



LAHORE
MEDICAL & DENTAL
COLLEGE

STUDY GUIDE

DEPARTMENT OF PSYCHIATRY & BEHAVIORAL SCIENCES



Study Guide, Department of Psychiatry & Behavioral Sciences, 2024

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DEPARTMENTAL FACULTY HIERARCHY/ PLAN

Psychiatry & Behavioral Sciences department faculty consists of:

- **Prof Dr. Maqbool Ahmad Khan (Head of Department)**
MBBS. FCPS, CHPE (Psychiatry)

- **Ms. Ramla Zahoor (Clinical Psychologist)**
MSc Clinical Psychology
PGD Child & Adult Psychotherapy

- **Dr. Habiba Maqsood (Demonstrator)**
BDS. MPhil (Behavioral Sciences)

- **Mr. Muhammad Ebrahim (Demonstrator)**
MS (Clinical Psychology)

- **Dr. Uzma kausar (Medical Officer)**
MBBS

- **Dr. Salman Saeed (Medical Officer)**
MBBS

- **Ms. Rehaam Ashraf (Psychologist)**
BS (Applied Psychology)

INTRODUCTION

Medical education is a life-long process and MBBS curriculum is a part of the continuum of education from MBBS, proceeding to house job and post-graduation. PM&DC outlines the guiding principles for undergraduate medical curriculum has defined the generic competencies and desired outcomes for a medical graduate to provide optimal health care, leading to better health outcomes for patients and societies. These generic competencies set the standards of care for all physicians and form a part of the identity of a doctor. Each competency describes a core ability of a competent physician. This study guide will give an insight to the students about all these competencies and how to plan their educational activities in the subject of medicine for the three years period.

Level of Student:

1st Year MBBS

2nd Year MBBS

3rd Year MBBS

Duration of Subject

ATTENDANCE REQUIREMENT FOR MEDICINE AND ALLIED

- 1) Students are expected to attend all scheduled teaching sessions and examinations
 - 2) Attendance in lectures, tutorials, and wards is mandatory. Absence from these sessions will make the students ineligible to sit the final summative assessment.
 - 3) A minimum of 85 % attendance in the lectures and wards is mandatory to appear in the summative UHS examination
 - 4) Attendance will be recorded through a log-in/log-out biometrics system
 - 5) Absence due to illness must be certified appropriately by the competent authority
- +

LEARNING OUTCOMES OF SUBJECT (*Knowledge, Skills, Attitude*)

- 1) to equip the students with specific knowledge, essential skills and appropriate attitude towards the human body & mind
- 2) to become problem solvers, dealing effectively with familiar and unfamiliar problems
- 3) to become lifelong learners
- 4) to direct their own learning and evaluate this activity
- 5) to be able to reason critically and make justifiable decisions regarding patient management
- 6) to practice evidence-based medicine
- 7) to always ensure patient safety
- 8) to ensure compliance with the legal system as it impacts health care and the PM&DC regulations
- 9) to adopt a multidisciplinary approach for health promoting interventions

- 10) Medical graduates should be able to demonstrate professional values of self and professional accountability, honesty, probability and ethics
- 11) Medical and dental graduates are expected to demonstrate exemplary professional conduct
- 12) to be able to understand the pathogenesis of specific diseases
- 13) to be able to take a thorough focused history and identify the patient's risk factors related to the disease process
- 14) to be able to perform a physical examination on a patient, to diagnose specific disease and rule out other morbidities.
- 15) to formulate a provisional diagnosis with justification, and the likely differential diagnoses
- 16) to be able to select appropriate lab. and radiological reports to confirm the diagnosis
- 17) to be able to apply evidence-based the medical concept.
- 18) to be able to write prescriptions in appropriate format according to the disease

COURSE TO BE STUDIED (syllabus):

MBBS 1st Year

The course outline is as follows:

Code	Topic
F-BhS-001	Biological Basis of Behaviour
F-BhS-002	Psychological Disorders
F-BhS-003	Psychology and Disease
F-BhS-004	Behavioral Factors & Pharmacological Treatment
F-BhS-005	Palliative Care
F-BhS-006	Stress
HL-BhS-01	Counselling Informational Care
HL-BhS-02	Personal, Psychosocial and vocational issues
MS-BhS-001	Psychosocial Factors influencing Chronic illnesses
BS-BhS-002	Psychosocial impact of Disease and its management

CV-BhS-001	Personal Psychosocial and Vocational Issues
CV-BhS-002	Emotional Fainting
Re-BhS-001	Dyspnoea
Re-BhS-002	Psychogenic Cough
Re-BhS-003	Personal, Psychosocial and vocational issues

Credit hours:

2nd Year MBBS

The course outline is as follows:

Code	Topic
GIT-BhS-001	Health Related Behaviour
GIT-BhS-002	Health Related Believes
GIT-BhS-003	Management of Obesity
GIT-BhS-004	Medically Un-described Symptoms
GIT-BhS-005	Role of nutritional deficiencies in mental development
R-BhS-001	Dementia, Uremic encephalopathy delusion, muscle paralysis & Societal impact
EnR-BhS-001	Sexual Difficulties and Medical Practices
HNSS-BhS-001	Pain
NS-BhS-001	Learning and Behaviour

