

PSYCHIATRY — M D

I. PREAMBLE

The training programme endeavors to give a general and comprehensive exposure to psychiatry. General objective of the training programme is to enable the candidate to acquire knowledge, skills and desirable attitudes in the principles and practice of psychiatry and gain a particular proficiency in the widely accepted theories and technique.

II. OBJECTIVES

At the end of the course, the candidate should be able to:

1. Function as a competent psychiatrist – a physician specialized in the diagnosis, treatment and rehabilitation of psychiatric disorders (mental, emotional and addictive disorders).
2. Having an understanding of the biological, psychological, social, economic and emotional aspects of psychiatric illnesses including possible preventive measures, primitive measures for mental well being and contemporary advances and developments.
3. Carry out detailed assessments including appropriate investigations.
4. Prescribe psychotropic medication, physical treatments such as ECT and monitor side-effects.
5. Evaluate and treat psychological and interpersonal problems, including providing psychotherapy and counselling in selected cases.
6. Acquire a spirit of scientific enquiry and be oriented to principles of research methodology and epidemiology.
7. Act as a consultant to primary care physicians and be an effective leader of a multidisciplinary mental health team comprising of other mental health professionals such as psychologists, social workers, psychiatric nursing professionals.
8. Deal with the legal aspects of psychiatric illness.
9. Assume the role of a postgraduate or undergraduate psychiatry teacher.
10. Be informed of the mental health programmes, policies, mental health care infrastructure and issues in community care of mentally ill in the country.
11. Psychiatric Emergencies.

III. COMPETENCIES

The candidate, at the end of the postgraduate training course is expected to have competencies in the following areas:

1. Theoretical knowledge

- (a) Etiology, assessment, classification, management and prognosis of various psychiatric disorders.
- (b) Adequate knowledge of adult psychiatry,
- (c) so as to be able to independently assess and manage any patient.
- (d) Working knowledge of various psychiatric specialties.
- (e) Basic medical knowledge to identify and manage co-existing physical and psychiatric problems.

2. Clinical Skills

- (a) Competence in history taking, mental state examination, physical examination, formulating diagnosis, identifying etiology, ordering further investigations, planning comprehensive management including pharmacological treatment.
- (b) Effective communication skills.

3. Ethical Considerations

- (a) An understanding of the general and ethical considerations as pertaining to medical and psychiatric practice.

4. Research and Training

- (a) Basic knowledge of research methods.
- (b) Acquisition of teaching experience.
- (c) Acquisition of skills to lead a multidisciplinary team of general physicians, nurses, psychologists, social workers and other mental health professionals.

IV. COURSE CONTENT

The three-year period is divided into six semesters. These semesters covered theoretical teaching imparted by the following activities as well as clinical duties.

Semester I - Basic Sciences as applied to psychiatry

- Monoamine Neurotransmitters and their implications for Psychiatric Disorders
- Excitatory Amino Acids in Psychiatric Disorders
- Neuropeptides and their relevance to Psychiatry
- Second Messenger Systems and Beyond
- Basic and applied Electrophysiology
- Magnetic Resonance and Implications for Psychiatry
- Consciousness
- Sleep and Dreaming
- Chronobiology
- Transcultural Psychiatry

- Aggression: Psychology and Biology
- Intelligence
- Learning Theories
- Information Processing: Brain Models of Mind
- Experimental Animal Research and Implications for Mental Disorders

Semester II - Clinical Psychiatry

- Approaching to Psychiatric Diagnosis and Classification
- Etiology and Clinical Profile of Dementias
- Organic Delusional, Mood and Personality Disorders
- Concept and Typology of Schizophrenia
- Biological Basis of Schizophrenia
- Course, Outcome and Prognosis of Schizophrenia
- Brief and Reactive Psychosis
- Etiological Theories of Mood Disorders
- Subtypes of Depressive Disorders and their Clinical Relevance
- Course and Outcome of Mood Disorders
- Paranoid Disorders
- Concept and Typology of Personality Disorders
- Antisocial Personality Disorders

