

För alla läkare under hela kariären

Description of the objectives for doctors' specialty training

The Swedish Medical Association's
translation into English



**Sveriges
läkarförbund**

Den medicinska professionens organisation

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Validity and area of application of this document

For information purposes, the Swedish Medical Association (Läkarförbundet) has translated parts of the National Board of Health and Welfare's (Socialstyrelsens) publication "Läkarnas specialiseringstjänstgöring Målbeskrivningar 2015" ISBN 978-91-7555-304-7 into English.

In this publication, the knowledge, skills and approaches that the registered doctor undergoing specialty training (the specialty resident, specialty trainee or "ST-läkare" in Swedish) is to develop during his/her specialty training. The descriptions of the objectives specify a number of learning objectives. Learning objectives a apply to all specialties, learning objectives b apply to many specialties while learning objectives c are specific to each specialty. This English translation is only intended to be regarded as an aid that the Swedish Medical Association provides in applying the descriptions of the objectives for doctors' specialty training. Because the translation is a product from the Swedish Medical Association and not of the National Board of Health and Welfare, the translation is not valid for application as regulations. It is the National Board of Health and Welfare's printed publication describing the regulations and general recommendations that applies.

In this document, the Swedish Medical Association has chosen to translate all learning objectives a and learning objectives b as well as the glossary of terms from the National Board of Health and Welfare's publication. In addition, the specialist skills descriptions and learning objectives c for 27 specialties have been translated, which has been done in consultation with and funded by the Swedish Medical Association's specialty associations and the Swedish Society of Addiction Medicine.

Glossary of terms

Clinical attachment	Structured programme where the specialty resident observes the professional practice of one or more colleagues and to some extent performs tasks in the area in question
Supervision	Support and guidance in the form of dialogue provided continuously
Supervisor	<p>Specialist doctor who has completed an educational supervisor course and who supervises the specialty resident, and evaluates his or her professional development</p> <p>The supervisor may be the specialty resident's principal supervisor or another doctor with appropriate specialist skills for that training period</p>
Clinical practice under supervision	The specialty resident's clinical practice under his/her own professional liability and with the support of the supervisor
Course	Structured programme based on set educational goals
Quality and development activities	Quality improvement project that the specialty resident carries out, which is part of the healthcare system's systematic quality management
Independent written project based on scientific principles	Written project undertaken in which the specialty resident independently answers a scientific question using evidence based medicine principles
School health service	Medical interventions in student health

Internal medicine specialties

Endocrinology and Diabetology

Description of skills

The specialty of Endocrinology and Diabetology is characterised by skills in the normal functioning of the endocrine system and its disease conditions.

This skills area includes the investigation, diagnosis, treatment and monitoring of disease conditions in the endocrine system. This means everything from diseases such as Type 1 and Type 2 diabetes, thyroid disease, obesity, lipid disorders and osteoporosis to unusual endocrine disorders. It also includes knowledge of hormonal mechanisms of importance to normal fertility, pregnancy, physical development, height growth, puberty and menopause.

This skills area is characterised by close collaborations with surgical expertise and work in multifocal professional teams.

Endocrinology and diabetology share a common knowledge base with other internal medicine specialties.

Skills requirements

For Endocrinology and Diabetology, learning objectives a1-a6, b1-b5 and c1-c14 apply.

Learning objectives a and b

Learning objective a1 Teamwork, leadership and pedagogy	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to take responsibility for his/her continuous learning in the workplace – Be able to exercise leadership in his/her daily work, including lead a healthcare team – Be able to take responsibility for the development of multi-professional teamwork – Be able to take responsibility for cooperation with patients and their families** – Be able to work in networks looking after the patient – Be able to collaborate with agencies outside the hospital healthcare system such as social welfare boards, agencies within the social services, schools and Försäkringskassan (the Swedish Social Insurance Agency) – Be able to present and explain medical information in a way that is understandable to the recipient, orally and in writing – Be able to plan and carry out teaching and training – Be able to supervise and instruct colleagues and students 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups Supervise under supervision Teach under supervision	

Learning objective a2 Ethics, diversity and equality	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Demonstrate knowledge and understanding of the principles of medical ethics and be able to identify ethical problems and analyse these in a structured way – Be able to handle conflicts in values in his/her daily work – Be able to treat people as individuals and with respect regardless of gender, transgender identity or expression, ethnic origin, religion or other faith, disability, sexual orientation or age. 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups	

Learning objective a3 Infection Prevention and Control	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to take responsibility for the prevention and control of healthcare-associated infections 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor

Learning objective a4 Systematic quality and patient safety management	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Critically examine his/her own practice and be able to conduct a risk and outcome analysis – Be able to take responsibility for systematically implementing measures, processes and procedures to improve patient care – Be able to take responsibility for the integration of new technologies and procedures into his/her daily work as a doctor 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Quality and development work	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings	

