Family Medicine Milestones for the Middle East



May 2017

The Milestones are designed only for use in evaluation of residents in the context of their participation in ACGME-I-accredited residency programs. The Milestones provide a framework for the assessment of the development of the resident/fellow in key dimensions of the elements of physician competency in a specialty. 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.

Milestones Reporting

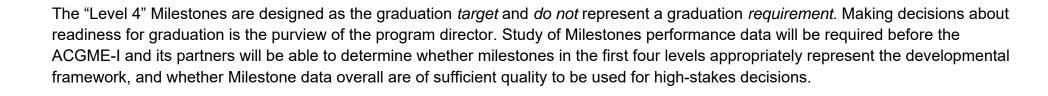
This document presents milestones designed for programs to use in semi-annual review of resident performance and reporting to the ACGME-I. Milestones are knowledge, skills, attitudes, and other attributes for each of the ACGME-I competencies organized in a developmental framework from less to more advanced. They are descriptors and targets for resident performance as a learner moves from entry into their program through graduation.

For each period, review and reporting will involve selecting milestone levels that best describe each resident's current performance and attributes. Milestones are arranged in numbered levels. Tracking from "Critical Deficiencies"/"Level 1" to "Aspirational"/"Level 5" is synonymous with moving from novice to expert in the specialty. These levels do not correspond with time in the educational program. Dependent upon previous education and experience, residents may enter a program at varying points in the Milestones.

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

- **Level 1:** The resident demonstrates milestones expected of a resident who has had some education in family medicine.
- **Level 2:** The resident is advancing and demonstrating additional milestones.
- **Level 3:** The resident continues to advance and demonstrate additional milestones; the resident consistently demonstrates the majority of milestones targeted for residency.
- **Level 4:** The resident has advanced so that he or she now substantially demonstrates the milestones targeted for residency. This level is designed as the graduation target.
- **Level 5:** The resident has advanced beyond performance targets set for residency and is demonstrating "aspirational" goals, which might describe the performance of someone who has been in practice for several years. It is expected that only a few exceptional residents will reach this level

Additional Notes



Answers to Frequently Asked Questions about Milestones are posted on the ACGME-I website.

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

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 Demonstrates knowledge of basic quality improvement methodologies and metrics	Reports patient safety events through institutional reporting systems (actual or simulated) Describes local quality improvement initiatives (e.g., community vaccination rate, infection rate, smoking cessation)	Participates in disclosure of patient safety events to patients and families (simulated or actual) Participates in local quality improvement initiatives	Discloses patient safety events to patients and families (simulated or actual) Demonstrates the skills required to identify, develop, implement, and analyze a quality improvement project	Role models or mentors others in the disclosure of patient safety events Creates, implements, and assesses quality improvement initiatives at the institutional or community level
Comments: Selecting a response box in of a level implies that mile that level and in lower level substantially demonstrate	stones in els have been	Selecting a response between levels indicated lower levels have been demonstrated as well the higher level(s).	ox on the line in es that milestones in a substantially	et achieved Level 1

Level 1	Level 2	Level 3	Level 4	Level 5
Gathers essential information about the patient (history, exam, diagnostic testing, psychosocial context)	Consistently recognizes common situations that require urgent or emergent medical care	Consistently recognizes complex situations requiring urgent or emergent medical care	Coordinates care of acutely ill patient with consultants and community services	Provides and coordinates care for acutely ill patients within local and regional systems of care
Generates differential diagnoses	Stabilizes the acutely ill patient utilizing appropriate clinical protocols and guidelines	Appropriately prioritizes the response to the acutely ill patient	Demonstrates awareness of personal limitations regarding procedures, knowledge, and experience in the care of acutely ill patients	
Demonstrates knowledge of the role of clinical protocols and guidelines in acute situations	Generates appropriate differential diagnoses for any presenting complaint	Develops appropriate diagnostic and therapeutic management plans for less common acute conditions		
Applies appropriate documentation skills	Develops appropriate diagnostic and therapeutic management plans for acute conditions	Addresses the psychosocial implications of acute illness on patients and families Arranges appropriate transitions of care		

Level 1	Level 2	Level 3	Level 4	Level 5
Recognizes chronic conditions	Establishes a relationship with the patient as a personal physician	Consistently applies appropriate clinical guidelines to the treatment plan of the patient with chronic conditions	Leads teams to consistently and appropriately manage patients with chronic conditions and co-morbidities	Personalizes the care of complex patients with multiple chronic conditions and comorbidities to help meet the patients' goals of care
Accurately documents a clinical encounter on a patient with a chronic condition, and generates a problem list	Collects, organizes and reviews relevant clinical information	Engages the patient in the self-management of his or her chronic condition	Facilitates patients' and families' efforts at self-management of their chronic conditions (e.g., diabetes, high blood pressure), including use of community resources and services	Continually uses experience with patients and evidence-based medicine in population management of chronic condition patients
Recognizes that chronic conditions have a social impact on individual patients	Recognizes variability and natural progression of chronic conditions and adapts care accordingly	Clarifies the goals of care for the patient across the course of the chronic condition and for his or her family and community		
Recognizes quality markers to evaluate the care of patients with chronic conditions	Develops a management plan that includes appropriate clinical guidelines Uses quality markers appropriately to evaluate the care of patients with chronic conditions	Begins to manage the conflicting needs of patients with multiple chronic conditions or multiple comorbidities		

