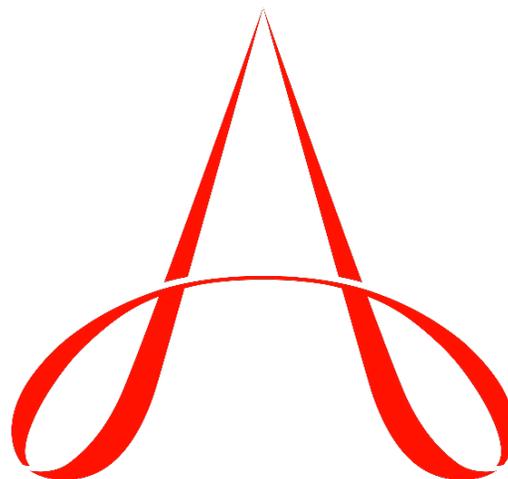




Sports Medicine Milestones

The Accreditation Council for Graduate Medical Education



ACGME

Implementation: July 2022

Second Revision: July 2021

First Revision: December 2014

Sports Medicine Milestones

The Milestones are designed only for use in evaluation of fellows in the context of their participation in ACGME-accredited residency or fellowship programs. The Milestones provide a framework for the assessment of the development of the fellow in key dimensions of the elements of physician competency in a specialty or subspecialty. They neither represent the entirety of the dimensions of the six domains of physician competency, nor are they designed to be relevant in any other context.

Sports Medicine Milestones

Work Group

| | |
|--------------------------------------|----------------------------|
| Joshua Berkowitz, MD | William Mann, MD, MPH, MBA |
| Eldra Daniels, MD, MPH | Sarah Matya, MHA, C-TAGME |
| Laura Edgar, EdD, CAE | Deirdre Rodericks, MD |
| Laura Fralich, MD, FAAFP | Stephen Schaaf, MD |
| Jolie C. Holschen, MD, FACEP, FAMSSM | Mark Stovak, MD |
| Adriana Isacke, DO | |

The ACGME would like to thank the following organizations for their continued support in the development of the Milestones:

American Board of Emergency Medicine
American Board of Family Medicine
American Board of Pediatrics
American Board of Physician Medicine and Rehabilitation
American Medical Society for Sports Medicine
ACGME Review Committee for Emergency Medicine
ACGME Review Committee for Family Medicine
ACGME Review Committee for Pediatrics
ACGME Review Committee for Physical Medicine and Rehabilitation

Understanding Milestone Levels and Reporting

This document presents the Milestones, which programs use in a semi-annual review of fellow performance, and then report to the ACGME. Milestones are knowledge, skills, attitudes, and other attributes for each of the ACGME Competencies organized in a developmental framework. The narrative descriptions are targets for fellow performance throughout their educational program.

Milestones are arranged into levels. Tracking from Level 1 to Level 5 is synonymous with moving from novice to expert fellow in the specialty or subspecialty. For each reporting period, the Clinical Competency Committee will review the completed evaluations to select the milestone levels that best describe each learner's current performance, abilities, and attributes for each subcompetency.

These levels *do not* correspond with post-graduate year of education. Depending on previous experience, a junior fellow may achieve higher levels early in his/her educational program just as a senior fellow may be at a lower level later in his/her educational program. There is no predetermined timing for a fellow to attain any particular level. Fellows may also regress in achievement of their milestones. This may happen for many reasons, such as over scoring in a previous review, a disjointed experience in a particular procedure, or a significant act by the fellow.

Selection of a level implies the fellow substantially demonstrates the milestones in that level, as well as those in lower levels (see the diagram on page vi).

