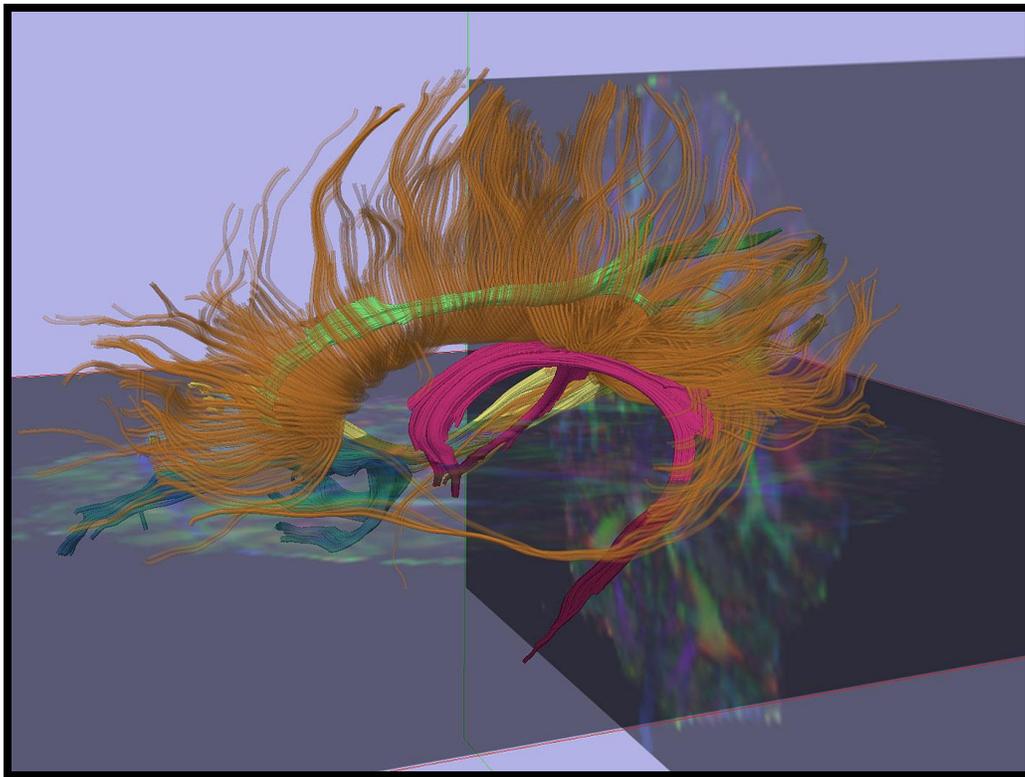


MENTAL HEALTH MODULE

PHASE II



**FACULTY OF MEDICAL SCIENCES
UNIVERSITY OF SRI JAYAWARDENEPURA**

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Introduction

Mental health is a state of well being in which an individual recognises his abilities, copes with stresses, is productive and makes a contribution to his community.

Disturbances of mental health therefore reduce the ability of a person to function effectively. Such disturbances may be temporary or long standing, due to transient stressful conditions or illnesses that affect them for a longer duration.

The mental health module includes the scientific study of mental health, its' disturbances and its' consequences. The specific disorders studied in this module are also referred to as 'mental illnesses' or 'psychiatric disorders'. These illnesses have been identified by society for a long period of time, however, because of the nature of these conditions have been poorly understood and as they alter a persons ' behaviour, those suffering from mental health problems have faced numerous difficulties.

Discrimination towards those who are mentally ill is lessening because knowledge about the causes of these illnesses and their treatment is expanding, with an emphasis on scientific explanations for mental health problems and illnesses. Our aim should be to develop the mental health system in our own country, which is capable of providing mental health care of the highest quality to the individual and community

Therefore the mental health module discusses the scientific basis of common mental health issues and mental illnesses, their management and social impact. It runs for 3 weeks and during this time you will gain knowledge on mental health problems and disorders and their management through a series of lectures, problem based learning in small groups and fixed learning modules.

It is also hoped that you will learn to appreciate the difficulties faced by those suffering from mental health problems and cultivate a caring attitude towards them.

Members of the Module Committee (Planning)

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General Objectives:

At the end of the mental health module, the student should be able to:

1. describe the methods of assessing a person's mental health status
2. identify common mental health problems by analysis of clinical features.
3. analyse common mental health problems from local socio-cultural perspectives .
4. select appropriate treatment methods for common mental health problems by considering scientific evidence and availability of resources.
5. plan simple and practical methods of treatment for common mental health problems
6. identify situations which require referral for specialized care
7. identify ethical and legal aspects related to mental health problems and describe possible ways of responding.

