BCAMN Mentee Baseline Survey

Thank you for being part of the BC Adaptive Mentorship Network. This survey will help the program develop an understanding of clinicians' knowledge, skills, and confidence. It will allow us to tailor the program offerings to the needs of mentees and mentors who want to better manage the complexities of caring for patients with chronic non-cancer pain, mental illness, and substance use disorders in practice. It will also allow us to determine any changes or impacts the program may have over time.

Your feedback is vital to the success of our BC Adaptive Mentorship Network. The purpose of this survey is to collect data to help evaluate and improve the BCAMN. The survey is anonymous, but we ask you to provide us with a pseudonym. This will allow us to track progress at an individual level as well as at an aggregate level without identifying you.

If you have any questions, please contact Minnu (education@painbc.ca), the Education Coordinator at Pain BC.

To continue with this survey, click the arrow on the bottom right side of your screen.

1. Pseudonym

Please use the last two letters of your surname and the two last digits of your cell phone. (e.g. IS54)

- 2. Month/Year you joined the BCAMN (e.g. March 2022)
- **3.** If you have an area of specialization or focused practice within your primary clinical role, please specify: (mark all that apply)
 - o Chronic Pain
 - Mental Health
 - Substance Use
 - Other (if selected please answer the next question)
- 4. Other

Please enter your other area of specialization below.

The following questions seek to understand your clinical knowledge and confidence at the present time.

5. Please rate your current clinical knowledge in the following client/patient care areas:

Not	at all 2	3	3	4	5	6	Extremely	Uncertain	N/A	No
kno	wledgeable						knowledgeable			answer
1							7			

Chronic					
Pain					
Substance					
Use					
Disorder					
Mental					
Illness					

6. Please rate your current confidence in the following client/patient care areas:

	Not at all	2	3	4	5	6	Extremely	Uncertain	N/A	No
	knowledgeable						knowledgeable			answer
	1						7			
Managing										
Chronic										
Pain										
Managing										
Substance										
Use										
Disorder										
Managing										
Mental										
Illness										

The following questions seek to understand your clinical behaviours and skills at the present time.

1. Please indicate how often:

	Ne ver	Rar ely	Occasio nally	Someti mes	Frequ ently	Usu ally	Ever y	Uncer tain	N/ A	No ans
	0%	(~10	(~30%)	(~50%)	(~70%	(~90	time			wer
		%))	%)	(~10			
							0%)			
You										
communic										
ate										
compassio										
n towards										
clients/pat										
ients (e.g.,										
listening										
carefully										
and										
without										
judgement										
, speaking										

			1	1	ı	Г	1
with							
kindness).							
You are							
mindful of							
the impact							
of your							
speech							
and							
behaviours							
on your							
clients/pat							
ients							
emotional							
state.							
You		· · · · · · · · · · · · · · · · · · ·				 	
customize							
care to							
meet the							
individual							
needs of							
your							
clients/pat							
ients.							
You are							
able to							
apply							
principles							
of cultural							
safety in							
your care							
of							
clients/pat							
ients.							
You are							
able to							
apply							
principles							
of trauma							
and							
violence							
informed							
practice in							
your care							
of							
clients/pat							
ients							
<u> </u>	•		•	•			

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You							
involve							
your							
clients/pat							
ients (or							
substitute							
decision							
makers) in							
the shared							
decision-							
making							
process.							
You are							
able to							
identify							
treatment							
options							
that can be							
used in a							
multi-							
modal							
manageme							
nt plan							
(e.g.							
pharmacol							
ogical,							
non-							
pharmacol							
ogical							
options).							
You							
recognize							
when your							
pre-							
existing							
beliefs,							
thoughts							
and							
feelings							
are							
influencing							
interaction							
s with							
clients/pat							
ients.							
You spend							
time							
thinking							

about your					
client/pati					
ent's					
experience					
following a					
clinical					
interaction					
You					
critically					
evaluate					
the					
strategies					
and					
techniques					
that you					
use in your					
work with					
clients/pat					
ients.					
You					
critically					
evaluate					
the					
strategies					
and					
techniques					
that you					
use in your					
work with					
clients/pat					
ients.					

7. Please indicate how often you use evidence-based resources and tools to assess and monitor related outcomes for your clients/patients with the following conditions:

	Not at all knowledgeable 1	2	3	4	5	6	Extremely knowledgeable 7	Uncertain	N/A	No answer
Chronic Pain (e.g. guidelines, BPI, EMR tools)										
Substance Use Disorder										

(e.g. DSM V, POMI)					
Mental					
Illness					
(e.g. Adult					
depression					
tool,					
guidelines					
and					
pathways)					

8. Leaving aside systemic issues, what proportion of clients/patients (who are beyond your capacity to care for) do you suggest or refer for a specialist consultation?

	Neve	~10	~30	~50	~70	~90	Alway	Uncertai	N/	No
	r	%	%	%	%	%	S	n	Α	answe
										r
Clients/patient										
s with chronic										
pain										
Clients/patient										
s with										
substance use										
disorders										
Clients/patient										
s with mental										
illness										

- **9.** Please indicate your ability to provide care and/or manage more complex clinical cases (e.g. clients/patients with two or more issues related to chronic pain, substance use disorders or mental illness).
 - o 0% of cases
 - o I can manage ~10% of cases
 - o I can manage ~30% of cases
 - I can manage ~50% of cases
 - o I can manage ~70% of cases
 - o I can manage ~90% of cases
 - o I can manage every complex case
 - o Uncertain
 - Not applicable
 - o No answer
- **10.** How often do you engage in interprofessional collaboration in the care of:

Ne	Rar	Occasio	Someti	Freque	Usu	Ever	Uncer	Ν	No
ver	ely	nally	mes	ntly	ally	У	tain	/A	ans
0%	(~10	(~30%)	(~50%)	(~70%	(~90	time			wer
	%))	%)	(~10			
						0%)			

Clients/pa					
tients with					
chronic					
pain					
Clients/pa					
tients with					
substance					
use					
disorders					
Clients/pa					
tients with					
mental					
illness.					
Clients/pa					
tients with					
concurren					
t					
disorders					

- **11.** Overall, based on your definition of burnout*, how would you rate your level of burnout? *If requiring a definition according to the World Health Organization (2019) burnout is characterized by feelings of energy depletion and exhaustion, increased mental distance or feelings of negativism or cynicism, and reduced professional efficacy.
 - o I enjoy my work, I have no symptoms of burnout.
 - Occasionally I am under stress and I don't always have as much energy as I once did, but I don't feel burned out.
 - I am definitely burning out and have one or more symptoms of burnout, such as physical and emotional exhaustion.
 - The symptoms of burnout that I am experiencing won't go away. I think about frustration at work a lot.
 - I feel completely burned out and often wonder if I can go on. I am at a point where I
 may need some changes or may need to seek some sort of help.
 - No answer
- **12.** How true do you feel the following statements are about you at work during the past two weeks?

	Not at	Somewhat	Moderately	Very	Completely	No
	all true	true	true	true	true	answer
I feel happy at						
work						
I feel						
worthwhile at						
work						

My work is			
satisfying to			
me			
I feel in control			
when dealing			
with difficult			
problems at			
work			
My work is			
meaningful to			
me			
l'm			
contributing			
professionally			
(e.g.			
client/patient			
care, teaching,			
research, or			
leadership) in			
the ways I			
value most			