

Incorporating a Psychology Fellowship to Enhance Resident Training and Improve Patient Care

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Disclosures

None

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Objectives

- Evaluate the costs, benefits and supervision requirements of incorporating a post-doctoral psychology fellow into a family medicine residency
- Demonstrate program advantages of training behavioral health providers with residents

Objectives

- Discuss solutions faced by programs and residency leaders on behavioral health curricular challenges and innovations

RC-FM Program Requirements related to working with behavioralists/psychologists

IV.A.5.f) Systems-based Practice

Residents must demonstrate an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care. (Outcome)

What's Required by RC-FM?

Residents are expected to:

IV.A.5.f).(2) coordinate patient care within the health care system relevant to their clinical specialty; (Outcome)

IV.A.5.f).(5) work in interprofessional teams to enhance patient safety and improve patient care quality; (Outcome)

RC-FM Requirements

- II.B.10. There must be faculty members dedicated to the integration of behavioral health into the educational program. (Detail)

RC-FM Program Requirements

IV. A. 6 Curriculum Organization

IV.A.6.n) The curriculum must be structured so behavioral health is integrated into the residents' total educational experience, to include the physical aspects of patient care. (Detail)

IV.A.6.o) There must be a structured curriculum in which residents are educated in the diagnosis and management of common mental illnesses. (Detail)

Why Put a Psychologist in a FMC?

Most people already go to their PCP for their psychological and behavioral health needs.

“Primary care providers prescribe 79 % of antidepressant medications and see 60 % of people being treated for depression in the United States.”

Barkil-Oteo, A. (2013) *YJBM*, Why Provide Integrated Care?

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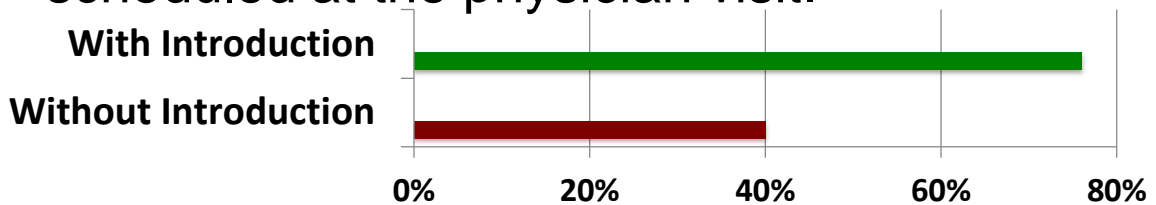
From Co-located to Integrated



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Increased Access & Utilization

Percent of patients attending a first visit with a behavioral health provider when scheduled at the physician visit.



Apostoleris & Blount, in preparation. N = 80

Disclosed during Certificate Program for Primary Care Behavioral Health

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How Do We Get More Psychology in FM?

- Help train more Primary Care Psychologists!
- Psychology licensure requires 2 years of “residency” (supervised experience)
 - Year 1 – Internship. Required for doctoral degree.
 - Rules set by program and APA – Very structured
 - Year 2 – Postdoctoral. Required for full licensure.
 - Rules set by state licensing boards – Very flexible

Integrating Psychology: Interns vs. Fellows

SPOILER: Interns are a viable option only if you have an association with an established APA-accredited Internship Site and serve as a rotation in that program

Establishing an Internship

- American Psychological Association (APA Accredited Internship)
 - Specific program requirements will be limited accreditation (like a residency)
 - In-person site visits
 - Evaluation requirements
 - Has a...
 - Supervision
 - Minimum 2 hr

Psychology Post-doctoral Fellowship

- Not required to be APA accredited
- Hire a PhD clinical psychology fellow who has completed an accredited internship
- Provides clinical hours needed for licensure
 - Typically 1500 - 2000
- Research component optional

Licensure Requirements & Laws vary by state: www.asppb.net

The screenshot shows the homepage of the Association of State and Provincial Psychology Boards (ASPPB). The header includes the ASPPB logo and the text "The Association of State and Provincial Psychology Boards". Below the header is a navigation bar with links for "ASPPB Applicants/Students", "Training Directors", "Early Career Psychologists", "Psychologists", "Public", "Regulatory Board Access", and "About Us". The main content area features a "Requirements to Practice" section with a dropdown menu for "More in this Section". Below this is a section titled "Requirements for Licensure or Registration to Practice Psychology" with a paragraph explaining that licensure is required in the U.S. or Canada and involves meeting requirements in education, examination, and supervised experience. To the right, there are two sidebars: "FAQs & Latest News" with a list of recent news items (11/18/2016 Spanish/English EAPP, 7/29/2016 Job Task Analysis (JTA) Survey, 7/27/2016 International Project on Competence in Psychology (IPCI)) and "ASPPB Calendar" with a list of upcoming events (5/19/2017 - 1/20/2017 JTAAC - Peachtree City, Georgia, 2/2/2017 - 2/3/2017 Board of Directors Meeting - Clearwater, Florida, 2/24/2017 - 2/26/2017 Mobility - Concord, California).