Semester III

- Anxiety disorders : Nosological status and natural history
- Reactions to severe stress
- Current concept of dissociative disorders
- Somatization disorders : Diagnosis and clinical features
- Nosological status and clinical features of Neurasthenia
- Non organic sleep disorders
- Recent advances in eating disorders
- Management of premature ejaculation
- Psychiatric aspects of homosexuality
- Biological basis of anxiety
- Habit and impulse disorders

Semester IV

- Models of psychotherapy: an overview
- Scientific evaluation of efficacy of psychotherapy: methodological problems
- Brief dynamic psychotherapies
- Behavioral therapies

- Cognitive therapies
- Supportive psychotherapies
- Psychological management of sexual dysfunctions
- Comparative pharmacology of antipsychotic drugs
- Short-term side effects of antipsychotic drugs and their management
- Tandive dyskinesia: pathophysiology and management
- Recent advances in antidepressant drug therapy
- Management of a suicidal patient
- Role of Lithium in Psychiatric disorders
- Adjuncts and alternatives to Lithium in the management of mood disorders
- Drug treatment of generalized anxiety and panic disorders
- Recent advances in drug treatment of obsessive compulsive disorders
- Electro-convulsive Therapy: current trends

Semester V

- Human Rights of psychiatric patients
- Ethics in Psychiatry
- Indian Mental Health Act
- Epidemiology of psychiatric Illness in Old Age with Special Reference to India.
- Current Issues in Management of Elderly Psychiatric Patients.
- Integration of Mental Health into Primary Care - Its Role and Future in India.
- Classification of Child and Adolescent Psychiatric Disorders.
- Learning Disorders of Childhood
- Child Abuse and Neglect
- School Refusal
- Pervasive Development Disorders of Childhood
- Preventive Aspects of Child and Adolescent Psychiatric Disorders
- Neuro Psychological Assessment of Children

Semester VI

- Dementia: Differential Diagnosis and Management
- Delirium: Differential Diagnosis and Management
- Psychiatric Syndromes with Epilepsy
- Neuro-psychiatric Sequel of HIV Infection
- Consultation-Liaison Psychiatry
- Psychological Aspects of Cardio-vascular Disorders
- Psychological Aspects of Gastro-intestinal Disorders
- The Terminally Ill Patient and Family

- Psychological Aspects of Breast Cancer
- Obesity
- Concept and Assessment of Disability
- Concept and Measurement of Quality of Life
- Neuro-psychologic Assessment and its Relevance to Psychiatric Diagnosis and Management
- Stress and Psychological Disorders
- Psychological Aspects of Organ Transplantation

V. Teaching Methods

The following techniques/methods are followed in the department for various teaching activities:

(a) Didactic Lectures

Didactic lectures are usually taken during the first six months for the new postgraduate resident to familiarize them with clinical methods like history taking, mental state examination, psychopathology, diagnosis and classification and some of the commonly seen clinical problems.

(b) Seminars

Seminars are held once a week for the entire department and are attended by the residents as well as the faculty. The seminars are prepared by the residents under the supervision of a faculty member. During the seminar, the presenting resident distributes a brief summary of his presentation as well as a complete bibliography on the subject.

Journal Club

Journal club is held every week. Important journal articles from the peer reviewed journals are selected before the semester begins and a resident in consultation with the consultant presents a detailed critique of the article.

(c) Case Conference

Case conference is held once a week and is attended by the entire department, i.e., junior residents, senior residents, faculty, psychologists and social workers, etc. Interesting/unusual/difficult case from the inpatient or outpatient services who has been under the care of the presenting resident is discussed in detail regarding psycho-pathology, diagnosis, differential diagnosis and management.

(d) Outpatient Teaching Activities

Residents are required to work up new cases in detail and then discuss with the consultant for the purpose of a psycho-pathology, diagnosis and differential diagnosis and management. During the follow-up clinics also residents are encouraged to bring their follow-up patients to the consultant for presentation and discussion.

(e) Ward Teaching

Ward rounds are taken by the consultants as well as senior residents besides service and management activities the emphasis of the ward round is teaching of postgraduate residents in the art of history taking, eliciting psychopathology arriving at diagnosis, discussing differential diagnosis, management and estimating the premises and outcome of a particular case.

