



NIMHANS Digital Academy

Diploma in

“Community Mental Health” for Doctors

Course Overview: Diploma in Community Mental Health is specially designed for Medical Officers working at Taluk and District and Taluk level Government Hospitals in various parts of the country. This course is designed to provide a basic understanding of the various common Mental conditions and their effective management. This is also suitable for those doctors who are willing to upscale themselves to handle any criticalities related to mental health issues. The course covers the basic concepts, practices and the translation of knowledge into clinical practice.

Course Objectives: On course completion, the participants should be able to:

- A. Identify, screen for mental health disorders (CMD, SUD and SMD) and factors influencing it
- B. Decide “best practices” like pharmacological treatment and handle brief psychosocial interventions for mental health issues.
- C. Make decisions about what can be managed by them and what needs to be referred to higher centres

(CMD: Common Mental Disorders, SUD: Substance use disorders (Alcohol and Nicotine), SMD: Severe Mental Disorders (Psychosis)).

At the end of this course the Medical officer will be able to

- Evaluate the common psychiatric conditions like Anxiety, Depression, Suicide, Alcohol and Nicotine addiction, Psychosis, Sleep and Sexual problems

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- Understand the biopsychosocial model of disorders
- Evaluate the management options for the above conditions
- Use effective and evidence based pharmacotherapy
- Understand the side effects of medications
- Perform Brief Psychosocial interventions

Duration of course: This is a blended learning digital certificate course of three months duration. Course will consist of four Self-paced learning modules and six interactive VKN discussions.

Teaching Methodology

This will be a blended learning method -

Self-paced e-learning (Anytime) + Face to face interactive Virtual sessions through VKN NIMHANS ECHO (Real Time) supported by Audience response system (sli.do) + WhatsApp educational group.



Duration	Self-paced e-Learning (video, ppt, reading)	Interactive Video conferencing mobile app at VKN platform	Assessment Digital	e-Consultation
Time in Hours	20	10	1	Fridays

Self-paced E-learning (Google Classroom app or webpage)

Each participant will have access to a Learning Management Solution (example: Google classroom app or Talent LMS similar webpage). The relevant contents will be delivered through this app. These will be in the form of recorded video, selected text book, articles, videos, powerpoints etc. They have access to this for life long. They can interact with the trainers also.

Interactive VKN tele-sessions

This will happen by using VKN NIMHANS ECHO multipoint video conferencing platform every fortnight. This can be accessible through any smartphone, tablet, desktop or laptop. The medical officers can join from their workplace twice a month during a fixed time. The focus here is

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1. Patient centric discussion or demonstration
2. Clarification of doubts
3. Brief Didactic lecture by NIMHANS faculty on specific areas.

Zoom cloud video conferencing software will be used. Link will be provided for free download from the web.

“Super Friday”: e-Consultation with Spoke Participants

On every Friday, from 9:30am to 4:30pm, all the Specialist team leads are made available for consultation or clarification of difficult cases by the spoke participants on one to one basis. They can connect to any of our specialists and ask queries through phone call, whatsapp message or can get the patient online (if required with patient’s consent) for interviewing the patient and clarifying the diagnosis using zoom app. Following this, the management plan will be sent to the particular spoke through whatsapp message or email for immediate execution to the patient. These cases are also presented in subsequent tele-ECHO session for peer based learning by the spokes.

What is the Eligibility Criteria ?

MBBS graduates registered with Medical Council of India (MCI) or any of the state medical councils working at District or Taluk level

Is it recognized ?