Additional Notes

Level 4 is designed as a graduation *goal* but *does not* represent a graduation *requirement*. Making decisions about readiness for graduation and unsupervised practice is the purview of the program director. Furthermore, Milestones 2.0 include revisions and changes that preclude using Milestones as a sole assessment in high-stakes decisions (i.e., determination of eligibility for certification or credentialing). Level 5 is designed to represent an expert fellow whose achievements in a subcompetency are greater than the expectation. Milestones are primarily designed for formative, developmental purposes to support continuous quality improvement for individual learners, education programs, and the specialty. The ACGME and its partners will continue to evaluate and perform research on the Milestones to assess their impact and value.

Examples are provided for some milestones within this document. Please note: the examples are not the required element or outcome; they are provided as a way to share the intent of the element.

Some milestone descriptions include statements about performing independently. These activities must occur in conformity to ACGME supervision guidelines as described in the Program Requirements, as well as to institutional and program policies. For example, a fellow who performs a procedure independently must, at a minimum, be supervised through oversight.

A Supplemental Guide is also available to provide the intent of each subcompetency, examples for each level, assessment methods or tools, and other available resources. The Supplemental Guide, like examples contained within the Milestones, is designed only to assist the program director and Clinical Competency Committee, and is not meant to demonstrate any required element or outcome.

Additional resources are available in the [Milestones](#) section of the ACGME website. Follow the links under “What We Do” at www.acgme.org.

The diagram below presents an example set of milestones for one sub-competency in the same format as the ACGME Report Worksheet. For each reporting period, a fellow's performance on the milestones for each sub-competency will be indicated by selecting the level of milestones that best describes that fellow's performance in relation to those milestones.

| Interpersonal and Communication Skills 2: Interprofessional and Team Communication | | | | |
|--|--|--|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Respectfully requests/receives a request for consultation | Clearly and concisely requests/responds to a request for consultation | Checks understanding of consult recommendations (received or provided) | Coordinates recommendations from different members of the health care team to optimize patient care, resolving conflict when needed | Role models flexible communication strategies that demonstrate one values input from all health care team members, resolving conflict when needed |
| Uses language that demonstrates one values all members of the health care team | Communicates information effectively with all health care team members | Communicates concerns and provides feedback to peers and learners | Communicates feedback and constructive criticism to supervising individuals | Facilitates regular health care team-based feedback in complex situations |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="float: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

Selecting a response box in the middle of a level implies that milestones in that level and in lower levels have been substantially demonstrated.

Selecting a response box on the line in between levels indicates that milestones in lower levels have been substantially demonstrated as well as **some** milestones in the higher level(s).

| Patient Care 1: History and Physical Examination: Medical and Musculoskeletal | | | | |
|--|---|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Obtains appropriate medical history | Obtains detailed history of sports-related medical condition or injury | Obtains advanced history of sports-related medical condition or injury, with guidance | Independently obtains complex history of common and complex conditions | Serves as a role model for techniques to obtain subtle and sensitive information from patients and their families |
| Performs basic medical examination | Performs specific organ-based medical examination for common sports medicine conditions | Performs medical examination for complex or high-risk sports medicine conditions, with guidance | Independently performs complex examinations of common and complex conditions | Serves as a role model for efficiently performing problem-based examination |
| Performs basic musculoskeletal examination | Performs joint-specific musculoskeletal examination with special testing | Performs regional musculoskeletal examination for complex or high-risk sports musculoskeletal conditions, with guidance | Independently performs regional musculoskeletal and functional examination for common and complex sports musculoskeletal conditions | Serves as a role model for performance of regional musculoskeletal examination for common and complex sports musculoskeletal conditions |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;"> Not Yet Completed Level 1 <input type="checkbox"/> Not Yet Assessable <input type="checkbox"/> </div> | | | | |

