Using a novel approach, resident procedural competency can be assessed on an individual level.

**Background**

- Evaluating procedural competency of internal medicine residents is critical to medical training and patient safety.
- Current training is highly variable and lacks a standardized competency assessment.
- A modern framework for effective, durable procedural training is "Learn, See, Practice, Prove, Do, and Maintain" (LSPPDM).

**Methods**

1. Collected previously published checklists and guideline-based practices as well as trainee responses after completing simulation-based procedure curriculum.
2. Made standardized procedural checklists and teaching materials for thoracentesis, paracentesis, & central line insertion.
3. Created a digital competency assessment tool (CAT) for simulation and clinical settings.
4. Incorporated the CAT into a comprehensive, procedural curriculum that satisfies all elements LSPPDM model.

**Conclusions**

- We created evidence-based educational resources, free and publicly available at TeachIM.org.
- A Rotation-Paired Simulation Based Mastery Learning curriculum is feasible and cost effective.
- A digital CAT is an elegant tool for education and assessment of trainees.