



# Why EPAs?

EPA stands for “entrustable professional activity.” This is an essential **task** of our discipline that an individual can be trusted to perform independently in a given context. It is observable, measurable and used for assessment. It answers the question: “What can I safely delegate?”

Residents have access to an EPA tool that is being used to provide more frequent, in the moment, low stakes assessments of their competencies, which will be used to help them build their own learning plans.

Wondering about the benefits of EPAs, visit [this link](#) out of Queens University and select video 1. And please check out our [EPA Myth Buster!](#)



## *A Message from Sarah Colman*

Allow me to formally introduce myself as your Competency by Design Lead for the Department of Psychiatry. I am humbled to be entrusted with this monumental task. We are so thankful to our PGY 1 residents and PGY 2 pilot residents, our supervisors and our administrators for their open-mindedness, patience and willingness to give feedback. Without these traits, we would not be able to move forward.

This is our second official Competency by Design newsletter, which is one of our many communication efforts as we transition to this new framework. If you missed the first one, you can access it [here](#). In each newsletter, we will be choosing one element of CBD to review, as well as providing updates from the field and links to other communication efforts and resources.



Finally, our department is using the Royal College mandated shift to Competency Based Medical Education as an opportunity to undertake a long overdue curricular renewal. Tremendous thanks is owed to so many of you who are volunteering your time to our various committees. It is heartening to see the passion and dedication within the department. I would also like to publicly thank Kristen Sharpe, our project manager, Linda Wong, for her dedication in managing the didactic curriculum review and, Sandra Caswell, for her administrative support as we begin to move this mountain.

I can't say it enough – please reach out if you have questions, feedback to offer or run into roadblocks. This is an iterative process. But what we don't know we can't improve.

Exciting Times,

*Sarah Colman*  
*Competency By Design Lead, Department of Psychiatry, University of Toronto*

### **EPA Progress**

At the end of August, 138 EPAs were completed for the 2018/19 academic year!

- Johnny Bozdarov is the PGY1 CBD Resident with the most EPAs entered.
- Brett Jones is the PGY2 Pilot CBD Resident with the most EPAs entered.
- Isabel Martin & Ben Rosen are tied as Supervisors who have participated in completion of the most EPAs.

Every month, the Residents and Supervisor with the most completed EPAs receive a Tim Horton's Gift Card!

