

För alla läkare under hela kariären

Description of the objectives for doctors' specialty training

The Swedish Medical Association's
translation into English

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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	Specialist doctor who has completed an educational supervisor course and who supervises the specialty resident, and evaluates his or her professional development The supervisor may be the specialty resident's principal supervisor or another doctor with appropriate specialist skills for that training period
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

Gastroenterology and Hepatology

Description of skills

The specialty of Gastroenterology and Hepatology is characterised by knowledge and skills in investigating, diagnosing, treating and monitoring patients with diseases of the gastrointestinal tract, liver and pancreas.

The commonest and most important conditions are inflammatory bowel disease, hepatic diseases, ulcer and reflux disease, malabsorption, functional and motility disorders as well as tumour diseases of the gastrointestinal tract, liver and pancreas.

An important part of this skills area is endoscopy which includes advanced skills in both diagnostic and therapeutic interventions. Another important aspect is the investigation and treatment of secondary nutritional disorders in parallel with providing medical treatment for a gastrointestinal or hepatic diseases.

An internal medicine approach is fundamental to Gastroenterology and Hepatology, but activities within this specialty are carried out in close cooperation with several other areas of expertise: gastroenterological surgery, medical imaging, infectious diseases, oncology, transplantation surgery and psychiatry.

Gastroenterology and Hepatology share a common knowledge base with the other internal medicine specialties.

Skills requirements

For Gastroenterology and Hepatology, 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
<p>The specialist doctor shall:</p> <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 	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the course provider or the supervisor</p>

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 	<p>Clinical practice under supervision</p>	<p>Certificate of completed programme activities and attained the required competencies issued by the supervisor</p>
	<p>Participation in one or more courses</p>	<p>Certificate of completed programme activities and attained required competencies requirements issued by the course provider or the supervisor</p>

Learning objective b4 Insurance medicine	Programme activities	Assessment
The specialist doctor shall: <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 Palliative care in the final stages of life	Programme activities	Assessment
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 should master the knowledge base shared with the internal medicine specialties. This shared knowledge base allows the specialist doctor to be independent in assessing and managing symptoms and investigation findings for acute disease or medical conditions in internal medicine and related core specialties.

The specialist doctor should additionally:

- Have knowledge of common and serious internal medicine conditions and common and serious medical conditions in related core specialties,
- Master the adjustment of pharmacological treatment according to the patient's age, sex, renal function and comorbidity,
- Have knowledge of pharmacotherapy-related problems,
- Have knowledge of and be able to manage common and serious medical conditions in older patients with multiple morbidity,
- Take a holistic approach to individualised treatment, and
- Be independent in taking decisions to initiate and implement palliative care.

In addition, the specialist doctor Gastroenterology and Hepatology should be independent in diagnosing and treating diseases within Gastroenterology and Hepatology.

The specialist doctor should:

- Master the diagnosis, treatment and follow-up of functional gastrointestinal diseases and motility disorders, acute and chronic inflammatory bowel disease, acute liver failure and cirrhosis as well as autoimmune, metabolic, infectious, toxic and hereditary gastrointestinal diseases and hepatic diseases,
- Master the management of peptic ulcer disease and gastroesophageal reflux disease, digestion and malabsorption disorders, and the investigation and treatment of disease-related nutritional disorders,
- Master diagnostic endoscopy and basic therapeutic endoscopic interventions,
- Have knowledge of medical imaging, nuclear medicine, pathology and laboratory medicine, and
- Have knowledge of radiation biology, radiation physics and radiation protection.

The specialist doctor shall also have knowledge of the surgical treatment of gastrointestinal and hepatic diseases. This is required for the specialty resident to be able to participate in joint management and referral of patients for surgical treatment, which also includes liver transplantation.

Multi-disciplinary cases are to be managed through regular collaboration with the related specialties of oncology, infectious diseases and psychiatry. This requires knowledge of the various treatment options in these specialties.