Main content areas:

1. Introduction

- History of psychiatry - **C**
- Concepts of mental health and mental illness - **A**
- Social issues related to psychiatry - **B**
- Basic psychopathology - **A**

<p>A- Essential to know B- Good to know C- Nice to know</p>
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2. Major Psychiatric Illnesses

- Schizophrenia - **A**
- Other psychotic disorders - **B**
- Depression - **A**
- Bipolar affective disorders - **A**

3. Other Mental Health Problems

- Anxiety disorders - **A**
- Stress related disorders - **A**
- Somatoform disorders - **A**
- Deliberate self-harm - **A**

4. Psychiatric Disorders due to Physical / Physiological disturbances

- Dementia - **A**
- Delirium and other medical conditions - **A**
- Mental health disorders in women and puerperal disorders - **A**
- Substance abuse - **A**

5. Childhood Mental Health Problems

- Child psychiatry - **A**
- Adolescent psychiatry - **A**
- Principles of management of childhood behavioral disorders - **B**

6. Treatment Methods and Services

- Emergencies in psychiatric practice - **A**
- Psychiatric services in Sri Lanka - **A**
- Drugs used in treatment of psychiatric disorders - **A**
- Principles of psychological therapies -**B**
- Forensic psychiatry - **A**

Intermediate objectives	Content Areas	Activity	Duration	Department
To describe the concept of mental health, mental illness and its impact on individuals	Introduction to mental health Concepts of mental health and mental illness	L	1 hr 30 min	Psychiatry
To provide historical context and develop students' interest in the field of Psychiatry	History of Psychiatry	L	45 min	Psychiatry
To discuss the signs and symptoms of mental disorder To be able to describe the signs and symptoms of mental disorder To be able to identify the signs and symptoms of mental disorder To be able to relate the signs and symptoms of mental disorder to common mental health problems	Basic psychopathology <ul style="list-style-type: none"> • History taking • Mental state examination 	L	2 hrs 15 min	Psychiatry
To describe the causes, signs and symptoms, course and treatment of schizophrenia To be able to recognize the signs and symptoms of schizophrenia To be able plan the management of schizophrenia	Schizophrenia <ul style="list-style-type: none"> • Aetiology • Signs and symptoms • Prognosis • Treatment 	L	2 hrs 15 min	Psychiatry Pharmacology
To describe the, causes, signs and symptoms, course and treatment of other psychotic disorders To be able to recognize the signs and symptoms of other psychotic disorders To describe the principles of management of other psychotic disorders	Other Psychotic disorders <ul style="list-style-type: none"> • Delusional disorders • Acute and transient psychotic disorders 	L	45 min	Psychiatry

<p>To describe the causes, signs and symptoms, course and treatment of depression</p> <p>To be able to recognize the signs and symptoms of depression</p> <p>To be able plan the management of depression and implement simple treatment methods</p>	<p>Depression</p> <ul style="list-style-type: none"> • Aetiology • Signs and symptoms • Prognosis • Treatment 	L	2 hrs 15 min	Psychiatry Pharmacology
<p>To describe the causes, signs and symptoms, course and treatment of bipolar affective disorder</p> <p>To be able to recognize the signs and symptoms of bipolar affective disorder</p> <p>To be able plan the management of bipolar affective disorder</p>	<p>Bipolar Affective Disorder (BAD)</p> <ul style="list-style-type: none"> • Aetiology • Signs and symptoms • Prognosis • Treatment 	L	2 hrs 15 min	Psychiatry Pharmacology
<p>To describe the causes, signs and symptoms of anxiety disorders</p> <p>To be able to recognize the signs and symptoms of anxiety disorders and differentiate them</p> <p>To describe the principles of management of Anxiety disorders</p>	<p>Anxiety Disorders</p> <ul style="list-style-type: none"> • Generalized anxiety disorder • Phobic anxiety disorder • Panic disorder • Obsessive compulsive disorder 	L	1hr 30 min	Psychiatry
<p>To describe the causes, signs and symptoms of dementia</p> <p>To be able to recognize the presentations, signs and symptoms of dementia and differentiate them</p> <p>To describe the principles of management of dementia</p>	<p>Dementia</p> <ul style="list-style-type: none"> • Aetiology • Signs and symptoms • Prognosis • Principles of treatment 	L FLM	1 hr 30 min	Psychiatry

<p>To describe the causes, signs and symptoms of organic mental disorders</p> <p>To be able to recognize the presentations, signs and symptoms of organic mental disorders and differentiate them</p> <p>To describe the principles of management of organic mental disorders</p>	<p>Delirium & other medical conditions presenting with psychiatric symptoms</p> <ul style="list-style-type: none"> • Aetiology • Signs and symptoms • Principles of treatment 	L	1hr 30min	Psychiatry
<p>To describe the common childhood disorders in relation to mental health</p> <p>To be able to recognize the presentations, signs and symptoms of child mental health problems</p> <p>To describe the principles of management of childhood disorders</p> <p>To describe the situations where referral is needed</p>	<p>Childhood mental health problems</p> <ul style="list-style-type: none"> • Emotional and behavioural disorders • Developmental disorders • Mood disorders 	L	2 hrs 15 min	Psychiatry
<p>To describe the causes, signs and symptoms of childhood behaviour problems</p> <p>To describe the principles of management of childhood behavioural problems.</p>	<p>Principles of management of childhood behavioural problems</p>	L	45 min	Psychiatry
<p>To describe the common adolescent disorders in relation to mental health</p> <p>To be able to recognize the presentations, signs and symptoms of adolescent mental health problems</p> <p>To describe the principles of management of adolescence disorders</p> <p>To describe the situations where referral is needed</p>	<p>Adolescent mental health problems</p> <ul style="list-style-type: none"> • Emotional and behavioural problems • Mood disorders • Schizophrenia and other psychotic disorders • Social issues in adolescents • Acutely disturbed adolescent 	L	1hr 30 min	Psychiatry

