

STUDY GUIDE

BEHAVIORAL SCIENCES

Academic Department of Psychiatry and Behavioral Science,
King Edward Medical University, Lahore

Developed for MBBS students



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INTRODUCTION TO STUDY GUIDE

Dear students,

Welcome to the MBBS Behavioral Sciences Course. The Academic Department of Psychiatry and Behavioral Sciences will be facilitating this course.

The Department has a glorious history and is committed to teaching and training the next generation of compassionate and empathetic doctors through knowledge, skill and research opportunities. The department is a general adult Psychiatry Unit and a Child and Adolescent Psychiatry Unit to assist in your learning.

Besides theory-based lectures during the first two professional years, as a third-year student you will be rotating for three weeks (Monday-Thursday) for minimum three hours (36 hours) in Psychiatry department located in the OPD block of Mayo hospital. During the hours you will be provided plenty of opportunities to learn about phenomenology and the nature of Psychiatric illnesses through patient -doctor interviews, mental state examination sessions, small group discussions, problem-based learning techniques and clinic-pathological case conferences.

The purpose of this study guide is to help you learn the objectives of teachings Behavioral Sciences. It is designed to help you manage your learning and access the resources available to you. It takes you through the general objectives of learning the subject, divides the subject into modules for easy learning and helps you understand the course work, clinical skills and attitudes that are desired by a professional.

Methods for assessment have also been written so that you can relate teaching to assessment and have a fair idea of the assessment methods.

We hope the students take time out to go through the guide and to use it effectively to learn the subject of Behavioral Sciences We look forward to the feedback from the students and faculty so that the study guide can be improved further.

For any assistance please do not hesitate to contact the teaching faculty of the Academic Department of Psychiatry and Behavioral Sciences.

We hope that your rotation in our department will be very fruitful and enjoyable and will equip you for future practical life.

Best Wishes

Chairperson and all members of faculty,
Department of Psychiatry and Behavioral Sciences, KEMU.

**Academic Department of Psychiatry & Behavioral
Sciences, King Edward medical University, Lahore**



**ORGANOGRAM OF THE ACADEMIC DEPARTMENT OF
PSYCHIATRY & BEHAVIORAL SCIENCES,
KING EDWARD MEDICAL UNIVERSITY/
MAYO HOSPITAL LAHORE.**



Prof. Dr. Ali Madeeh Hashmi
Chairman / Head of Department



Prof. Dr. Nazish Imran
Chairperson / Head of Department
Child & Adolescent Psychiatry



Dr. Rizwan Farooq
Associate Professor



Dr. M. Shoaib Zafar
Assistant Professor



Dr. Zainab Pervaiz
Assistant Professor



Dr. Khaula Tariq
Senior Registrar

Our Vision

The vision of the Department of Psychiatry, King Edward Medical University is to become a leader in providing the highest values of excellence in clinical care, community service, education, innovative research and patient advocacy.

Our Mission

We are striving to develop our department to provide the highest quality health care in the appropriate socio-cultural and religious context of Pakistan. Our mission is threefold:

1. To provide compassionate, safe and effective care for people with psychiatric and co-occurring disorders.
2. To educate students, physicians, mental health professionals, and the general public about psychiatry and the behavioral sciences.
3. To conduct innovative and relevant research into the understanding and treatment of people with psychiatric disorders, and into the prevention of these conditions.

LEARNING OBJECTIVES OF CURRICULUM

The objectives of undergraduate teaching and training regarding Behavioral Sciences are to equip the students with essential *knowledge, skills and attitudes*, so that at the end of three years they are able to:

1. **Understand various healthcare models**
2. **Learn basics of psychological principles relevant to the field of medicine**
3. **Have detailed knowledge and practice of non-pharmacological interventions (NPIs)**
4. **Identify mental health conditions and associated physical and psychological complications including psychiatric emergencies, provide basic mental health care, refer to appropriate center when needed and provide follow-up to the patients.**
5. **Understand psycho-social aspects of disease**
6. **Communicate effectively with the patient, the family and the community regarding disease and its relevant issues.**
7. **Understand medical ethics and professionalism and its application ,pertaining to psychiatric evaluation and maintain the confidentiality of the patient.**
8. **Have knowledge of the prevalence and prevention of the common psychiatric problems in the community and use this information effectively.**
9. **Apply principles of patient safety and quality of care.**
10. **Understand the principles of medical research including fundamentals of information technology.**

Teaching methodologies

- 1) **Interactive lectures**
- 2) **Small group discussions**
- 3) **Self-directed Peer Assisted Learning (PAL)**
- 1) **Skills through role play (Clinical interview, Physical examination, De-escalation, breaking bad news, conflict resolution etc.)**
- 2) **Student presentations**
- 3) **Research projects (case studies and reports)**
- 4) **CPC**
- 5) **Google classroom**

Attendance Requirements

- 1) All students are expected to attend all scheduled teaching sessions and ward tests.
- 2) Attendance in lectures and ward days is mandatory.
- 1) A minimum of 75% attendance in lectures and ward tests, and submission of five detailed patient case-based histories is mandatory to appear in summative university examination
- 2) Records will be taken manually.
- 3) Absence due to illness must be notified appropriately with a note from a general physician.