| Patient Care 2: Medical Management: Differential Diagnosis, Diagnostic Testing, Interpretation of Data, and Treatment Planning | | | | |
|--|---|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Develops a basic differential diagnosis pertinent to common medical conditions | Develops a basic differential diagnosis pertinent to sports medicine conditions | Develops a comprehensive differential diagnosis based on history and physical examination findings, with guidance | Independently develops a comprehensive differential diagnosis pertinent to patient-specific factors | Serves as a resource or role model for the evaluation and management of complex conditions in sports medicine |
| Orders and interprets diagnostic testing for common medical conditions | Orders and interprets diagnostic testing for common sports medicine conditions | Orders and interprets diagnostic testing for complex sports medicine conditions, with guidance | Independently interprets and applies diagnostic testing to treatment and management | |
| Generates a basic treatment plan for common medical conditions | Generates a basic treatment plan for common sports medicine conditions | Generates and modifies a treatment plan for complex sports medicine conditions, with guidance | Independently generates and modifies individualized treatment plans pertinent to patient-specific factors | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: | | | | Not Yet Completed Level 1 <input type="checkbox"/> |
| | | | | Not Yet Assessable <input type="checkbox"/> |

| Patient Care 3: Musculoskeletal Conditions | | | | |
|--|--|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Develops a basic differential diagnosis pertinent to common musculoskeletal conditions | Develops a basic differential diagnosis pertinent to uncommon musculoskeletal conditions | Develops a comprehensive differential diagnosis based on history and physical examination findings, with guidance | Independently develops a comprehensive differential diagnosis pertinent to patient-specific factors | Serves as a resource or role model for the evaluation and management of complex musculoskeletal conditions in sports medicine |
| Orders and interprets diagnostic testing for common conditions | Orders and interprets diagnostic testing for complex conditions | Orders and interprets diagnostic testing for common and complex conditions, with guidance | Independently interprets and applies diagnostic testing to treatment and management | |
| Generates a basic treatment plan for common musculoskeletal conditions | Generates a basic treatment plan for uncommon musculoskeletal conditions | Generates and modifies a treatment plan for complex conditions, with guidance | Independently generates and modifies individualized treatment plans pertinent to patient-specific factors | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: | | | | Not Yet Completed Level 1 <input type="checkbox"/> Not Yet Assessable <input type="checkbox"/> |

| Patient Care 4: Training Room, Team or Individual Sporting Event, and Mass Participation Event Medical Coverage | | | | |
|---|---|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| With direct supervision, participates in training room medical coverage | With indirect supervision, participates in training room medical coverage | With supervision available, provides training room medical coverage | Independently provides training room medical coverage | Develops policies for and supervises training room medical coverage |
| With direct supervision, participates in team or individual sporting event coverage | With indirect supervision, participates in team or individual sporting event coverage | With supervision available, provides team or individual sporting event coverage | Independently provides team or individual sporting event coverage | Serves as a resource or role model in the community for implementing care at team or individual sporting events |
| With direct supervision, participates in mass participation event medical coverage | With supervision immediately available, participates in mass participation event medical coverage | With supervision available, provides mass participation event medical coverage | Independently provides mass participation event medical coverage | Organizes mass participation event medical coverage |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: | | | | Not Yet Completed Level 1 <input type="checkbox"/> Not Yet Assessable <input type="checkbox"/> |

| Patient Care 5: Diagnostic and Therapeutic Musculoskeletal Ultrasound | | | | |
|--|--|---|--|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Describes indications for diagnostic ultrasound and fundamental principles of ultrasound | Demonstrates appropriate set-up and scanning technique, and adjusts ultrasound settings for image optimization | With guidance, performs diagnostic ultrasound; acquires, labels, and saves ultrasound images; and generates a report | Independently performs diagnostic ultrasound; acquires, labels, and saves ultrasound images; and generates a report | Serves as a resource to others in performance of diagnostic ultrasound |
| Describes indications, contraindications, risks, and benefits of ultrasound-guided injections | Demonstrates appropriate equipment and patient set-up, and ultrasound-guided injection technique | With guidance, performs ultrasound-guided injections with appropriate needle visualization; acquires, labels, and saves ultrasound images; and generates a procedure note | Independently performs ultrasound-guided injections with appropriate needle visualization; acquires, labels, and saves ultrasound images; and generates a procedure note | Serves as a resource to others in performance of ultrasound-guided injections |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;"> Not Yet Completed Level 1 <input type="checkbox"/> Not Yet Assessable <input type="checkbox"/> </div> | | | | |