Level 1	Level 2	Level 3	Level 4	Level 5
Collects family, social, and behavioral history	Identifies the roles of behavior, social determinants of health, and genetics as factors in health promotion and disease prevention	Explains the basis of health promotion and disease prevention recommendations to patients with the goal of shared decision making	Tracks and monitors disease prevention and health promotion for the practice population	Integrates practice and community data to improve population health
Demonstrates knowledge of recommendations for health maintenance and screening guidelines developed by various organizations	Incorporates disease prevention and health promotion into practice	Describes risks, benefits, costs, and alternatives related to health promotion and disease prevention activities	Integrates disease prevention and health promotion seamlessly in the ongoing care of all patients	Partners with the community to improve population health
0.ga.n_a	Reconciles recommendations for health maintenance and screening guidelines developed by various organizations	Partners with the patient and family to overcome barriers to disease prevention and health promotion		
		Mobilizes team members and links patients with community resources to achieve health promotion and disease prevention goals		

			ns, or Health Concerns that Re	main over Time without
		atient-Centered, Cost-Effective		
Level 1	Level 2	Level 3	Level 4	Level 5
Acknowledges that patients with undifferentiated signs, symptoms, or health concerns are appropriate for the family physician and commits to addressing their concerns	Develops a comprehensive differential diagnosis for patients with undifferentiated signs, symptoms, or health concerns, and prioritizes an appropriate evaluation and treatment plan	Facilitates patients' understanding of their expected course and events that require physician notification	Accepts personal responsibility to care for patients with undifferentiated signs, symptoms, or health concerns	Demonstrates comfort caring for patients with long-term undifferentiated signs, symptoms, or health concerns
	Chooses and limits diagnostic testing and consultations that will change the management of undifferentiated signs, symptoms, or health concerns	Identifies the medical and social needs of patients with undifferentiated signs, symptoms, or health concerns	Develops treatment plans that include periodic assessment and that use appropriate community and family resources to minimize the effect of the undifferentiated signs, symptoms, and health concerns for the patient	Investigates emerging science and uses multidisciplinary teams to care for patients with undifferentiated signs, symptoms, or health concerns
		Utilizes multidisciplinary resources to assist patients with undifferentiated signs, symptoms, or health concerns in order to deliver health care more efficiently	Establishes rapport with patients to the degree that patients confidently accept the assessment of an undiagnosed condition	Contributes to the development of medical knowledge around undifferentiated signs, symptoms, and health concerns
Comments:			Not Ye	t Achieved Level 1

Patient Care 5: Performs Specialty-Appropriate Procedures to Meet the Healthcare Needs of Individual Patients, Families, and Communities, and is Knowledgeable about Procedures Performed by Other Specialists to Guide their Patients' Care

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Level 1	Level 2	Level 3	Level 4	Level 5
Identifies procedures that family physicians perform	Performs procedures under supervision, and knows the indications of, contraindications of, complications of, how to obtain informed consent for, procedural technique for, post-procedure management of, and interpretation of results of the procedures they perform	Performs procedures with indirect supervision, and knows the indications of, contraindications of, complications of, how to obtain informed consent for, procedural technique for, post-procedure management of, and interpretation of results of the procedures they perform	Independently performs all procedures required for graduation	Seeks additional opportunities to perform or assist with procedures identified as areas of need within the community
Demonstrates sterile technique	Begins the process of identifying additional procedural skills needed or desired for future practice	Uses appropriate resources to counsel the patient on the indications, contraindications, and complications of procedures Identifies and actively seeks opportunities to assist with or independently perform additional procedures needed for future practice	Counsels the patient regarding indications, contraindications, and complications of procedures commonly performed by other specialties Identifies a plan to acquire additional procedural skills as needed for practice	
Comments:			Not	Yet Achieved Level 1

Medical Knowledge 1:	Demonstra	tes Medical Kn	owledge of Su	ıfficient Breadtl	n and De	epth to Pi	actice Family	Medicin	ie	
Level 1	Level	2	Level	3		Level 4			Level 5	
Demonstrates the capacity to improve medical knowledge through targeted study	asses	nstrates capaci s and act on nal learning nee	and p	rets diagnostic rocedures with ct supervision		and inte	uses, perforr rprets diagno d procedures	stic	Demonst learning	rates life-long
Comments:								Not Ye	et Achieve	d Level 1

