliably recognizes patterns of acute and chronic illness and initiates appropriate treatment plans, with moderate faculty input for the following: <p>Acute issues:</p> <ul style="list-style-type: none"> • Cough or respiratory illness requiring further workup • CHF exacerbation • Chest pain with cardiac concern • Hypertensive urgency/emergency • Diabetic ketoacidosis or hyperosmolar syndrome • COPD exacerbations • Infectious problems such as cellulitis, pneumonia, UTI, STDs, etc <p>Chronic disease management:</p> <ul style="list-style-type: none"> • Diabetes • Cardiovascular disease • Chronic liver disease • Foot care • Wound care • Addiction • Mental health • Motivational interviewing
PGY-3	- Reliably recognizes patterns of acute and chronic illness and can independently initiate both urgent and long-term management strategies respectively. - Evidence Based Medicine knowledge of the therapies used in most common disease states (see PGY2 list), and the appropriate application of such knowledge given the unique challenges of the population. - Incorporates motivational interviewing techniques into the patient encounter.
Patient Care: Procedural skills Methods: Resident Competency Evaluation Form, Procedure Log	
PGY-1	Not available as PGY-1.
PGY-2	<ul style="list-style-type: none"> • Performs procedures as needed, with faculty supervision. • Understands the indications for biopsy/drainage for abscesses. • Appropriate use and interpretation of office EKG, urinalysis, rapid strep testing, pelvic exam including Pap smear, wet mount, and KOH prep • Foot care techniques, including shaving calluses and trimming nails
PGY-3	- Independent in performing, interpreting and planning appropriate procedures for patients.
Medical Knowledge Methods: Resident Competency Evaluation Form, Attd Review of Written Documentation	
PGY-1	Not available as PGY-1.
PGY-2	Applies relevant clinical and basic science knowledge in the following common homeless care issues: <ul style="list-style-type: none"> • Chronic disease management, including diabetes, cardiovascular disease, and chronic liver disease • Acute exacerbations of chronic disease • Acute infectious issues such as pneumonia/URI, UTI, skin and soft tissue infection, STDs • Foot care • Wound care • Mental health • Addiction and withdrawal syndromes • Infectious and non-infectious dermatologic complaints • Chronic pain syndromes <p>Demonstrates a progression in content knowledge and analytical thinking with well formulated differential diagnoses and management plans.</p>
PGY-3	- Understanding and application of medical literature related to common medical conditions, and the shortfalls of such literature in this relatively under-studied population.
Interpersonal Skills and Communication Methods: Resident Competency Evaluation Form, Mini-CEX	
PGY-1	Not available as PGY-1.
PGY-2	<ul style="list-style-type: none"> • Creates a non-threatening, open environment for patients to establish care on their own terms • Demonstrates sensitivity to the unique vulnerabilities of the population • Appreciates the nature of competing priorities in the homeless patient and how that impacts the primary care encounter and continuity of care

	<ul style="list-style-type: none"> • Understands the literacy challenges of the population and works to provide low-literacy or visual instruction in disease management • Organized and articulate patient presentations appropriately curtailed to the time constraints of outpatient medicine. • Provides timely and thorough electronic documentation of patient care. • Effectively carries out difficult discussions of sensitive topic discussions with occasional faculty input. • Communicates learned knowledge to medical students through clinic precepting opportunities and case-based discussions.
PGY-3	- Able to deal with the most challenging patient scenarios with minimal faculty input.
Professionalism Methods: Resident Competency Evaluation Form, Conference Attendance	
PGY-1	Not available as PGY-1.
PGY-2	<ul style="list-style-type: none"> • Identifies ethical and social justice issues related to healthcare access and disparity. • Strives for excellence in patient care and knowledge. • Demonstrates integrity, respect for others, honesty, and compassion. • Demonstrates timely completion of administrative tasks and documentation.
PGY-3	- Sets a tone of respect and collegiality and acts as role model for patient care and professional behavior.
Practice Based Learning and Improvement Methods: Resident Competency Evaluation Form	
PGY-1	Not available as PGY-1.
PGY-2	<ul style="list-style-type: none"> • Understands EBM principles and begins to utilize relevant EBM research to support decision-making. • Able to recognize the potential shortcomings of EBM in a relatively under-studied population. • Develops novel instruments for patient education through completion of a low-literacy patient education handout or tool, improving patient care practice on both a personal and systemic level • Identifies knowledge deficiencies and seeks to remedy them. • Able to accurately self-assess skills and performance.
PGY-3	<ul style="list-style-type: none"> - Appropriately integrates EBM with expert opinions and professional judgment given the unique social circumstances of the population. - Able to utilize and suggest data-driven modifications to protocols. - Able to systematically apply practice patterns to larger populations and seek to improve care.
Systems Based Practice Methods: Resident Competency Evaluation Form, (?)360 degree evaluations	
PGY-1	Not available as PGY-1.
PGY-2	<ul style="list-style-type: none"> • Identifies systems-based issues pertaining to healthcare access and disparities in outcomes. • Becomes familiar with the social and public health resources available to address these issues. • Understands the provision of healthcare to the homeless in the context of competing priorities, validating these priorities and acknowledging their primacy in patients' schemata of social survival. • Becomes familiar with the realities of shelter and street dwelling. • Learns techniques for ensuring safe and timely follow-up when needed. • Understands and practices cost effective patient care and selective test ordering. • Recognizes and addresses errors in medical management. • Uses electronic information systems to access and disseminate medical knowledge.
PGY-3	<ul style="list-style-type: none"> - Hones knowledge of social resources and their impact upon access to care. - Consistently advocates for patients. - Consistently practices cost-effective care and selective test-ordering and consultation. - Develops systems or methods to optimize follow-up.