

## Curriculum: mhGAP Training for Primary Care Physicians, Bannu

**Course duration: 14 hours (2days)**

### Overall Objective:

To train primary care physicians to recognize 6 priority mental disorders, offer treatment for common conditions and refer for specialist care appropriately.

	Modules	Hours	Objectives The doctor is able to:	Content outline	Methodology
1	<b>Stress-related disorders</b>	3	<ol style="list-style-type: none"> <li>1. Recognize the impact of stress on mental &amp; physical health</li> <li>2. Identify stress related conditions/disorders</li> <li>3. Treat stress related conditions/disorders</li> <li>4. Refer appropriately</li> </ol>	<ul style="list-style-type: none"> <li>- Effect of stress on mental and physical health</li> <li>- Nature of of stress related conditions/disorders</li> <li>- Introduction to general psychological interventions</li> <li>- Management of common stress related disorders</li> <li>- Indicators to refer</li> </ul>	<ol style="list-style-type: none"> <li>1. Impact of stress on health – 20 minutes <i>Large group discussion +PPP</i></li> <li>2. Clinical interview: a recent loss – 20 minutes <i>Role play</i></li> <li>3. Presentation of stress related disorders – 20 min <i>PowerPoint presentation</i></li> <li>4. Pharmacological interventions – 20 minutes <i>Small group discussion</i></li> <li>5. Non pharmacological interventions – 30 minutes <i>PowerPoint presentation</i></li> <li>6. Grief: Presentation &amp; management – 30 minutes <i>Large group discussion</i></li> <li>7. Q &amp; A – 10 min</li> </ol>
2	<b>Depression</b>	3	<ol style="list-style-type: none"> <li>1. Diagnose depression &amp; assess severity</li> <li>2. Treat depression (counseling &amp; Pharmacological)</li> </ol>	<ul style="list-style-type: none"> <li>- Signs and symptoms</li> <li>- Difference between mild, moderate, severe depression</li> </ul>	<ol style="list-style-type: none"> <li>1. Introduction to depression – 20 minutes (Nature, prevalence, morbidity &amp; mortality) <i>Large group discussion &amp; PPP</i></li> <li>2. Clinical interview - 20 minutes</li> </ol>

			3. Provide regular follow up 4. Refer appropriately	- Assessment guidelines  - Non-Pharmacological interventions (counseling) for depression  - Antidepressants (Prescribing, monitoring & terminating treatment)  - Indications to refer	<i>Role play</i>  3. Demonstrating the severity – 20 min <i>Case scenarios</i>  4. Investigations – 20 minutes (Causes, presentation and differential diagnoses) <i>Large group discussion</i>  5. Non pharmacological treatment – 30 minutes <i>Small group discussion</i>  6. Pharmacological treatment – 30 minutes Small group discussion & PPP  7. Q & A – 10 minutes
3	<b>Psychosis</b>	2	1. Diagnose psychosis 2. Initiate treatment 3. Refer appropriately 4. Monitor & follow up	- Introduction to common psychotic disorders  - Common signs and symptoms  - Assessment guidelines  - Psychosocial & pharmacological interventions  - Indicators to monitor & refer	1. Common disorders - 30min <i>Large group discussion +PPP</i>  2. Recognising symptoms/signs - 30min <i>Case scenarios</i>  3. Clinical assessment - 20min <i>PPP</i>  5. Treatment, course & referral -30min <i>PPP</i>  6. Q & A - 10min
4	<b>Child &amp; Adolescent mental health (CAMH) &amp; Learning disability</b>	2	1. Assess normal development 2. Identify common childhood disorders. 3. Diagnose learning disability. 4. Guide parents for further management. 5. Refer appropriately.	- Common presentations in children and adolescents  - Assessment of a child with learning disability  - Outline of psychosocial &	1. Child development & common clinical presentations - 30 min <i>Large group discussion</i>  2. Classification of Learning disability & common causes - 10 min <i>PPP</i>

				behavioural management  -Indications to refer	3. Clinical assessment 30 min <i>Small group discussion</i>  4. Family counseling/Psycho-education - 20 min <i>Role play</i>  5. Behavioural management – 20 min <i>PPP</i>  6. Q & A – 10 min
5	<b>Epilepsy</b>	2	1. Diagnose epilepsy 2. Treat epilepsy 3. Manage an emergency 4. Refer appropriately	- Assessment of Epilepsy  -Anticonvulsants (Dosage & monitoring treatment)  - Emergency management of epilepsy  - Indicator to refer	1. Types, prevalence & treatment gap - 30 min <i>Large group discussion</i>  2. Clinical assessment/ investigations - 30 min <i>Small group discussion</i>  3. Treatment outline - 30 min <i>PPP</i>  4. Counselling family - 20 min <i>Role play</i>  5. Q&A 10 min
6	<b>Drug Dependence</b>	2	1. Diagnose drug dependence & withdrawal. 2. Assess motivation to change. 3. Minimize harm & manage. 4. Refer appropriately.	- Common drugs of abuse  - Criteria for drug dependence & withdrawal  - Assessment including laboratory investigations  - Motivational interview  - Brief outline of interventions	1. Introduction to concept - 20min <i>Large group discussion</i>  2. Clinical assessment – 20 min <i>PPP</i>  3. Taking drug history – 20min <i>Role play</i>  4. Assessing motivation - 10 min <i>Video</i>

				- Indicators to refer	5. Treatment options – 30 min <i>PPP</i>  6. Q & A - 10min
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