The _________________ Training Program is committed to resident development of ongoing self-assessment and self-reflection skills. Each resident needs to complete the following self-assessment form prior to each 6-month formal meeting with program leadership.

**PATIENT CARE competencies** (gather essential/accurate information about pts; make informed decisions about diagnostic/therapeutic interventions based on pt information/preferences; up-to-date scientific evidence/clinical judgment; develop/carry out patient management plans; counsel/educate patients and families; perform competently all medical/invasive procedures essential for the area of practice.)

How I am doing? (circle)    Feel Uncomfortable         Feel Comfortable        Feel Very Comfortable
Need Improvement (circle)  A lot                                    Some                            Little to none

Area(s) in which I feel strong

Area(s) I need to keep improving

Specific objectives for next 6 months and strategies to achieve objectives
1._________________________________________________________________________________________________
2.___________________________________________________________________________________________________

**MEDICAL KNOWLEDGE competencies** (demonstrate an investigatory/analytic thinking approach to clinical situations; know and apply the basic and clinically supportive sciences which are appropriate)

How I am doing? (circle)    Feel Uncomfortable         Feel Comfortable        Feel Very Comfortable
Need Improvement (circle)  A lot                                    Some                            Little to none

Area(s) in which I feel strong

Area(s) I need to keep improving

Specific objectives for next 6 months and strategies to achieve objectives
1._________________________________________________________________________________________________
2.___________________________________________________________________________________________________

**Practice based learning competencies** (analyze practice experience/perform practice-based improvement activities; locate, appraise, and assimilate evidence from scientific studies related to pts' health problems; apply knowledge of study designs/statistical methods to the appraisal of clinical studies and other information on diagnostic/therapeutic effectiveness; use information technology to manage/access medical information.)

How I am doing? (circle)    Feel Uncomfortable         Feel Comfortable        Feel Very Comfortable
Need Improvement (circle)  A lot                                    Some                            Little to none

Area(s) in which I feel strong

Area(s) I need to keep improving

Specific objectives for next 6 months and strategies to achieve objectives
1._________________________________________________________________________________________________
2.___________________________________________________________________________________________________

(Over)
Interpersonal and Communication Skills (create and sustain a therapeutic and ethically sound relationship with patients use effective listening skills and elicit and provide information using effective nonverbal, explanatory, questioning, and writing skills; work effectively with others as a member or leader of a health care team or other professional group)

How I am doing? (circle) Need Improvement (circle) Feel Uncomfortable A lot Feel Comfortable Some Feel Very Comfortable Little to none

Area(s) in which I feel strong

Area(s) I need to keep improving

Specific objectives for next 6 months and strategies to achieve objectives
1._______________________________________________________________________________________

2._______________________________________________________________________________________

Professionalism competencies (demonstrate respect, compassion, and integrity; responsive to the needs of patients and society that supercedes self-interest; accountability to patients, society, and the profession; committed to excellence and on-going professional development; demonstrate a commitment to ethical principles pertaining to provision or withholding of clinical care, confidentiality of patient information, informed consent, and business practices; demonstrate sensitivity and responsiveness to patients’ culture, age, gender, and disabilities).

How I am doing? (circle) Need Improvement (circle) Feel Uncomfortable A lot Feel Comfortable Some Feel Very Comfortable Little to none

Area(s) in which I feel strong

Area(s) I need to keep improving

Specific objectives for next 6 months and strategies to achieve objectives
1._______________________________________________________________________________________

2._______________________________________________________________________________________

Professionalism competencies Maintaining duty hours within ACGME prescribed limits (no more than 80 hours/week averaged over 4 weeks; 10 hours between shifts; no longer than 30 hours/shift and no new patients after 24 hours) is a challenge for residents on some rotations. Have you been able to develop personal strategies to enable yourself to stay within duty hour requirements?

How I am doing? (circle) Need Improvement (circle) Feel Unsuccessful A lot Feel Generally Successful Some Feel Successful Little to none

Area(s) in which I feel strong

Area(s) I need to keep improving

Specific objectives for next 6 months and strategies to achieve objectives
1._______________________________________________________________________________________

2._______________________________________________________________________________________

Systems-based practice competencies (understand how their patient care and other professional practices affect other health care professionals, the health care organization, and the larger society and how these elements of the system affect their own practice; know how types of medical practice and delivery systems differ from one another, including methods of controlling health care costs and allocating resources; practice cost-effective health care and resource allocation that does not compromise quality of care; advocate for quality patient care and assist patients in dealing with system complexities; know how to partner with health care managers and health care providers to assess, coordinate, and improve health care and know how these activities can affect system performance).

How I am doing? (circle) Need Improvement (circle) Feel Uncomfortable A lot Feel Comfortable Some Feel Very Comfortable Little to none

Area(s) in which I feel strong

Area(s) I need to keep improving

Specific objectives for next 6 months and strategies to achieve objectives
1._______________________________________________________________________________________

2._______________________________________________________________________________________

FORM REVIEWED BY (pd, etc.)________________________Date__________