| Patient Care 6: Sports Medicine Procedures | | | | |
|--|---|---|--|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Identifies indications and potential complications for common procedures | Assesses indications, risks, benefits, and alternatives, and obtains informed consent for common procedures | Assesses indications, risks, and benefits, and weighs alternatives for advanced procedures | Counsels patients on the indications, risks, benefits, and alternatives for common and advanced procedures | Serves as a resource for counseling patients on the indications, risks, benefits, and alternatives for common and advanced procedures |
| Identifies proper equipment set-up and relevant anatomy for procedures | Performs common therapeutic procedures, with supervision | Independently performs common therapeutic procedures; performs advanced procedures with supervision | Independently performs advanced procedures | Teaches common and advanced procedures |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;"> Not Yet Completed Level 1 <input type="checkbox"/> Not Yet Assessable <input type="checkbox"/> </div> | | | | |

| Medical Knowledge 1: Science of Sports Medicine | | | | |
|--|---|---|--|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Demonstrates basic knowledge of the science of sports medicine | Demonstrates advanced knowledge of the science of sports medicine | Synthesizes and applies knowledge of the science of common sports medicine conditions | Synthesizes and applies knowledge of the science of complex sports medicine conditions | Publishes peer-reviewed work related to the science of sports medicine |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: | | | | Not Yet Completed Level 1 <input type="checkbox"/> Not Yet Assessable <input type="checkbox"/> |

| Medical Knowledge 2: Medical Issues in Sports Medicine | | | | |
|--|--|---|--|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Demonstrates basic knowledge of pathophysiology of medical conditions in sports medicine | Demonstrates advanced knowledge of pathophysiology of medical conditions in sports medicine | Synthesizes and applies knowledge of pathophysiology, evaluation, and diagnostic testing for management of common medical conditions in sports medicine | Synthesizes and applies knowledge of pathophysiology, evaluation, and diagnostic testing for management of complex medical conditions in sports medicine | Publishes/presents peer-reviewed original scientific work to advance the medical knowledge related to medical conditions in sports medicine |
| Demonstrates basic knowledge of return-to-play guidelines for medical conditions in sports medicine | Demonstrates advanced knowledge of return-to-play guidelines for medical conditions in sports medicine | Synthesizes and applies knowledge of return-to-play guidelines for common medical conditions in sports medicine | Synthesizes and applies knowledge of return-to-play guidelines for complex medical conditions in sports medicine | Develops return-to-play protocols for medical conditions in sports medicine |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;"> Not Yet Completed Level 1 <input type="checkbox"/> Not Yet Assessable <input type="checkbox"/> </div> | | | | |

| Medical Knowledge 3: Musculoskeletal Issues in Sports Medicine | | | | |
|--|--|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| <p>Demonstrates basic knowledge of musculoskeletal conditions, including prevention and treatment</p> <p>Demonstrates basic knowledge of return-to-play guidelines for musculoskeletal conditions in sports medicine</p> | <p>Demonstrates advanced knowledge of musculoskeletal conditions, including prevention and treatment</p> <p>Demonstrates advanced knowledge of return-to-play guidelines for musculoskeletal conditions in sports medicine</p> | <p>Synthesizes and applies knowledge of pathophysiology, evaluation, and diagnostic testing to management of common sports medicine-related musculoskeletal injuries</p> <p>Synthesizes and applies knowledge of return-to-play guidelines for common musculoskeletal conditions in sports medicine</p> | <p>Synthesizes and applies knowledge of pathophysiology, evaluation, and diagnostic testing to management of complex sports medicine-related musculoskeletal injuries</p> <p>Synthesizes and applies knowledge of return-to-play guidelines for complex musculoskeletal conditions in sports medicine</p> | <p>Publishes/presents peer-reviewed original scientific work to advance the medical knowledge related to pathophysiology, evaluation, and diagnostic testing to management of sports medicine-related musculoskeletal injuries</p> <p>Develops return-to-play protocols for musculoskeletal conditions in sports medicine</p> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: | | | | <p>Not Yet Completed Level 1 <input type="checkbox"/></p> <p>Not Yet Assessable <input type="checkbox"/></p> |

