



Fundamentals of Geriatric Mental Health

An Online Certificate Course on Geriatric Mental Health

(An initiative by Department of Geriatric Mental Health & MEET LGBRIMH)

CURRICULUM

Background

Epidemiological surveys have revealed enormous mental health morbidity in older adults (aged 60 years and above) and have necessitated an immediate need to develop mental health services in India. Mental health problems in older adults are often under-identified or overlooked by healthcare professionals, caregivers, and older people. Inadequate training opportunities, lack of awareness, and inequitable distribution of health resources are the common challenges in the field of geriatric mental health in India. Lack of research and dedicated trained personnel in the field of geriatric mental health is a big challenge towards early recognition and addressing of the mental health issues in our older adults.

Course Overview

This course is designed by the Department of Geriatric Mental Health of LGBRIMH as a fourteen weeks Certificate Course. It is an eLearning computer-based online program, largely self-taught, complemented with recorded online lectures, didactic presentations, comprehensive study materials, and case-based discussions using ECHO Model. The course is designed for MBBS graduates, non-Psychiatry Post Graduates, Psychiatry Post Graduate Trainees, and any Psychiatrist willing to enroll.

Goals and Objectives

The course aims to provide an overview of old age's common mental health problems, their clinical presentation, how to approach an elderly patient with mental health problems, and essential management. At the end of the course, the participants will be able to identify and screen some common mental health problems of old age, provide initial management and learn about the referral needs.





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Objectives:

- i. Help clinicians recognize the common mental health problems of older adults.
- ii. Demonstrate clinical skills in physical and mental assessment.
- iii. Formulate a plan to provide essential management.
- iv. Identify the referral needs.

Course Administration & Language

The Department of Geriatric Mental Health will offer this Certificate Course in “Fundamentals of Geriatric Mental Health” via the MEET LGBRIMH (Digital Academy) of Lokopriya Gopinath Bordoloi Regional Institute of Mental Health. The medium of instruction will be English.

Training Method

This blended training program combines both synchronous and asynchronous learning methods. The total duration of the course is for 14 weeks, comprising eight modules. Self-paced e-learning materials, assignments, video lectures, and discussion forums will be provided using iECHO platform. Multipoint Videoconference via **Zoom** will be conducted regularly using digital devices, such as laptops, smartphones, desktop PCs, etc., to clarify doubts, give questions and answers, didactic lectures, and case-based learning. A learning Management System would monitor participation in the course.

Eligibility Criteria

MBBS graduates, non-Psychiatry Post Graduates, Psychiatry Post Graduate Trainees, and any Psychiatrist willing to enroll.

Number of Participants

A single batch will comprise of not more than 20 participants and a minimum of 10 participants.





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Course Modules

✚ Module 1 [WEEK 1]

- *Psychiatric evaluation of a patient with mental health problems of old age*

✚ Module 2 [WEEK 2 , 3]

- *Psychotropics in the Elderly: (Antipsychotics, Antidepressants - Overview, Classification, Uses, Doses, Side Effects)*

✚ Module 3 [WEEK 4 , 5]

- *Dementia: (Definition, Causes, Risk factors, Symptoms, Types, Clinical presentation of common types of Dementia, Assessment)*

✚ Module 4 [WEEK 6 , 7]

- *Alzheimer's Dementia: (Etiology, Clinical features, Diagnosis and Management)*

✚ Module 5 [WEEK 8]

- *Delirium in the Elderly: (Risk Factors, Causes in the elderly, Clinical features, Assessment and Management)*

✚ Module 6 [WEEK 9]

- *Geriatric Depression: Risk Factors, Etiology, Clinical features, Assessment and Management*

✚ Module 7 [WEEK 10, 11]

- *Sleep disorders in Elderly: Overview of Normal Sleep and changes with ageing, sleep disorders in elderly, and Management of Sleep disorders*

✚ Module 8 [WEEK 12 , 13]

- *Other Common Medical morbidities*

✚ Final Assignment [WEEK 14]





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Overview of Course Content

Modules	e-text Material	Video Lectures	Live Interactive Sessions
1 <i>Psychiatric evaluation of an older adult</i>	<ul style="list-style-type: none"> • History Taking • Mental status examination 	<ul style="list-style-type: none"> • History taking & MSE • Clinical cognitive examination 	<ul style="list-style-type: none"> • Clarification of Doubts • Discussion of MCQs
2 <i>Psychotropics in the Elderly</i>	<ul style="list-style-type: none"> • Prescribing psychotropics in the elderly • Antipsychotics overview • Antidepressants overview • Management of side effects in the elderly 		<ul style="list-style-type: none"> • Case based discussion • Q&A
3 <i>Overview of Dementia</i>	<ul style="list-style-type: none"> • Burden and Epidemiology • Risk factors, Causes and types • Clinical presentations of common types of dementia 	<ul style="list-style-type: none"> • Assessment of dementia 	<ul style="list-style-type: none"> • Case based Discussion • Discussion of MCQ • Clarification of doubts
4 <i>Alzheimer's Dementia</i>	<ul style="list-style-type: none"> • Epidemiology • Etiology & Neuropathology • Risk and Protective factors • Diagnosis & Clinical features • Differential diagnosis 	<ul style="list-style-type: none"> • Etiology • Assessment • Management 	<ul style="list-style-type: none"> • Case discussion • Discussion of MCQ
5 <i>Delirium in Elderly</i>	<ul style="list-style-type: none"> • Etiology and Risk Factors • Pathophysiology • Clinical features & Diagnosis 	<ul style="list-style-type: none"> • Assessment and Management 	<ul style="list-style-type: none"> • Clarification of doubt • Discussion of MCQ
6 <i>Geriatric Depression</i>	<ul style="list-style-type: none"> • Etiology • Clinical features 	<ul style="list-style-type: none"> • Assessment and Management 	<ul style="list-style-type: none"> • Case discussion • Discussion of MCQ
7 <i>Sleep disorders in elderly</i>	<ul style="list-style-type: none"> • Normal sleep cycles • Sleep cycle changes with ageing • Sleep disorders of elderly 	<ul style="list-style-type: none"> • Management of insomnia in elderly 	<ul style="list-style-type: none"> • Case discussion • Clarification of doubts
8 <i>Other common medical co-morbidities</i>	<ul style="list-style-type: none"> • Common Non-Communicable disease of old age • Psychiatric implications of Diabetes and Hypertension • Psychiatric implications of Cerebrovascular accidents 	<ul style="list-style-type: none"> • Management of co-morbid hypertension • Management of comorbid diabetes 	<ul style="list-style-type: none"> • Discussion of MCQ • Case discussion

FINAL ONLINE ASSIGNMENT





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Course Completion Criteria

The following criteria are to be fulfilled to be eligible for the award of Certificate

Completion of All Assignments
+
Atleast 80% participation in Case-Based Discussion and Live Sessions
+
A Score of $\geq 50\%$ in Each Assignment and the Final Assignment

**A certificate will be awarded only to Course Completers.
No certificate for only Participation.**

Course Fee: NIL

Team

Program Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry
Course Co-Ordinator: Dr. Kunal Deb, Asso. Professor,
Geriatric Mental Health
Course Mentor: Dr. Ankur Darol Rai, Senior Resident, Psychiatry
Dr. Neha Kulkarni, Asst. Professor, Psychiatry

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