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 should: – Be independent in identifying, diagnosing and managing acute illnesses or medical conditions in internal medicine and related core specialties, and be able to institute emergency measures when indicated	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 should: – Be independent in managing common and serious internal medicine conditions as well as common and serious conditions in internal medicine and other related 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 should:	Clinical practice under supervision at one or more	Certificate of completed programme activities and



<ul style="list-style-type: none"> – Master the adjustment of pharmacological treatment according to the patient's age, sex, renal function and comorbidity, – Have knowledge of problems related to pharmacologic treatment including polypharmacy 	units conducting such activities or managing such cases	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 should: <ul style="list-style-type: none"> – Be independent in managing common and serious medical conditions in the case of multiple morbidity in patients in general and in older patients in particular – Have knowledge of how to apply a holistic 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 should: – Be independent in initiating and implementing 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 should: – Master the diagnosis, treatment and monitoring of acute and chronic inflammatory bowel disease	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 c7	Programme activities	Assessment
The specialist doctor should: <ul style="list-style-type: none"> – Master the investigation of abnormal liver tests and where applicable, the treatment of the underlying disease – Master the diagnosis, treatment and monitoring of cirrhosis of the liver – Be able to diagnose and manage acute liver failure 	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 should: <ul style="list-style-type: none"> – Master relevant endoscopic examination techniques as well as the assessment and treatment of findings – Master basic endoscopic intervention treatments – Have knowledge of advanced therapeutic interventions – Have knowledge of radiation biology, radiation physics and radiation protection. 	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 c9	Programme activities	Assessment
The specialist doctor should: – Master the diagnosis and treatment of peptic ulcer disease, gastritis and gastroesophageal reflux disease – Master the diagnosis and treatment of disorders of digestion and absorption – Master the diagnosis and treatment of nutritional disorders caused by gastrointestinal or hepatic diseases	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 Theoretical studies	

Learning objective c10	Programme activities	Assessment
The specialist doctor should: – Master the diagnosis and treatment of functional gastrointestinal disorders and motility disorders	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 c11	Programme activities	Assessment
The specialist doctor should: – Have knowledge of other diagnostic tools used for investigation in gastroenterology and hepatology	General recommendations Participation in diagnostic and treatment conferences Theoretical studies	

Learning objective c12	Programme activities	Assessment
The specialist doctor should: – Master the diagnosis of tumour diseases of the gastrointestinal tract, liver and pancreas and be aware of the different treatment options for these diseases	Clinical practice under supervision at one or more units conducting such activities or managing such cases General recommendations Participation in diagnostic and treatment conferences Theoretical studies	Certificate of completed programme activities and attained the required competencies issued by the supervisor

Learning objective c13	Programme activities	Assessment
The specialist doctor should: <ul style="list-style-type: none"> – Have knowledge of the treatment of diseases of the gastrointestinal tract from a surgical perspective – Be aware of the different treatment options of related specialties such as oncology, infectious diseases and psychiatry 	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 Theoretical studies Work in a care team	

Learning objective c14	Programme activities	Assessment
The specialist doctor should: <ul style="list-style-type: none"> – 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

In order to ensure adequate training, 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 relevant 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 placements within several core specialties. This applies to specialty training in core specialties other than the main specialty in which the specialty resident intends to achieve specialist competence.

In the initial phase of the specialty training, it is important that the specialty resident acquires basic knowledge in gastroenterology, with the emphasis on care of the sickest patients and the acquisition of theoretical knowledge. At the end of the initial phase of training, the specialty resident should receive practical training in gastroscopy and training in performing less complex procedures.

The initial phase is followed by:

- Advanced teaching in gastroscopy and colonoscopy
- Advanced literature studies
- Conducting his/her own outpatient care practice under supervision
- Increased responsibility and increased autonomy in the management of patients.

During this period, more advanced interventions such as liver biopsy and basic endoscopic interventions are trained.

The specialty resident should progressively take on more and more responsibility in teaching, administration and collaboration with other specialties, the latter through clinical practice, multi-disciplinary treatment conferences or clinical attachment.

If the specialty training occurs at a smaller hospital, part of the training should be in residency at regional and university hospitals, preferably towards the end of the specialty training.

In order to broaden the specialty resident's experience and outlook, ancillary training should be completed in different areas of medical practice, preferably at a hospital that performs liver transplants. Other valuable ancillary training is clinical practice at a gastrointestinal surgery unit, or a unit practising in oncology, infectious diseases or psychiatry.



Participation in courses should be distributed evenly throughout the duration of the programme. Participation in seminars and in diagnosis and treatment conferences should be introduced early in the programme and be a continuous part of it, since communication with related specialties is important within this specialty. The specialty resident should also be given opportunities for self-study, and for keeping up-to-date with the relevant literature in the skills area.