Requirements in Kansas

- Provide \geq 1500 hours within 4 years
 - Can hire part-time or full-time
- 1 hour/week face-to-face supervision by a Clinical Psychologist licensed \geq 3 years
 - Supervisor “on site” who signs notes (& bills)
- Fellow receives a temporary KS license
 - Accredited doctoral degree, accredited internship

Supervision outside FM?

Psychologist within your system who:

1. Understands the Primary Care practice environment, Integrated Care model, & Residency model
2. Can sign & bill for services
3. Can respond in emergency
4. Can guide the fellow’s professional development

Psychologists often work in: Psychiatry/Psychology; FQHC; Pediatrics; OBGYN; Oncology; Neuro; Transplant

Advantages for Fellows

- Increased job opportunities
- Work as part of a supportive team
- High energy, stimulating work environment
- Decreased burnout

**How can you afford a post-doc?
What about space?**

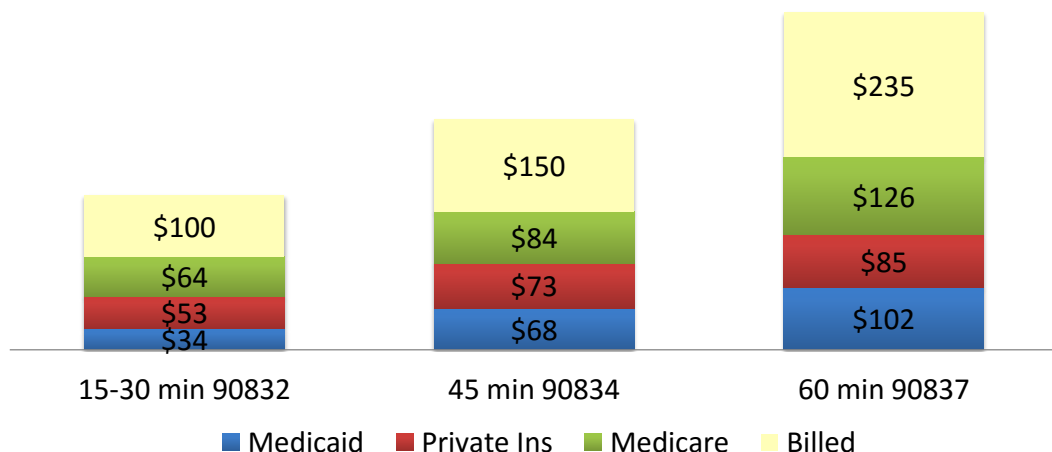
Clinical Billing?

- Psychology fellows may not bill independently
- Supervisor can bill for fellow's work (signs the note)
 - Analogous to working with nurse practitioner (incident to) or PA

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Current Reimbursement Guesses (2/3 of BH time might be reimbursed)



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Creative Funding Sources

- Share with another department
- Investigate grants
 - Interest in integrating mental health and primary care
 - Our post-doc: grant from Healthcare Foundation of Kansas City

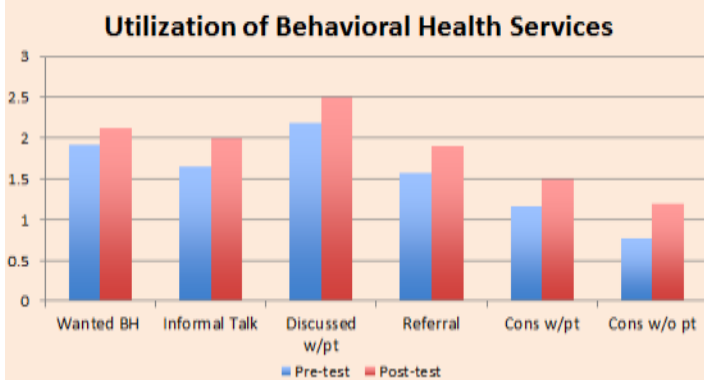
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Solving the Space Issue

Treat the fellow like the residents

Results: Difference in Consultation and Referral Rates between Pre- and Post-test



- 1) Make use of the same work space.
- 2) Use clinic rooms when there are no counseling rooms.
- 3) Integrate Beh/Med cultures informally
- 4) **Observe the positive effects of sharing**

24 Malhotra & Born; Presented at STFM, April 2016

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Residents' Reflections

“If I do send patients outside my clinic, it is more difficult to keep lines of communication open, harder to follow-up, and harder to direct patient care.”