Learning objective a5 Medical science	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Demonstrate a deeper knowledge and understanding of medical scientific methodology and ethical principles – Be able to critically examine and evaluate medical science information – Demonstrate a scientific evidence based approach to his/her daily way of working and routines 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Independent written work based on scientific methodology	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings	



Learning objective a6 Legislation and other regulations and the health and medical care system's organisation	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none">– Demonstrate knowledge of the legislation and regulations which govern the healthcare system and its staff– Demonstrate knowledge of the health and medical care system's organisation and administration– Demonstrate knowledge of the health and medical care system's various financial control systems and their importance for the balancing of priorities in his/her daily work	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor

Learning objective b1 Communication with patients and families	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to adapt his/her way of communicating based on the patient's and their relatives' individual needs and communication capabilities – Be able to give patients and their families difficult news with respect, empathy and sensitivity – Be able to support the patient's ability to manage a change in life situation as a result of an illness or disability – Be able to consult with patients and their families concerning the patient's self-care 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in intra- or inter-professional reflection in groups Clinical attachment	

Learning objective b2 Prevention of disease and ill-health	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to guide patients in matters of lifestyle choices in order to: – Prevent the development of diseases associated with one or more lifestyle habits – Improve the prognosis in patients with diseases associated with one or more lifestyle habits 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Attendance at large professional gatherings	

Learning objective b3 Medicines	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Be able to adapt pharmacotherapy to the patient’s age, sex, weight, kidney and liver function as well as any comorbidity and other medication – Be able to assess the risks of interactions and side effects with pharmacotherapy – Be able to work with patients and their families to achieve compliance with medications – Be able to work with other parties in the patient care chain with regard to pharmacotherapy – Be able to critically review and evaluate scientific evidence surrounding pharmacotherapy – Demonstrate knowledge of the environmental impacts of pharmacotherapy – Demonstrate knowledge of the health economics aspects of pharmacotherapy 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained required competencies requirements issued by the course provider or the supervisor

Learning objective b4 Insurance medicine	Programme activities	Assessment
<p>The specialist doctor shall:</p> <ul style="list-style-type: none"> – Be able to apply procedures in insurance medicine as part of the treatment of the individual patient – Be able to collaborate on insurance medicine matters relating to the individual patient with actors within and outside the healthcare system 	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or supervisor
	General recommendations Attendance at large professional gatherings	



Learning objective b5	Programme activities	Assessment
Palliative care in the final stages of life		
The specialist doctor shall: <ul style="list-style-type: none">– Be able to identify the need for and initiate palliative care in the final stages of life– Be able to hold conversations with patients and their families concerning transiting to palliative care– Be able to apply the fundamental principles of palliative symptom relief with regard to physical, psychological, social and existential needs	Clinical practice under supervision or alternatively clinical attachment	Certificate of completed programme activities and attained the required competences issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competences issued by the course provider or the supervisor
	General recommendations Participation in seminars Attendance at large professional gatherings Clinical attachment Training in simulated environment	

Learning objectives c

The specialist doctor is to master the knowledge base shared with the internal medicine specialties. This shared knowledge base includes the specialist doctor being able to independently assess and manage symptoms and investigation findings for acute disease or conditions in internal medicine and adjacent core specialties.

The specialist doctor should additionally:

- Have knowledge of common and serious internal medicine conditions and common and serious medical conditions in adjacent core specialties,
- Master the use of pharmaceuticals for the purpose of being able to individualise pharmacotherapy on the basis of age, sex, renal function and comorbidity,
- Have knowledge of pharmaceutical-related problems,
- Have knowledge of and be able to manage common and serious medical conditions in older patients with multimorbidity,
- Take a comprehensive approach to individualised treatment, and
- Be able to independently decide on and initiate palliative care.

In addition, the specialist doctor in Endocrinology and Diabetology is to have skills in:

- Anamnesis charting and analysis in combination with medical imaging examinations,
- Chemical analyses of hormone levels under basic conditions and dynamic analyses during loading, and
- The management of patients undergoing hormone substitution therapy and therapy with analogue hormones.

The specialist doctor shall also have knowledge of:

- Acute endocrinology,
- Treatment and follow-up of the chronic endocrine diseases,
- Reactions of a psychological nature in the acute and chronic stages of endocrine diseases,
- The management and prevention of endocrine diseases, and
- The management of endocrine tumour diseases with subsequent disorders.

The specialist doctor shall also have skills in the differential diagnosis of rare medical conditions. These conditions often present with multiple symptoms, which is why diagnostics for the exclusion or confirmation of hormonal disturbances is a very important step.

Finally, the specialist doctor is to be able to collaborate with surgical expertise in multi-professional teams, particularly in the case of patients with diabetes or thyroid, pituitary or adrenal gland diseases.

Learning objectives c1-c5 are common to the internal medicine specialties Endocrinology and Diabetology, Geriatrics, Haematology, Internal Medicine, Cardiology, Respiratory Medicine, Gastroenterology and Hepatology as well as Renal Medicine (Nephrology) (shared knowledge base).