| Systems-Based Practice 1: Patient Safety and Quality Improvement | | | | |
|---|---|--|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Demonstrates knowledge of common patient safety events | Identifies system factors that lead to patient safety events | Participates in analysis of patient safety events (simulated or actual) | Conducts analysis of patient safety events and offers error prevention strategies (simulated or actual) | Actively engages teams and processes to modify systems to prevent patient safety events |
| Demonstrates knowledge of how to report patient safety events | Reports patient safety events through institutional reporting systems (simulated or actual) | Participates in disclosure of patient safety events to patients and their families (simulated or actual) | Discloses patient safety events to patients and their families (simulated or actual) | Role models or mentors others in the disclosure of patient safety events |
| Demonstrates knowledge of basic quality improvement methodologies and metrics | Describes local quality improvement initiatives (e.g., community vaccination rate, infection rate, smoking cessation) | Participates in local quality improvement initiatives | Demonstrates skills required to identify, develop, implement, and analyze a quality improvement project | Designs, implements, and assesses quality improvement initiatives at the institutional or community level |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

| Systems-Based Practice 2: System Navigation for Patient-Centered Care | | | | |
|--|--|--|--|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Demonstrates knowledge of care coordination | Coordinates care of patients in routine clinical situations, effectively using the roles of interprofessional team members | Coordinates care of patients in complex clinical situations, effectively using the roles of interprofessional team members | Role models effective coordination of patient-centered care among different disciplines and specialties | Analyzes the process of care coordination and leads in the design and implementation of improvements |
| Identifies key elements for safe and effective transitions of care and hand-offs | Performs safe and effective transitions of care/hand-offs in routine clinical situations | Performs safe and effective transitions of care/hand-offs in complex clinical situations | Role models and advocates for safe and effective transitions of care/hand-offs within and across health care delivery systems, including outpatient settings | Improves quality of transitions of care within and across health care delivery systems to optimize patient outcomes |
| Demonstrates knowledge of population and community health needs and inequities | Identifies specific population and community health needs and inequities in the local population | Uses local resources effectively to meet the needs of a patient population and community | Participates in changing and adapting practice to provide for the needs of specific populations | Leads innovations and advocates for populations and communities with health care inequities |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: | | | | |
| Not Yet Completed Level 1 <input type="checkbox"/> | | | | |

| Systems-Based Practice 3: Physician Role in Health Care Systems | | | | |
|--|--|--|--|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Identifies key components of the complex health care system | Describes how components of a complex health care system are interrelated, and how this impacts patient care | Discusses how individual practice affects the broader system | Manages various components of the complex health care system to provide efficient and effective patient care and transitions of care | Advocates for or leads systems change that enhances high-value, efficient, and effective patient care and transitions of care |
| Describes basic health payment systems (including government, private, public, uninsured care) and practice models | Delivers care with consideration of each patient's payment model | Engages with patients in shared decision-making, informed by each patient's payment models | Advocates for patient care needs | Participates in health policy advocacy activities |
| Identifies basic knowledge domains for effective transition to independent practice | Demonstrates use of information technology required for medical practice | Describes core administrative knowledge needed for transition to independent practice | Analyzes individual practice patterns and prepares for professional requirements to enter independent practice | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

