

COMMON MENTAL DISORDERS FOR DOCTORS

An Online Certificate Course on Mental Health

(An initiative by Department of Psychiatry under MEET LGBRIMH)

CURRICULUM

Course Overview

This course on “*Common Mental Disorders for Doctors*” is a basic course designed for professional development as part of an Online Certificate Program, targeting Medical Officers, who are willing to upgrade their knowledge and management skills on mental illness. It aims to equip primary health physicians with the necessary tools to handle the various Common Mental Disorders (CMD's) at their doorsteps and upscale their practice. It covers basic understanding of the clinical features, management principles and the translation of knowledge into clinical practice.

Course Objectives

The basic aim of the course is to ensure that primary health care providers gain expertise in delivering care for people with common mental health conditions. By the end of the course, the primary care giver should be able to

- .. Identify symptoms and signs of common mental disorders
- .. Understand assessment principles necessary for management
- .. Provide basic psychiatric intervention and manage comorbid physical conditions.
- .. Plan and perform follow up for common mental health conditions.
- .. Know when to refer to specialists as appropriate and available.

Training Method

This is a blended training program which combines both Synchronous and Asynchronous learning methods. Total duration of the course is for 12 weeks, comprising of 6 modules. The approximate time to complete the course is about 12 hours of online interaction (2 hours every fortnight) and 24 hours of self- paced e-learning content. Assignments would be provided during the course duration. Self-paced e-learning materials, assignments,



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audio video lectures, articles, guidelines and discussion forums will be provided using **Google Classroom**. Multipoint Videoconference via **Zoom** (free download) will be conducted every fortnight using digital device, such as laptop, smartphone, desktop PC etc. for clarification of doubts, question answers & didactic lectures. Participation in the course would be monitored by Learning Management System.

Eligibility Criteria

- Medical Officer with a recognized MBBS Degree from India will be eligible to join the course. There is no barrier of age, place of work and specialty.
- Post graduate students of Psychiatry need not join the course.

Number of Participants

A single batch will comprise of not more than 30 participants.

Tentative Schedule of Topics

Week	1	2	3	4	5	6	7	8	9	10	11	12
Module	Intro to Mental Health											
1												
2		Stress and Anxiety Disorders										
3				Depressive Disorders								
4							Alcohol & Tobacco Use Disorders					
5										Somatoform Disorders		
6												Suicide



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Topics for Learning				
Modes	e-text Material	Video Lectures	Audio Podcast	Live Interactive sessions
Modules				
1 Introduction to Mental Health	<ul style="list-style-type: none"> a. Overview of Mental Disorders b. Signs and symptoms of Mental illness c. History taking in Psychiatry d. Mental Status Examination e. Common Principles in Management 	How to conduct a proper Mental Status Examination	Symptoms and Signs of Common Psychiatric Disorders	<ul style="list-style-type: none"> • Didactic lecture on Interview techniques • Clarification of Doubts
2 Stress and Anxiety Disorders	<ul style="list-style-type: none"> a. Concept of Stress, Fear and Anxiety b. Types of Anxiety Disorders c. Pharmacological Management 	Pharmacological agents for management of Anxiety Disorders	Symptoms and Signs of Anxiety Disorders	<ul style="list-style-type: none"> • Didactic lecture on Non-Pharmacological Mx. • Q&A
3 Depressive Disorders	<ul style="list-style-type: none"> a. Burden and Epidemiology b. Symptoms and Signs of Depression c. Assessment & Diagnosis d. Management 	Selection of Antidepressants Drugs	When to refer to Specialist	<ul style="list-style-type: none"> • Co-morbidities in Depression • Q&A
4 Alcohol and Tobacco Use Disorders	<ul style="list-style-type: none"> a. Basic understanding of Abuse & Dependence b. Mental & Physical effects of Alcohol c. Alcohol withdrawal d. Management of Tobacco Use disorders 	Anti-craving drugs and their utility	Screening of Alcohol and Tobacco Use disorders	<ul style="list-style-type: none"> • Management of Alcohol Withdrawal & Delirium • Q&A
5 Somatoform Disorders	<ul style="list-style-type: none"> a. Concept of Mind Body Interaction b. Common Presentations c. Management 			<ul style="list-style-type: none"> • Q&A
6 Suicide	<ul style="list-style-type: none"> a. Epidemiology of Suicide b. Assessment of Risk Factors c. Management of Self harm & Suicide 	Warning Signs of Suicide		<ul style="list-style-type: none"> • Prevention of Suicide • Q&A
FINAL ASSIGNMENT				



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Course Completion Criteria

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

More than 60% completion of Assignments
(Completion will be automatically calculated by the Learning Management System)

+

More than 80% participation in Video conference based discussion
(as measured by the software)

+

Two case submission

Assignments would be in the form of Multiple choice questions, descriptive questions, based on clinically relevant case scenarios, case vignettes, management oriented.

Certificate will be awarded only to Course Completers.

No certificate for Participation.

Course Fee: NIL

Team

Course Co-Ordinator: Dr. Suranjita Mazumdar, Asst. Professor, Psychiatry

Team Support: Dr. Saptarshi Paul Choudhary, Senior Resident, Psychiatry