“I wish I had a psychologist with me at all times.”

Advantages for FM Residency

- Improved patient care
- Improved resident education
- Recruitment of resident applicants
- Scholarly activity for residents and faculty

Added Benefit of Psychologist

- A trained set of eyes and ears for assessment
 - Residents' communication skills
 - Residents' professionalism
- During Implementation, expect to be a strong advocate for behavioral health

SAMHSA-NRSA Center for Integrated Health Solutions eSolutions newsletter

Home / Integrated Care Models / Behavioral Health in Primary Care

BEHAVIORAL HEALTH IN PRIMARY CARE

Integrating Behavioral Health into Primary Care

Primary care settings have become a gateway for many individuals with behavioral health and primary care needs. To address these needs, many primary care providers are integrating behavioral health care services into their settings. Models have emerged that include the use of care managers, behavioral health consultants, behavioralists, or consultation models. CHS monitors activities and models around the country in order to share best practice with the primary and behavioral healthcare professionals.

- Integrated Models of Behavioral Health in Primary Care
- Models Integrating Substance Use Treatment into Primary Care
- Behavioral Health and Patient-Centered Medical Homes
- Business Case for Behavioral Health Integration
- Additional Resources
- Webinars

Have questions about integrating behavioral health? The Quick Start Guide to Behavioral Health Integration is an interactive flowchart to walk you through some questions to consider when integrating behavioral health care and, most importantly, point you toward help resources that can answer those questions. Download the PDF >>>

Tools are available online



Residents' Communication

- Residents are expected to:
- IV.A.5.d).(1) communicate effectively with patients, families, and the public, as appropriate, across a broad range of socioeconomic and cultural backgrounds (Outcome)
- IV.A.5.d).(2) communicate effectively with physicians, other health professionals, and health related agencies (Outcome)
- IV.A.5.d).(3) work effectively as a member or leader of a health care team or other professional group (Outcome)
- IV.A.5.d).(4) act in a consultative role to other physicians and health professionals (Outcome)

Residents' Professionalism

- Residents must demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles.
- **Residents are expected to demonstrate:**
- IV.A.5.e).(1) compassion, integrity, and respect for others (Outcome)
- IV.A.5.e).(2) responsiveness to patient needs that supersedes self-interest (Outcome)
- IV.A.5.e).(3) respect for patient privacy and autonomy (Outcome)
- IV.A.5.e).(4) accountability to patients, society and the profession (Outcome)
- IV.A.5.e).(5) sensitivity and responsiveness to a diverse patient population, including but not limited to diversity in gender, age, culture, race, religion, disabilities, and sexual orientation (Outcome)

Our Model - Dynamic Workflow

- ALWAYS Available – “Please Interrupt”
- Quick initial communication
 - Physician presents in front of the patient
- Same day appointment or return appointment

Discussion

- Comments?
- Questions?
- Reservations?

Resources

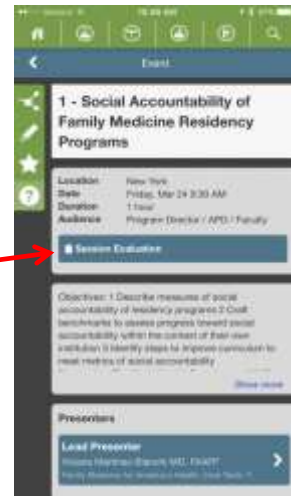
- Center for Integrated Primary Care
<http://www.umassmed.edu/cipc/>
- Society of Teachers of Family Medicine
<https://www.stfm.org/CareerDevelopment/BehavioralScienceFamilySystemsEducation/Fellowship/Fellows>
- SAMSA-HRSA Center for Integrated Health Solutions
<http://www.integration.samhsa.gov/integrated-care-models/behavioral-health-in-primary-care>
- Agency for Healthcare Research & Quality
<http://integrationacademy.ahrq.gov>

- <http://www.apa.org/gradpsych/2004/01/get-licensed.aspx>

Please...

Complete the
session evaluation.

Thank you.



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