**DEPARTMENT OF PSYCHIATRY**

**DR. RP GOVT. MEDICAL COLLEGE, KANGRA AT TANDA (HP)**

**SUBJECT:** PSYCHIATRY TEACHING CURRICULUM FOR UNDERGRADUATE MBBS STUDENTS

**Time Allotted:** 20 Hours

**Objectives:** “The good physician treats the disease; the great physician treats the patient who has the disease”. William Osler (1849-1919).

Psychiatry's generalized approach stresses the unity of body and mind. Skills learned in psychiatry are useful to all medical practitioners. Psychiatric problems are common among patients seen by doctors working in all branches of medicine. The objectives of the minimum teaching curriculum will be based upon following objectives:

1. **Attitude objectives**

**Students should:**

* Recognize that the profession of medicine requires lifelong learning.
* Show capacity for critical thinking and constructive self-criticism.
* Be able to tolerate uncertainty and be open-minded to the views of others.
* Be able to work constructively with other health professionals.
* Attitudes towards patients and their families
* Respect patients and understand their feelings.
* Recognize the necessity of good doctor patient relationships.
* Appreciate the value of the developmental approach to clinical problems emphasizing the stages of the life cycle and longitudinal perspective of illness.
* Recognize the importance of the family and the wider environment of the patient.
* Attitudes to psychiatry as a medical discipline
* Recognize the value of psychiatry as a medical discipline.
* Integrate humanistic, scientific and technological aspects of knowledge of psychiatry.
* Recognize the importance of the promotion of mental health and the prevention of psychiatric disorders.

1. **Knowledge objectives:**

The knowledge objectives of psychiatry include psychiatric symptoms and syndromes, psychological aspects of medical disorders, ("psychological medicine"), and psychosocial issues including stigma.

1. **Skills objectives:**

Skills to be acquired:

**I. Doctor-patient interpersonal skills** like:

* "Active listening"
* Empathy
* Non-verbal communication
* Opening, controlling and closing an interview

**II. Information gathering skills:**

* Take the history of patient's complaints and a life history
* Carry out a physical examination
* skills necessary to assess the functioning of the patient's family and the family's ability to contribute to the patients' care

**III. Information evaluation skills:**

**Student should-**

* Select the crucial pieces of information for making a diagnostic formulation and undertake a differential diagnosis
* Make a personality assessment
* Evaluate the role of personal and social factors in the patient's behaviour
* Formulate a plan of management which includes the points at which referral to a specialist will be appropriate.

**IV. Information-giving skills:**

* Pass information to patients to promote health
* Explain the implications of a diagnosis
* Inform patients about the beneficial and potential adverse effects of treatment

**V. Reporting skills**

Report verbally or in writing to:

* Medical colleagues lay people including the relatives of patients
* Non-medical agencies Involved in the care of patients
* Promote public education

**VI. Treatment skills:**

* Promote compliance with prescribed treatment
* Basic prescribing skills for the psychiatric disorders commonly encountered by non psychiatrists.
* Recognise adverse effects of treatment and distinguish them from symptoms of illness

**VII. Learning skills:**

Sustain self-directed independent learning such that the student will be able to keep abreast with new advances in psychiatry and psychological aspects of medical practice throughout professional life.

**VIII. Teamwork skills:**

Co-operate with:

* Medical colleagues
* Other health care workers
* Patient and family organizations
* Community services
* The general public in arranging the care of patients with psychiatric problems and for promoting mental health.
* The sciences related to psychiatry Students are required to understand in general terms the contribution of scientific research to psychiatric etiology and treatment.
* Those aspects of the biological, psychological and social sciences which can increase understanding of these conditions and the way such factors interact.

