

# Foundational Competencies for Undergraduate Medical Education

## Professionalism

Demonstrates integrity, respect, and ethical reasoning, and promotes inclusion of differences in all interactions to improve health care for patients, communities, and populations.

1. Demonstrates respect and compassion for patients, caregivers, families, and team members.
2. Safeguards patient privacy, confidentiality, and autonomy.
3. Uses ethical principles and reasoning to guide behavior.
4. Adapts actions and communication according to the situation.
5. Takes ownership of mistakes and acts to address them.
6. Identifies personal limits of knowledge and skills and seeks help appropriately.
7. Identifies biases and strategies to mitigate their effects.
8. Demonstrates humility and a willingness to learn from others with different backgrounds and experiences.
9. Recognizes and addresses personal well-being needs that may impact professional performance.
10. Completes duties and tasks in a thorough, reliable, and timely manner.
11. DO-specific: Demonstrates the philosophy of osteopathic medicine by promoting its four tenets.

## Patient Care and Procedural Skills

Demonstrates compassionate, effective, holistic, evidence-informed, equitable, and patient-centered care.

1. Integrates patient and caregiver context, needs, values, preferences, and experiences into patient care.
2. Gathers relevant patient histories from multiple data sources, as necessary.
3. Performs relevant physical examinations using appropriate techniques and tools.
4. Identifies patients in need of urgent or emergent care, seeks assistance, and recommends initial evaluation and management.
5. Creates and prioritizes differential diagnoses.
6. Proposes hypothesis-driven diagnostic testing and interprets results.
7. Formulates therapeutic management plans for commonly encountered clinical conditions.
8. Uses patient-centered language to describe common diagnostic and therapeutic interventions and plans.
9. Demonstrates basic procedural techniques.
10. Incorporates health promotion and disease prevention into patient care plans.
11. Identifies individual and structural factors that impact health and wellness.
12. DO-specific: Incorporates osteopathic principles, practices, and tenets into patient care.
13. DO-specific: Performs an osteopathic, structural examination and treats altered function of the body framework system or somatic dysfunction with osteopathic manipulative treatment (OMT).

## Medical Knowledge

Applies and integrates foundational knowledge to improve health care for patients and populations.

1. Demonstrates knowledge of basic, clinical, pathophysiologic, social, and health systems sciences, as well as humanities, needed for clinical practice.
2. Applies foundational knowledge for clinical problem-solving, diagnostic reasoning, and decision-making to clinical scenarios.
3. Discerns the accuracy of information and relevance to clinical problems.
4. Demonstrates knowledge of research design, interpretation, and application to clinical questions.
5. Accesses knowledge relevant to clinical problems using appropriate resources, including emerging technologies.
6. DO-specific: Demonstrates knowledge of how to integrate osteopathic principles, practices, and tenets into patient care.

## Practice-Based Learning and Improvement

Integrates feedback, evidence, and reflection to adapt behavior, foster improvement, and cultivate lifelong learning.

1. Actively seeks and incorporates feedback and assessment data to improve performance.
2. Identifies opportunities for growth in one's own performance through informed self-assessment and reflective practice.
3. Develops, implements, and reassesses learning and improvement goals.
4. Locates, critically appraises, and synthesizes information to support evidence-informed, patient-centered clinical decisions.
5. Demonstrates inquiry and ability to grow and seek new knowledge.

## Interpersonal and Communication Skills

Effectively communicates and interacts with patients, caregivers, and the health care team to contribute to high-quality, patient-centered care.

1. Collaborates with patients, caregivers, and team members to enhance the therapeutic relationship.
2. Collaborates with health care and administrative team members to enhance team and organizational function.
3. Demonstrates active listening.
4. Communicates clearly, accurately, and compassionately in verbal, nonverbal, written, and electronic formats.
5. Demonstrates skills in educating patients, caregivers, peers, and team members.
6. Formulates and shares feedback constructively with others.

## Systems-Based Practice

Applies knowledge of the larger context of health, including its social and structural determinants, and of systems and resources within and outside of health care, to optimize high-quality care for patients, communities, and populations.

1. Applies knowledge of social and structural drivers of health.
2. Recognizes mechanisms to reduce disparities in patient care and health care systems.
3. Adapts performance to various health care teams, delivery settings, and systems.
4. Collaborates in transitions and coordination of patient care.
5. Evaluates the risks and benefits of using current and emerging technologies in patient care.
6. Identifies patient safety concerns, systems issues, and opportunities for quality improvement.
7. Describes health policy and the financial context of health care.
8. Applies knowledge of local population and community health needs, disparities, and resources.