Course Distribution

Health care models

- 1) Bio-Psycho-social model
- 2) Integrated model of health care
- 3) Public healthcare model

Non-Pharmacological interventions

- 1) Counseling
- 2) Communication skills
- 3) Informational care
- 4) Breaking bad news
- 5) Crisis intervention
- 6) Conflict resolution
- 7) Empathy

Ethics and professionalism

- 1) Ethical guidelines
- 2) Dilemmas
- 3) Doctor–patient relationship

Rights and responsibilities of patients and doctors

Psychological reactions in doctor patient relationship

- 1) Transference
- 2) Counter transference
- 3) Dependence
- 4) Burnout

Professionalism in healthcare

- 1) Knowledge
- 2) Skills
- 3) Attitude

Role of Psychology in Medical Practice

- 1) Role of psychology in etiology, management and worsening of diseases
- 2) Medically unexplained symptoms

Basics of Psychology

- 1) Learning
- 2) Memory
- 3) Metacognition
- 4) Perception
- 5) Thinking
- 6) Emotions
- 7) Motivation
- 8) Personality development
- 9) Sleep
- 1) Arousal
- 1) Intelligence

Sociology and Anthropology In relation to medicine

Psychosocial aspects of health and disease

- 1) Defense mechanisms
- 2) Psychosocial assessments
- 3) Psychosocial assessments in special clinical settings

Common Psychiatric illnesses

Psychosocial aspects of Gender and sexuality, pain, aging, dying, terrorism and trauma

Stress management at workplace

Assesments:

Methodology

- MCQs
- Quiz
- Meeting deadlines of assignment submissions
- Class presentations
- Attendance
 - Attendance (75%)
 - Submission of clinical cases (5)25%

OSPE stations related to NPI's are included in all professional examinations third year onwards

Learning resources

- 1) Hand book of Behavioral Sciences ,3rd Edition , Mowadat H Rana, Roop Z Rana, Mansoor Mustafa.
- 1) Atkinson and Hilgards Introduction to Psychology 16th Edition.
- 1) Kaplan USMLE Step1 Behavioral Science & Social Sciences Lecture Notes.
- 1) Oxford Handbook of Psychiatry 4th edition.

Schedule for 3rd Year MBBS, Psychiatry Rotation

| Day | Topic | Facilitator |
|-----------|--|--------------------|
| Monday | Introduction to Psychology | Nayab Khalid |
| Tuesday | History taking In Psychiatry | Dr. Zainab Pervaiz |
| Wednesday | Case Conference | |
| Thursday | Mood disorders | Dr. Zainab Pervaiz |
| Monday | Mental state examination | Dr. Ali Hashmi |
| Tuesday | Medical ethics and breaking bad news | Dr. Nazish Imran |
| Wednesday | Case Conference | |
| Thursday | Bio-psychosocial model | Dr. Rizwan Farooq |
| Monday | Therapeutic alliance and transference concepts | Nayab Khalid |
| Tuesday | Personality disorders | Dr. Shoaib Zafar |
| Wednesday | | |
| Thursday | Anxiety disorders | Dr. Ali Hashmi |
| Monday | Substance use disorders | Dr. Nazish Imran |
| Tuesday | Schizophrenia and psychotic disorders | Dr. Shoaib Zafar |
| Wednesday | Case Conference | |
| Thursday | Ego defense mechanisms | Nayab Khalid |

- Attendance should be signed and stamped by consultant and submitted to Mr. Arshad, PA to Professor.
- Ward cards must be signed at the end of rotation.
- 75%attendance is mandatory.
- Late coming in ward is not permissible.
- For queries you may contact focal person for academics, Dr Komal Sarfraz.
- Students may reach out to Dr Zainab Pervaiz, Assistant Professor, for issues not resolved by focal person.

Schedule for 1st Year MBBS, Psychiatry Rotation

| Week | Topic | Facilitator |
|--------|-----------------------------------|-----------------------------------|
| Week 1 | Communication Skills | Dr. Shoaib Zafar |
| Week 2 | Ethics and Professionalism | Dr. Rizwan Farooq |
| Week 3 | Psychological First Aid | Dr. Ali Madeeh Hashmi/ Dr. Zainab |
| Week 4 | Concept of Emotional Intelligence | Dr. Nazish Imran |

Attendance should be signed and stamped by consultant and submitted to Mr. Arshad, PA to Professor.

- Ward cards must be signed at the end of rotation.
- 75%attendance is mandatory.
- Late coming in ward is not permissible.
- For queries you may contact focal person for academics, Dr Komal Sarfraz and Dr. Ayesha Altaf. Students may reach out to Dr Zainab Pervaiz, Assistant Professor, for issues not resolved by focal person