



# **STUDY GUIDE**

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## **DEPARTMENT OF PSYCHIATRY & BEHAVIORAL SCIENCES**



# **LAHORE MEDICAL AND DENTAL COLLEGE**

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## **INTRODUCTION**

Medical education is a life-long process and BDS curriculum is a part of the continuum of education from pre-medical education, BDS, proceeding to house job, and post-graduation. PM&DC outlines the guiding principles for undergraduate medical curriculum and 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.

## **TARGET AUDIENCE**

2<sup>nd</sup> year BDS students

## **LEARNING OBJECTIVES** (*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, probity, 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 diseases and rule out other diseases

- 15) to formulate a provisional diagnosis with justification, and the likely differential diagnoses
- 16) to be able to select appropriate hematological, biochemical and microbiological investigations and interpret their reports to confirm the diagnosis
- 17) to be able to select specific radiological investigations for specific diseases
- 18) to be able to apply evidence-based medicine concepts for the medical treatment of different diseases
- 19) to be able to write prescriptions in appropriate format according to the disease

## **TEACHING METHODOLOGIES FOR Psychiatry**

- 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

## **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 general Physician

## **DEAPRTMENTAL STAFF HIERARCHY/ PLAN**

**Psychiatry & Behavioral Sciences department teaching staff consists of:**

- 1. Prof. Dr. Maqbool Ahmad Khan (Head of Department)**
- 2. Ms. Ramla Zahoor (Senior Clinical Psychologist)**
- 3. Dr. Uzma Kausar (Medical Officer)**
- 4. Dr. Habiba Maqsood (Demonstrator)**
- 5. Mr. Ebrahim Naeem (Demonstrator)**
- 6. Ms. Rehaam Ashraf (Psychologist)**

## **COURSE TO BE STUDIED (syllabus):**

### **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 Behavioral Sciences & Psychiatry Department

#### **Important Topics to Be Discussed:**

Bio psychosocial model

Communication skills

Breaking Bad News

Medical Ethics

Confidentiality issues

Informed Consent

Ethical Dilemmas in a Health Professional's life

Psychological reactions in doctor-patient relationship

Sleep hygiene

Personality development

Stress management

Psychosocial Assessment

Health belief Model

Common Psychiatric Disorders in General Health settings

**ALIGNMENT OF EDUCATION WITH STUDY HOURS (2<sup>nd</sup> year BDS )**

<b>Sr no</b>	<b>Topic</b>	<b>Teacher</b>	<b>Lecture</b>	<b>Lecture hours</b>
<b>1</b>	Introduction to Behavioral Sciences Bio Psycho Social Model of health & Disease	Ramla Zahoor (Senior clinical Psychologist)	1	45 mints
<b>2</b>	Non Pharmacological interventions (NPIS) in clinical practice Communication Skills	Dr. Habiba (Demonstrator)	1	45 mints
<b>3</b>	Counseling Informational Care Handling Difficult Patients & their families	Dr. Habiba (Demonstrator)	1	45 minutes
<b>4</b>	Breaking bad news Crisis Intervention and Disaster Management Conflict Resolution Empathy	Dr. Habiba (Demonstrator)	1	45 minutes
<b>5</b>	Class test	Ramla Zahoor (Senior clinical Psychologist)	1	45 minutes
<b>6</b>	Medical Ethics	Dr. Habiba (Demonstrator)	1	45 minutes
<b>7</b>	Doctor-patient relationship Right & Responsibilities of Patients & Doctors Psychological reactions in doctor-patient relationship	Ramla Zahoor (Senior clinical Psychologist)	1	45 minutes
<b>8</b>	Professionalism in health care	Prof.Dr. Maqbool	1	45 minutes



		Ahmad Khan		
<b>9</b>	test	Ramla Zahoor (clinical Psychologist	1	45 minutes
<b>10</b>	Psychology in medical practice Principles of Psychology	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>11</b>	Learning Metacognition Memory	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>12</b>	Perception Thinking Emotions	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>13</b>	Motivation Intelligence Personality Development	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>14</b>	Test	Ramla Zahoor (Senior clinical Psychologist	1	45 minutes
<b>15</b>	Neurological basis of Behavior Sleep Arousal memory	Dr. Habiba (Demonstrator)	1	45 minutes
<b>16</b>	Sociology & anthropology	Dr. Habiba (Demonstrator)	1	45 minutes
<b>17</b>	Psychosocial aspects of health & disease Health & normality Defense Mechanisms	Dr. Habiba (Demonstrator)	1	45 minutes
<b>18</b>	Psychological Assessment in health Care Psychological reactions to illness and Hospitalization	Dr. Habiba (Demonstrator)	1	45 minutes
<b>19</b>	Psychosocial Assessment	Prof. Maqbool Ahmad Khan	1	45 minutes
<b>20</b>	Psychosocial issues in special hospital settings Coronary care Unit Intensive Care Unit	Dr. Habiba (Demonstrator)	1	45 minutes
<b>21</b>	The Emergency Department Psychosocial Aspects of Organ Transplantation The dialysis Unit	Dr. Habiba (Demonstrator)	1	45 minutes

<b>22</b>	Reproductive Health Pediatrics ward Oncology Operation theaters	Dr. Habiba (Demonstrator)	1	45 minutes
<b>23</b>	test	Ramla Zahoor	1	45 minutes
<b>24</b>	Psychosocial peculiarities of Dentistry	Dr. Habiba (Demonstrator)	1	45 minutes
<b>25</b>	Psychosocial Aspects of Alternative Medicine	Dr. Qasim Zafar (Medical Officer)	1	45 minutes
<b>26</b>	Common Psychiatric Disorders in General Health Settings Mixed Anxiety & Depression	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>27</b>	Panic Disorder Unexplained Somatic Complaints persistent complaints Dissociative & possession states	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>28</b>	Drug abuse Alcohol & Tobacco Use Suicide & Deliberate Self Harm Delirium	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>29</b>	test	Ramla Zahoor (Senior clinical Psychologist)	1	45 minutes
<b>30</b>	Psychosocial Aspects of Gender & Sexuality Sexual identity Gender Identity Sexual Behavior	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>31</b>	Gender differences & Sexual Behavior Masturbation Sexual orientation Sexual morbidity	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>32</b>	Sexual Disorders Sexual Dysfunction Disorders of sexual preference Paraphilia Gender Dysphoria Management	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>33</b>	Test	Ramla Zahoor (Senior clinical Psychologist)	1	45 minutes
<b>34</b>	Psychosocial Aspects of pain Psychosocial Aspects of aging	Mr. Ebrahim (Demonstrator)	1	45 minutes
<b>35</b>	Psychosocial Aspects of death & Dying	Mr. Ebrahim		

	Psychosocial Aspects of Terrorism Psycho trauma	(Demonstrator)	1	45 minutes
<b>36</b>	Stress & its management	Mr. Ebrahim (Demonstrator)	1	45 minutes

## **ASSESSMENT METHODOLOGY**

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)

## **LEARNING RESOURCES**

### ***Recommended books***

- Hand book of Behavioral Sciences for Medical & Dental students Mowadat H. Rana.
- 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.