**STUDY GUIDE**

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**Department OF Behavioral Sciences & Psychiatry**

**For MBBS students**

**LAHORE MEDICALAND DENTAL COLLEG**

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**INTRODUCTION**

Medical education is a life-long process and MBBS curriculum is a part of the continuum of education from pre-medical education, MBBS, 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**

3rd year MBBS 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 75 % 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**

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

* 1. **Prof. Khalid Umer Gill (Head of Department)**
  2. **Dr. Syed Faraz Zafar(Assistant prof)**
  3. **Dr. Uzma kausar (Medical Officer)**
  4. **Dr. Rabbia Younus (Medical Officer)**
  5. **Ms. Ramla Zahoor (Clinical 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

Confidentiality issues

Consent

Common ethical dilemmas

Sleep hygiene

Personality development

Stress management

Psychosocial Assessment

Health belief Model

Common Psychiatric Disorders in General Health settings

**ALIGNMENT OF EDUCATION WITH STUDY HOURS (3rd year MBBS )**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sr no** | **Topic** | **Teacher** | **Lecture** | **Lecture hours** |
| **1** | Introduction to Behavioral Sciences  Communication Skills  Empathy | Prof.Dr. Khalid Umer Gill | 1 | 45mints |
| **2** | Counseling  Informational Care  Breaking bad news  Crisis Intervention and Disaster Management  Conflict Resolution | Prof.Dr. Khalid Umer Gill | 1 | 45 mints |
| **3** | Medical Ethics  Doctor-patient relationship  Right & Responsibilities of Patients & Doctors  Professionalism in health care | Dr. Syed Faraz  (assistant Professor) | 1 | 45minutes |
| **4** | Psychology in medical practice  Neurological basis of Behavior  Sociology &anthropology | Dr. Syed Faraz  (assistant Professor) | 1 | 45 minutes |
| **5** | Psychosocial aspects of health & disease  Psychosocial Aspects of pain  Psychosocial Assessment | Dr. Syed Faraz  (assistant Professor) | 1 | 45 minutes |
| **6** | Psychosocial issues in special hospital settings  Psychosocial peculiarities of  Dentistry  Psychosocial Aspects of Alternative Medicine | Dr. Syed Faraz  (assistant Professor) | 1 | 45 minutes |
| **7** | Common Psychiatric Disorders in General Health Settings  Stress & its management | Prof.Dr. Khalid Umer Gill | 1 | 45 minutes |
| **8** | Psychosocial Aspects of Gender & Sexuality  Management | Prof.Dr. Khalid Umer Gill | 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.