(f) Tutorials

Tutorials are specially held in the De-Addiction Centre on assigned topics.

(g) Practical Demonstrations

Practical demonstrations are done specially for the teaching of EEG, neuro-imaging and psychodiagnostic tools. Residents also learnt by demonstrating various psychological tests like tests of intelligence, memory, personality, etc. to the patients.

(h) Thesis

Each postgraduate resident is required to complete a thesis work under the guidance of guide/co-guide. The objective of thesis is to provide training to the postgraduate in research methodology and technique including identification of a problem, formulation of a hypothesis, literature review, research design, data collection, data analysis, formulating results and finally writing of the dissertation. The dissertation is mandatory as a part fulfillment of the M.D. Course.

(i) Clinical Postings

1. Psychiatry OPD and Ward

Each resident is posted to Psychiatry OPD and ward for a duration of 27 months out of a total of three years. The aim of the clinical postings in the OPD and ward is acquisition of clinical skills. These clinical skills are:

- Comprehensive history taking and physical examination.
- Working knowledge of major psychiatric diagnoses as per the ICD and the ability to present a reasoned differential diagnosis.
- Psychiatric formulation
- Ability to develop a comprehensive treatment plan.
- Knowledge of psychopharmacological agents, including indications and significant adverse effects.
- ECT administration
- Understanding of and basic competence in identifying psychiatric emergencies and their management.
- Ability to write clear and thorough histories, consultation notes and follow-up notes.
- Demonstrate appropriate professional demeanor and ethics including respect for patient's confidentiality.

2. De-Addiction Centre

De-Addiction Centre is dedicated to the drug dependence and its treatment. The aims of posting of a postgraduate resident is to impart him clinical skills in various kinds of drug dependence. The specific skills expected are comprehensive history taking and physical examination, knowledge of major drug alcohol and drug dependence, follow up to develop a comprehensive treatment plant and knowledge of various techniques of detoxification, long term management and rehabilitation. The duration of this posting is for six months and it usually follows once a resident has put in a minimum of one year in the main psychiatry OPD and ward.

3. Neurology

The resident is posted in the neurology for a period of three months during the second or third year course residency programme. The aim of the posting is to make the resident

competent in:

- Clinical history taking, neurological examination, diagnosis, localization.
- Common neurological disorders encountered in general practice.
- Neurobehavioural disorders
- Special methods of investigation in neurology (including reporting and interpreting EEGs, reading CT scans/MRI).
- Treatment approaches including recent advances.

4. Child Guidance Clinic

During the posting in Psychiatry OPD and Psychiatry Ward the resident attends the weekly child guidance clinic with the objectives of:

- Normative child development
- Interview in children
- Classification, epidemiology, etiology and presentation of child and adolescent psychiatric disorders.
- Conduct, emotional and behavioural problems in children.
- Mental retardation etiology, manifestation, assessment, management and prevention.
- Specific learning disabilities
- Psychopharmacology in children
- Psychosocial management issues with children.
- Adult outcome of child psychiatric disorders.
- Liaison with teachers, schools, child care institutions.

VI. CONSULTATION LIAISON AND EMERGENCY MANAGEMENT

Residents are regularly assigned to primary medical disorder in various medical/surgery disciplines in the hospital under the supervision of a consultation. They also are required to work up and discuss emergency psychiatric cases presenting to the casualty of the hospital.

VII. EXAMINATIONS

1. Thesis

As already mentioned successful completion of thesis and its evaluation by an external examiner is a pre-requisite for a resident to appear in the final MD examination which is conducted towards the completion of three years of residency.

2. Theory Examination

The residents are examined in four written theory papers of 3-hours each as follows:

Paper I - Basic sciences as related to psychiatry

Paper II - Clinical Psychiatry

Paper III - Psychiatry sub-specialties

Paper IV - Neurology and medicine as related to psychiatry

The detailed course contents of these four papers are annexed.

3. Practical/Clinical Examination

The clinical examination consists of following activities

- (a) Long case in psychiatry
- (b) Long case in Neurology
- (c) Spots consisting of EEG, neuro-imaging and psychological testing instruments.
- (d) Grand viva