NS-BhS-002	Memory
IN-BhS-001	Role of Psychological Stress in Inflammation

Credit hours:

3rd Year MBBS

COURSE OUTLINES:

- Introduction to Behavioral Sciences
- Bio Psycho Social Model of health & Disease
- Non Pharmacological interventions (NPIS) in clinical practice
- Communication Skills
- Counseling
- Informational Care
- Handling Difficult Patients & their families
- Breaking bad news
- Crisis Intervention and Disaster Management
- Conflict Resolution
- Empathy
- Medical Ethics & professionalism
- Doctor-patient relationship
- Right & Responsibilities of Patients & Doctors
- Psychological reactions in doctor-patient relationship
- Professionalism in health care
- Psychology in medical practice
- Principles of Psychology
- Learning
- Metacognition
- Memory
- Perception

- Thinking
- Emotions
- Motivation
- Intelligence
- Personality Development
- Neurological basis of Behavior
- Sociology & anthropology
- Psychosocial aspects of health & disease
- Psychosocial Assessment
- Psychosocial issues in special hospital settings
- Psychosocial peculiarities of Dentistry
- Common Psychiatric Disorders in General health settings
- Psychosocial Aspects of gender & Sexuality
- Psychosocial Aspects of pain
- Psychosocial Aspects of aging
- Psychosocial Aspects of death & Dying
- Psychosocial Aspects of Terrorism
- Psycho trauma
- Stress & its management

Teaching & Learning Methodologies

CLINICAL TRAINING:

Clinical Rotation in Psychiatry & Behavioral Sciences Department

Important Topics to Be Discussed:

- Bio psychosocial model
- Communication skills
- Breaking Bad News
- Confidentiality issues
- Informed Consent
- Sleep hygiene
- Informational Care
- Stress management

- Counselling
- Psychosocial Assessment
- Health belief Model
- Common ethical dilemmas
- Psychosocial Assessment
- Common Psychiatric Disorders in General Health settings

TEACHING METHODOLOGIES FOR BEHAVIORAL SCIENCES

- 1) Interactive Lectures
- 2) Tutorials
- 3) Case based learning(CBL)
- 4) Essential Skills to be learned in the skills lab
- 5) Power point presentations by students
- 6) Small group discussions
- 7) Clinical ward rotations
- 8) CPC's – using modern audio-visual techniques, distant learning using electronic devices and current Information technology facilities
- 9) Journal Club meetings
- 10) Self-directed learning is the most vital part of this module to solve problematic cases, go through different learning resources and discuss with peers and the faculty to clarify difficult concepts

LEARNING RESOURCES

Recommended books

- Hand book of Behavioral Sciences for Medical & Dental students Mowadat H. Rana.
- Medical & psychosocial aspects of chronic illness and disability 6th edition by Donna Falvo Beverly E. Holland
- Hand Book of Psychiatry for 5th Year MBBS students by Dr. Khalid Umar Gill.
- Online Journals and Reading Materials through HEC Digital Library Facility.

Technologies to be used

- Textbooks are the most important part of student learning for this subject
- Hands-on activities and practical sessions to enhance the learning.
- Computer and Internet resources are essential to gather the latest information about a specific disease.

ASSESSMENT METHODOLOGY

○ 1st Year MBBS

11 MCQs

○ 2nd Year MBBS

13 MCQs

○ 3rd Year MBBS

Internal assessment = 20 marks

Theory = 90 marks (5 SEQs each has 9 marks total 45 marks & 45 MCQs each has 1 mark)

OSPE=90 marks (5 observed stations each has 9 marks total 45 marks & 45 marks of Psychosocial assessment)

Departmental Timetable

Monday	9:45am – 11:45 am	-----
	Clinical Rotation (every week)	
Tuesday	9:45am – 11:45 am	-----
	Clinical Rotation (every week)	
Wednesday	9:45am – 11:45 am	-----
	Clinical Rotation (every week)	
Thursday	-----	12:40pm – 01:30pm
		Behavioral Sciences Lecture

Friday	-----	-----
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Formative and Summative Exam Rules and Regulations

Formative

- ❖ Class tests
- ❖ Ward Tests

Summative Exam

- ❖ Mid Term Exam
- ❖ Sendup Exam

Counselling

a) Career Guidance

Career guidance is crucial for students as they navigate their educational paths and consider their futures. Career guidance is given by Clinical Psychologist Ms Ramla to the medical & dental students regularly.

b) Psychosocial Counselling

Psychosocial counseling for students is essential in supporting their emotional, social, and mental well-being. Students are assessed and provided psychosocial Counselling by Clinical psychologist, Ms Ramla. If students need pharmacological treatment, they are referred to Psychiatrist Prof. Dr. Maqbool Ahmad Khan.