Medical Knowledge 2: Ap	plies Critical Thinking Skills in	Patient Care		
Level 1	Level 2	Level 3	Level 4	Level 5
Recognizes that an indepth knowledge of the patient and a broad knowledge of sciences are essential to the work of family physicians	Synthesizes information from multiple resources to make clinical decisions	Recognizes and reconciles knowledge of patient and medicine to act in patients' best interest	Integrates and synthesizes knowledge to make decisions in complex clinical situations	Integrates in-depth medical and personal knowledge of patient, family and community to decide, develop, and implement treatment plans
Demonstrates basic decision making capabilities	Begins to integrate social and behavioral sciences with biomedical knowledge in patient care	Recognizes the effect of an individual's condition on families and populations	Uses experience with patient panels (e.g., patients assigned to the team) to address population health	Collaborates with the participants necessary to address important health problems for both individuals and
Demonstrates the capacity to correctly interpret basic clinical tests and images	Anticipates expected and unexpected outcomes of the patients' clinical condition and data			communities
Comments:			Not Y	et Achieved Level 1

Systems-Based Practice 1:	: Patient Safety and Quality In	nprovement		
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 (actual or simulated)	Participates in disclosure of patient safety events to patients and families (simulated or actual)	Discloses patient safety events to patients and 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 the skills required to identify, develop, implement, and analyze a quality improvement project	Creates, implements, and assesses quality improvement initiatives at the institutional or community level
Comments:			Not Y	et Achieved Level 1

Systems-Based Practice 2	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 utilizing the roles of the interprofessional teams	Coordinates care of patients in complex clinical situations effectively utilizing the roles of their interprofessional teams	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 handoffs	Performs safe and effective transitions of care/handoffs in routine clinical situations	Performs safe and effective transitions of care/handoffs in complex clinical situations	Role models and advocates for safe and effective transitions of care/handoffs 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 disparities	Identifies specific population and community health needs and inequities for their 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	
Comments:	Comments: Not Yet Achieved Level 1				

Level 1	Level 2	Level 3	Level 4	Level 5
Identifies components of the complex health care system	Describes the physician's role and how the interrelated components of complex health care system impact patient care	Analyzes how personal practice affects the system (e.g., length of stay, readmission rates, clinical efficiency)	Manages the interrelated components of the complex health care systems for efficient and effective patient care	Advocates for or leads change to enhance systems for high value, efficient, and effective patient care
Describes basic health payment systems, including government, private, public, and uninsured care and different practice models	Delivers care informed by patient specific payment model	Utilizes shared decision making in patient care, taking into consideration payment models	Advocates for patient care understanding the limitations of each patient's payment model (e.g., community resources, patient assistance resources)	Participates in advocacy activities for health policy to better align payment systems with high value care
		Identifies resources and effectively plans for transition to practice (e.g., information technology, legal, billing and coding, financial, personnel)	Describes basic elements needed to transition to practice (e.g., contract negotiations, malpractice insurance, government regulation, compliance)	

Level 1	Level 2	Level 3	Level 4	Level 5
Demonstrates how to access and use available evidence, and incorporate patient preferences and values in order to care for a routine patient	Articulates clinical questions and elicits patient preferences and values in order 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 participates in the development of guidelines

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) in order to inform goals	Seeks performance data episodically, with adaptability and humility	Intentionally seeks performance data consistently, with adaptability and humility	Role models consistently seeking performance data, with adaptability and humility
Identifies the factors that contribute to gap(s) between expectations and actual performance	Analyzes and reflects on the factors that contribute to gap(s) between expectations and actual performance	Analyzes, reflects on, 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
Actively seeks opportunities to improve	Designs and implements a learning plan, with prompting	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 implementation of learning plans for others
Comments: Not Yet Achieved Level 1				

_evel 1	Level 2	Level 3	Level 4	Level 5
Identifies and describes potential triggers for professionalism lapses	Demonstrates insight into 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 self and others	Coaches others when their behavior fails to meet professional expectations
Describes when and how to appropriately report professionalism lapses, including strategies for addressing common barriers	Takes responsibility for own professionalism lapses	Analyzes complex situations using ethical principles	Recognizes and utilizes appropriate resources for managing and resolving ethical dilemmas as needed (e.g., ethics consultations, literature review, risk management/legal consultation)	Identifies and seeks to address system-level factors that induce or exacerbate ethical problems or impede their resolution
Demonstrates knowledge of the ethical principles underlying informed consent, surrogate decision making, advance directives, confidentiality, error disclosure, stewardship of limited resources, and related topics	Analyzes straightforward situations using ethical principles	Recognizes need to seek help in managing and resolving complex ethical situations		