| Practice-Based Learning and Improvement 1: Evidence-Based and -Informed Practice | | | | |
|---|--|--|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Demonstrates how to access, categorize, and analyze clinical evidence | Articulates clinical questions and elicits patient preferences and values to guide evidence-based care | Locates and applies the best available evidence, integrated with patient preference, to the care of complex patients | Critically appraises and applies evidence, even in the face of uncertainty and conflicting evidence, to guide care tailored to the individual patient | Coaches others to critically appraise and apply evidence for complex patients, and/or collaboratively develops evidence-based decision-making tools |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

| Practice-Based Learning and Improvement 2: Reflective Practice and Commitment to Personal Growth | | | | |
|---|--|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Accepts responsibility for personal and professional development by establishing goals | Demonstrates openness to performance data (feedback and other input) to inform goals | Intermittently seeks additional performance data, with adaptability and humility | Consistently seeks performance data, with adaptability and humility | Leads performance review processes |
| Identifies the factors that contribute to gap(s) between expectations and actual performance | Self-reflects and analyzes factors that contribute to gap(s) between expectations and actual performance | Self-reflects, analyzes, and institutes behavioral change(s) to narrow the gap(s) between expectations and actual performance | Challenges assumptions and considers alternatives in narrowing the gap(s) between expectations and actual performance | Coaches others on reflective practice |
| Acknowledges there are always opportunities for self-improvement | With prompting, designs and implements a learning plan | Independently creates and implements a learning plan | Uses performance data to measure the effectiveness of the learning plan and, when necessary, improves it | Facilitates the design and implementing learning plans for others |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

| Professionalism 1: Professional Behavior and Ethical Principles | | | | |
|---|--|---|--|--|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Describes professional behavior and potential triggers for personal lapses in professionalism | Demonstrates professional behavior in routine situations | Demonstrates professional behavior in complex or stressful situations | Recognizes situations that may trigger professionalism lapses and intervenes to prevent lapses in oneself and others | Mentors others in professional behavior |
| Describes when and how to report professionalism lapses in oneself and others | Takes responsibility for personal lapses in professionalism | Recognizes the need to seek help in managing and resolving complex professionalism lapses | Recognizes and uses appropriate resources for managing and resolving dilemmas as needed | Identifies and seeks to address system-level factors that induce or exacerbate professionalism lapses or impede their resolution |
| Demonstrates knowledge of ethical principles | Analyzes straightforward situations using ethical principles | Analyzes complex situations using ethical principles | Recognizes and uses appropriate resources for managing and resolving ethical issues as needed | Identifies and seeks to address system-level factors that induce or exacerbate ethical problems or impede their resolution |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

| Professionalism 2: Accountability/Conscientiousness | | | | |
|---|--|--|---|------------------------------------|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Performs tasks and responsibilities in a timely manner with appropriate attention to detail in routine situations | Performs tasks and responsibilities in a timely manner with appropriate attention to detail in complex or stressful situations | Takes responsibility for inability to complete tasks and duties, identifies potential contributing factors, and describes strategies for ensuring timely task completion in the future | Recognizes and addresses situations that may impact others' ability to complete tasks and responsibilities in a timely manner | Takes ownership of system outcomes |
| Responds promptly to requests or reminders to complete tasks and responsibilities | Recognizes situations that may impact one's own ability to complete tasks and responsibilities in a timely manner | Proactively implements strategies to ensure that the needs of patients are met | Proactively implements strategies to ensure that the needs of teams and systems are met | |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

| Professionalism 3: Self-Awareness and Help-Seeking Behaviors | | | | |
|---|---|--|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| With assistance, recognizes the status of personal and professional well-being | Independently recognizes status of personal and professional well-being | With guidance, proposes a plan to optimize personal and professional well-being | Independently develops a plan to optimize personal and professional well-being | Addresses system barriers to maintaining personal and professional well-being |
| With assistance, recognizes limits in the knowledge/skills of oneself | Independently recognizes limits in the knowledge/skills of oneself and the team and demonstrates appropriate help-seeking behaviors | With guidance, proposes a plan to remediate or improve limits in the knowledge/skills of oneself or the team | Independently develops a plan to remediate or improve limits in the knowledge/skills of oneself or the team | Mentors others to enhance knowledge/skills of oneself or the team |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