<p>To describe the common substances abused in Sri Lanka, the prevalence of abuse and the resources available to deal with it</p> <p>To describe the causes, signs and symptoms of substance abuse</p> <p>To be able to recognize the presentations, signs and symptoms of substance abuse</p> <p>To describe the principles of management of dependence</p> <p>To discuss strategies to reduce abuse</p>	<p>Substance abuse and related mental health problems</p> <ul style="list-style-type: none"> • Alcohol • Nicotine • Cannabis, Heroin and other Psychoactive Substances 	L FLM	2 hrs 15 min	Psychiatry
<p>To describe the abnormalities in the response to stress</p> <p>To describe the causes, signs and symptoms of stress related disorders</p> <p>To be able to recognize the signs and symptoms of stress related disorders</p> <p>To describe the principles of management of stress related disorders</p>	<p>Stress related disorders</p> <ul style="list-style-type: none"> • Acute stress reaction • Adjustment disorders • Post traumatic stress disorder 	L	45 min	Psychiatry
<p>To be able to recognize the role of psychological issues in the production of physical symptoms</p> <p>To be able to recognize the presentations, signs and symptoms of somatoform disorders</p> <p>To describe the principles of management of somatoform disorders</p>	<p>Somatoform Disorders</p> <ul style="list-style-type: none"> • Hypochondriacal disorder • Somatisation disorder • Somatoform pain disorder • Other disorders 	L	45 min	Psychiatry
<p>To describe the prevalence of DSH in Sri Lanka and possible contributing factors</p> <p>To be able to assess the risk of DSH</p> <p>To describe the principles of care in DSH</p> <p>To discuss strategies to reduce DSH</p>	<p>Deliberate Self-harm (DSH)</p>	L	1 hrs 30min	Psychiatry

<p>To describe the common emergencies encountered in psychiatric practice</p> <p>To describe the principles of management of emergencies encountered in psychiatric practice</p>	<p>Emergencies in Psychiatric practice</p> <ul style="list-style-type: none"> • The aggressive/violent patient • The non-responsive patient • High risk suicidal patient • Side effects of medication (NMS, Li toxicity, dystonic reaction) 	L PBL	1 hrs 30min	Psychiatry
<p>To describe the psychiatric services available in Sri Lanka</p> <p>To discuss the scope of the respective service providers</p> <p>Be able to initiate appropriate referrals to utilize these services</p>	<p>Psychiatric Services in Sri Lanka</p> <ul style="list-style-type: none"> • Hospital services • Community based services 	L	45 min	Psychiatry
<p>To discuss the common psychological therapies used in mental health care</p> <p>To discuss the principles of using psychological therapies</p>	<p>Principles of psychological therapies</p>	L FLM	45 min	Psychiatry
<p>To describe the legal and ethical issues involved in mental health care</p> <p>To discuss the legal framework utilized in mental health care in Sri Lanka</p> <p>Be able to use the legal framework in Sri Lanka when required</p>	<p>Forensic Psychiatry</p> <ul style="list-style-type: none"> • Mental health act • Issues in criminal law • Issues in civil law 	L	1hrs 30min	Psychiatry
<p>To discuss the social issues related to mental health in a local socio-cultural context</p> <p>To be able to communicate with patients about relevant social issues</p> <p>To develop a stigma free attitude towards those with mental health problems</p>	<p>Social issues related to mental health</p>	L PBL	1 hrs 30min	Psychiatry

<p>To be able to recognize the presentations, signs and symptoms of puerperal disorders and other mental disorders of women</p> <p>To describe the principles of management of puerperal disorders and other mental disorders of women</p>	<p>Puerperal Disorders</p> <ul style="list-style-type: none"> • Post partum blues • Mood disorders • Psychotic disorders <p>Other mental disorders in women</p> <ul style="list-style-type: none"> • Premenstrual dysphoric disorder 	L	45 min	Psychiatry
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Recommended Textbook

- Psychiatry – Oxford Core Text – Micheal Gelder, Richard Mayou, John Green

Further Reading

- Shorter Oxford Textbook of Psychiatry – Micheal Gelder, Paul Harrison, Philip Cowen
- Companion to Psychiatric Studies – Eve C. Johnstone, DG Cunningham Owens, SM Lawrie, M Sharpe, CPL Freeman
- Psychiatric Examination in clinical practice - J P Leff, A D Isaacs
- The ICD 10 classification of Mental and Behavioural Disorders: clinical descriptions and diagnostic guidelines – World Health Organisation
- Sims’ Symptoms of the Mind – Femi Oyebode
- Deliberate self harm assessment of patients in hospital – Samudra Kathriarachchi, Pasan Manawadu