Level 1	ntability/Conscientiousness Level 2	Level 3	Level 4	Level 5
Takes responsibility for failure to complete tasks and responsibilities, identifies potential contributing factors, and describes strategies for ensuring timely task completion in the future	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	Recognizes 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 own ability to complete tasks and responsibilities in a timely manner	Proactively implements strategies to ensure that the needs of patients, teams, and systems are met		
Comments:			Not '	Yet Achieved Level 1

_evel 1	Level 2	Level 3	Level 4	Level 5
Recognizes status of personal and professional well-being, with assistance	Independently recognizes status of personal and professional well-being	With assistance, proposes a plan to optimize personal and professional well-being	Independently develops a plan to optimize personal and professional well-being	Coaches others when emotional responses or limitations in knowledge/skills do not meet professional expectations
Recognizes limits in the knowledge/skills of self or team, with assistance	Independently recognizes limits in the knowledge/skills of self or team	With assistance, proposes a plan to remediate or improve limits in the knowledge/skills of self or team	Independently develops a plan to remediate or improve limits in the knowledge/skills of self or team	
	Demonstrates appropriate help-seeking behaviors			

Interpersonal and Communication Skills 1: Patient- and Family-Centered Communication				
Level 1	Level 2	Level 3	Level 4	Level 5
Uses language and non- verbal behavior to demonstrate respect and establish rapport	Establishes a therapeutic relationship in straightforward encounters using active listening and clear language	Establishes a therapeutic relationship in challenging patient encounters	Easily establishes therapeutic relationships, with attention to patient/family concerns and context, regardless of complexity	Mentors others in situational awareness and critical self-reflection to consistently develop positive therapeutic relationships
Identifies common barriers to effective communication (e.g., language, disability) while accurately communicating own role within the health care system	Identifies complex barriers to effective communication (e.g., health literacy, cultural)	When prompted, reflects on personal biases while attempting to minimize communication barriers	Independently recognizes personal biases while attempting to proactively minimize communication barriers	Role models self- awareness practice while identifying teaching a contextual approach to minimize communication barriers
Identifies the need to adjust communication strategies based on assessment of patient/family expectations and understanding of their health status and treatment options	Organizes and initiates communication with patients/families by introducing stakeholders, setting the agenda, clarifying expectations, and verifying an understanding of the clinical situation	With guidance, sensitively and compassionately delivers medical information; elicits patient/family values, goals and preferences; and acknowledges uncertainty and conflict	Independently uses shared decision making to align patient/family values, goals, and preferences with treatment options to make a personalized care plan	Role models shared decision making in patient/family communication in situations with a high degree of uncertainty/conflict
Comments:			Not	Yet Achieved Level 1

Interpersonal and Communication Skills 2: Interprofessional and Team Communication					
Level 1	Level 2	Level 3	Level 4	Level 5	
Respectfully requests a consultation	Clearly and concisely requests a consultation	Checks own understanding of consultant recommendations	Coordinates recommendations from different members of the health care team to optimize patient care	Role models flexible communication strategies that value input from all health care team members, resolving conflict when needed	
Respectfully receives a consultation request	Clearly and concisely responds to a consultation request	Checks understanding of recommendations when providing consultation	Communicates feedback and constructive criticism to superiors	Facilitates regular health care team-based feedback in complex situations	
Uses language that values all members of the health care team	Communicates information effectively with all health care team members	Uses active listening to adapt communication style to fit team needs			
	Solicits feedback on performance as a member of the health care team	Communicates concerns and provides feedback to peers and learners			
Comments:	Comments: Not Yet Achieved Level 1				

_evel 1	Level 2	Level 3	Level 4	Level 5
Accurately records information in the patient record	Demonstrates organized diagnostic and therapeutic reasoning through notes in the patient record	Concisely reports diagnostic and therapeutic reasoning in the patient record	Communicates clearly, concisely, in a timely manner, and in an organized written form, including anticipatory guidance	Models feedback to improve others' written communication
Safeguards patient personal health information	Demonstrates accurate, timely, and appropriate use of documentation shortcuts	Appropriately selects direct (e.g., telephone, in-person) and indirect (e.g., progress notes, text messages) forms of communication based on context	Produces written or verbal communication (e.g., patient notes, e-mail, etc.) that serves as an example for others to follow	Guides departmental or institutional communicatio around policies and procedures
Communicates through appropriate channels as required by institutional policy (e.g. patient safety reports, cell phone/pager usage)	Documents required data in formats specified by institutional policy Respectfully	Uses appropriate channels to offer clear and constructive suggestions to improve the system	Initiates difficult conversations with appropriate stakeholders to improve the system	Facilitates dialogue regarding systems issues among larger community stakeholders (e.g., institution, health care system, field)
	communicates concerns about the system			