This subcompetency is not intended to evaluate a fellow's well-being, but to ensure each fellow has the fundamental knowledge of factors that impact well-being, the mechanisms by which those factors impact well-being, and available resources and tools to improve well-being.

| Interpersonal and Communication Skills 1: Patient- and Family-Centered Communication | | | | |
|--|---|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| <p>Uses language and non-verbal behavior to demonstrate respect and establish rapport while communicating one's own role within the health care system</p> <p>Recognizes easily identified barriers to effective communication (e.g., language, disability)</p> <p>Identifies the need to individualize communication strategies</p> | <p>Establishes a therapeutic relationship in straightforward encounters using active listening and clear language</p> <p>Identifies complex barriers to effective communication (e.g., health literacy, cultural differences)</p> <p>Organizes and initiates communication, sets the agenda, clarifies expectations, and verifies understanding</p> | <p>Establishes a therapeutic relationship in challenging patient encounters</p> <p>When prompted, reflects on personal biases while attempting to minimize communication barriers</p> <p>Professionally and compassionately delivers medical information, managing the patient's/patient's family's values, goals, preferences, uncertainty, and conflict</p> | <p>Maintains therapeutic relationships, with attention to the patient's/patient's family's concerns and context, regardless of complexity</p> <p>Independently recognizes personal biases while attempting to proactively minimize communication barriers</p> <p>Independently uses shared decision making to align the patient's/patient's family's values, goals, and preferences with treatment options to make a personalized care plan</p> | <p>Mentors others in situational awareness and critical self-reflection to consistently develop positive therapeutic relationships</p> <p>Leads or develops initiatives to identify and address bias</p> <p>Role models shared decision making in patient/patient's family communication, including situations with a high degree of uncertainty/conflict</p> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <p>Comments:</p> <p style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></p> | | | | |

| Interpersonal and Communication Skills 2: Interprofessional and Team Communication | | | | |
|---|--|--|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Respectfully requests/receives a request for consultation | Clearly and concisely requests/responds to a request for consultation | Checks understanding of consult recommendations (received or provided) | Coordinates recommendations from different members of the health care team to optimize patient care, resolving conflict when needed | Role models flexible communication strategies that demonstrate one values input from all health care team members, resolving conflict when needed |
| Uses language that demonstrates one values all members of the health care team | Communicates information effectively with all health care team members | Communicates concerns and provides feedback to peers and learners | Communicates feedback and constructive criticism to supervising individuals | Facilitates regular health care team-based feedback in complex situations |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |

| Interpersonal and Communication Skills 3: Communication within Health Care Systems | | | | |
|---|---|---|---|---|
| Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
| Accurately and timely records information in the patient record | Demonstrates organized diagnostic and therapeutic reasoning through notes in the patient record | Uses patient record to communicate updated and concise information in an organized format | Demonstrates efficiency in documenting patient encounters and updating record | Optimizes and improves functionality of the electronic health record within the health system |
| Learns institutional policy and safeguards patient personal health information | Appropriately uses documentation shortcuts; records required data in formats and timeframes specified by institutional policy | Appropriately selects direct and indirect forms of communication based on context and policy | Manages the volume and extent of written and verbal communication required for independent practice | Guides departmental or institutional communication around policies and procedures |
| Communicates through appropriate channels as required by institutional policy | Respectfully communicates concerns about the system | Uses appropriate channels to offer clear and constructive suggestions for system improvement while acknowledging system limitations | Initiates difficult conversations with appropriate stakeholders to improve the system | Facilitates dialogue regarding systems issues among larger community stakeholders (residency, institution, health care system, field) |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Comments: <div style="text-align: right;">Not Yet Completed Level 1 <input type="checkbox"/></div> | | | | |