Learning objective c1	Programme activities	Assessment
The specialist doctor shall: – Be able to independently identify, diagnose and manage acute diseases or medical conditions in internal medicine and adjacent core specialties, as well as be able to Institute acute measures in respect of these	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies	

Learning objective c2	Programme activities	Assessment
The specialist doctor shall: – Be able to independently manage common and serious internal medicine conditions as well as common and serious conditions in internal medicine and other adjacent core specialties	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies Training in simulated environment	

Learning objective c3	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Master the use of pharmaceuticals for the purpose of being able to individualise treatment on the basis of age, sex, renal function and comorbidity, – Have knowledge of pharmaceutical-related problems including polypharmacy 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies	

Learning objective c4	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to independently manage common and serious medical conditions in the case of multimorbidity in patients in general and in older patients in particular – Have knowledge of how to apply a comprehensive approach to individualised treatment 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in seminars Theoretical studies	

Learning objective c5	Programme activities	Assessment
The specialist doctor shall: – Be able to independently decide on and initiate palliative care.	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in seminars Theoretical studies	

Learning objective c6	Programme activities	Assessment
The specialist doctor shall: – Master the management of common endocrine disorders including investigation, diagnosis, therapy and monitoring – Be able to assess the need for referral of individual patients to other specialties	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Work in a care team	

Learning objective c7	Programme activities	Assessment
The specialist doctor shall: – Master the investigation, diagnosis, therapy and monitoring of rare endocrine disease in patients and be able to assess the need for referral of these patients	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in diagnostic and treatment conferences Participation in seminars Theoretical studies	

Learning objective c8	Programme activities	Assessment
The specialist doctor shall: – Be able to manage endocrine diseases with complications	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Clinical attachment Participation in diagnostic and treatment conferences	

Learning objective c9	Programme activities	Assessment
The specialist doctor shall: – Be able to manage individual patients in accordance with the legislation and regulations applicable to the exercise of public authority in the skills area	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies	

Learning objective c10	Programme activities	Assessment
The specialist doctor shall: – Be able to manage endocrine medical conditions in connection with intensive care and parenteral nutrition as well as pre-operatively and post-operatively	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Participation in diagnostic and treatment conferences Theoretical studies	

Learning objective c11	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be able to initially manage the endocrinology of puberty and of pregnancy, and the endocrinology of male and female infertility, sexual function and transsexualism – Be able to assess the need for referral of individual patients to other specialties 	Clinical practice under supervision at one or more units conducting such activities or managing such cases	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	General recommendations Participation in diagnostic and treatment conferences Participation in seminars Theoretical studies	

Learning objective c12	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be cognisant of hereditary, congenital and genetic endocrine disorders – Have knowledge of the prevention of endocrine diseases 	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor
	General recommendations Theoretical studies	

Learning objective c13	Programme activities	Assessment
The specialist doctor shall: <ul style="list-style-type: none"> – Be cognisant of the impact of environmental factors on the emergence of endocrine disorders 	General recommendations Theoretical studies	



Learning objective c14	Programme activities	Assessment
The specialist doctor shall: – Be able to apply legislation and other regulations applicable to the specialty	Clinical practice under supervision	Certificate of completed programme activities and attained the required competencies issued by the supervisor
	Participation in one or more courses	Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor

General recommendations

Programme structure

Concerning knowledge progression, the specialty resident should complete specialty training in a clinical setting designed to satisfy the requirements of the shared knowledge base distributed across the entire period of training.

Certain parts of the shared knowledge base should be acquired during the initial part of the specialty training. Theoretical studies should be scheduled to coincide with the specialty training in a clinical setting designed to satisfy the requirements of the shared knowledge base. Continuous periods within a limited number of specialties should be given priority over short residencies within several core specialties. This applies to specialty training in core specialties other than the core specialty in which the specialty resident intends to achieve specialist competence.

During the initial period, specialty training in Endocrinology and Diabetology should be orientated towards providing a good foundation for the consultative role of the specialty. During this period, the specialty resident should take courses with a focus on initial investigation and treatment.

Specialist medical training in a clinical setting should be at hospital wards and medical practices where diabetes and endocrinology care are provided. During the first part of the programme, the specialty resident should undergo training within activities that manage the most prevalent diseases within the specialty. During the latter part of specialty training, the specialty resident should acquire advanced knowledge in unusual endocrinological and diabetes medical conditions. It is important that, where possible, the specialty resident has the opportunity to develop his/her skills in Endocrinology and Diabetology at a university hospital or equivalent.

It is desirable for specialty training is completed in continuous periods. Courses should be planned to accord with specialty training in a clinical setting. The specialty resident should participate actively in seminars and present case descriptions during the programme. The specialty resident should also have the opportunity to engage in self-study of medical journals and medical literature. In addition, the specialty resident should have the opportunity to participate in the clinic's regular continuing education and to be involved in monitoring local and national care programmes.