**Material and Method:**

* 1. Theory Lectures
  2. Clinical Posting
  3. Demonstrations

**A. List of Theory Lectures (10 hours)**

Students are required to identify and understand:

*1.* ***Introduction and classification of Psychiatric disorders.***

1. ***Delirium and dementia***

* Common causes
* Principles of management of each syndrome
* Misuse of and dependence on alcohol and drugs
* Diverse presentations
* Complications
* Outcomes of the conditions
* Principles of prevention and treatment

1. ***Schizophrenia and related disorders (including acute and chronic delusional disorders)***

* Recognition of disorders
* Treatment of an acute episode
* Principles of long-term management

1. ***Depressive and manic disorders***
   * + - Recognition of mania and depressive disorders of all degrees of severity
       - Co-morbidity of depressive and other disorders
       - treatment of uncomplicated cases
       - Acute reactions to stress, PTSD, and adjustment disorders (including reactions to terminal illness and normal and abnormal grief)
       - Recognition of these conditions
       - Management of uncomplicated cases
2. ***Anxiety, phobic and obsessional disorders***

* Recognition of disorders
* Treatment of uncomplicated anxiety and obsessional disorders •Somatoform disorders
* How physical symptoms arise without physical pathology
* Concepts of conversion disorders
* Hypochondriasis
* Somatoform disorders
* Principles of management

1. ***Disorders of eating, sleeping, psychosexual functions***

* Clinical presentations
* Principles of management of uncomplicated cases

1. ***Personality disorders***

* Concepts of personality and personality disorders
* Influence on physical and mental illnesses

1. ***Mental & Behavioral disorders due to Psychoactive substance use*** 
   1. Alcohol
   2. Cannabis and other Drugs
2. ***Disorders of Psychological development***
   * Mental retardation
   * Principles of prevention
   * Recognition of the most common syndromes
   * Principles of management
3. ***Psychotherapy***
4. **Clinical Posting (Two Weeks-3 hours daily)**
5. History Taking
6. Mental State Examination
7. Signs and Symptoms of Psychiatric Illnesses
8. **Case Discussions:**

* Dementia
* Delirium
* Alcohol use disorders
* Drug use disorders
* Tobacco use disorders
* Chronic psychotic disorders
* Acute psychotic disorders
* Bipolar disorder
* Depression
* Phobic disorders
* Panic disorder
* Generalized anxiety
* Adjustment disorder
* Dissociative (conversion) disorder
* Unexplained somatic complaints
* Eating disorders
* Sleep problems
* Sexual disorders
* Mental retardation
* Hyperkinetic (attention deficit) disorder
* Conduct disorder
* Bereavement disorders

1. **Treatment :**

Students are required to understand:

* Main groups of psychotropic medications
* Indications
* Contraindications
* Major side effects
* Interactions
* Toxic effects
* Other adverse effects
* Students should also be able to impart information about and ensure compliance with medication.
* Principal methods of psychological treatment
* General nature and purpose of individual and group dynamic psychotherapies and counselling.
* Simple counselling techniques Principles of social treatment and rehabilitation
* Principles of psychiatric care in non-psychiatric settings and in the community
* Resources available in the country concerned
* Ethical and legal issues
* This teaching should be integrated with the wider teaching of ethics within the Medical School.
* Students are required to understand the principles involved in, and the practical consequences of:
* Informed consent and patients' rights
* Legal requirements for involuntary (compulsory) admission and/or treatment
* Confidentiality Issues related to the participation of patients in research
* The conflict between benefits and social justice

1. **Demonstrations(10 hours )**

* Electroconvulsive Therapy
* Biofeedback
* Aversion Therapy
* Psychological Tests
* INTERVIEWING SKILLS
* Assessment and management of :
* Disorganized,
* Cognitively impaired,
* Hostile/resistant,
* Mistrustful,
* Circumstantial/hyper verbal,
* Unspontaneous /hypo verbal,
* And potentially assaultive patients;
* Psychological Reactions of Medical & surgical patients. (consultation –liaison)

**Assessment of knowledge**

**KNOWLEDGE LEVEL METHOD OF ASSESSMENT**

1. Recall of factual information - Multiple choice questions
2. Assessment of attitudes - Oral and clinical examinations.