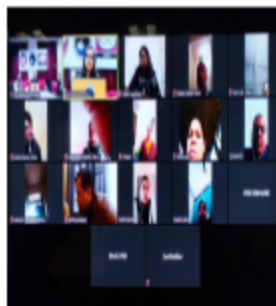
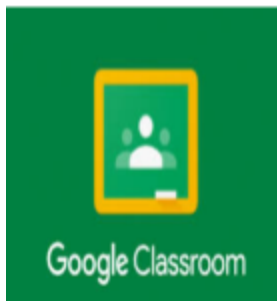
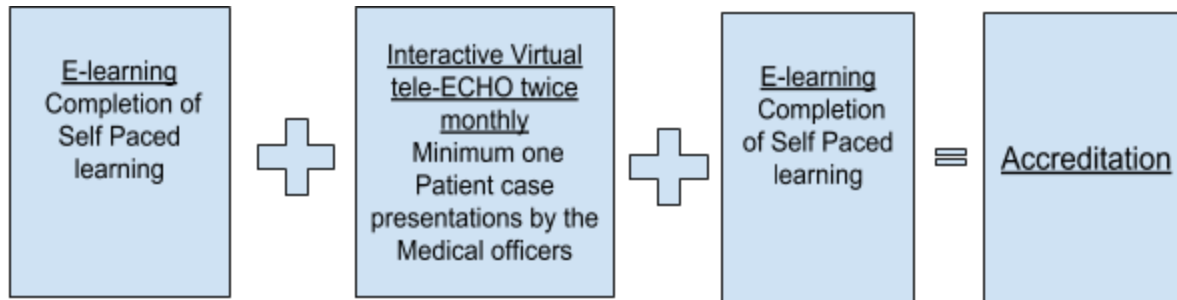
Yes. Board of studies (BOS) of NIMHANS, a statutory body and Institute of National Importance India (like MCI) has approved this course.

The list of successful candidates will be displayed in the website of Virtual Knowledge Network, NIMHANS as well as Ministry of Health and Family welfare, India.

What are the criteria for successful completion of the course? (of three months)

The following criteria are to be fulfilled to be eligible for the award of Certificate.

More than 80% completion of the Self-paced digital learning module (as measured by the software) + Minimum one case discussion in the fortnightly Tele-ECHO VKN sessions (as measured by the software and your video presence) + > 80% in the final assignment to be held on a fixed date and time for one hour in a videoconferencing mode. Assignments will be problem based clinically relevant case scenarios, multiple answer questions, short notes etc. Monthly reports of the patients seen, completion of pre-test and periodic surveys etc are part of the course.



What is the course fee?

There is no fee for accessing the self-paced learning material and going through the same. If you want to opt for Certification then a nominal fee of 5000 INR need to be paid after enrollment. This fee is non-refundable.

Why should I Join?

It's Virtual/Digital - Imagine the amount of time and energy you would be saving by taking the course at your convenience of either at home or workplace. Plus, you wouldn't even have to commute long hours. So that's a win-win.

It's almost Free or Subsidized - This program is a part of Democratizing Knowledge in the area of Mental health being supported by NIMHANS. You donot have to pay fee to access the content. If you need certifications, please pay the fee.

It's Self- Paced - Even when you have tons of work to do at home or at work, you can still take up this course and learn from it at YOUR OWN SCHEDULE. There are absolutely no restrictions on when you take it (as long as you do) and from where. It works for your schedule, not the other way around!

It's considerably Hassle-Free - Since it's all based on Cloud Oriented Software as a service, we hope there will be not much room for any discrepancies and it is considerably easy to use. Also, since we work with technology, your data is not going to get lost amidst a ton of papers. In fact, you don't even need to do any paperwork here.

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You have the Best Practices right at your fingertips - Are you accessing via your smartphone? Laptop? Desktop? Any other device? Great! You're just a click/swipe away from all the information you need from the Subject-Matter Experts. All you need is the interest to learn more.

Interactive - Over the above, in every fortnight tele-ECHO session, If you have a query/suggestion? Just shoot it to us and one of us will reply to you within minutes if not hours in whatsapp group. To us, effective learning is most important and we will go to lengths to achieve that. Adding to this, we also have a live-chat option on [our VKN NIMHANS website](#) where you can get your queries answered almost immediately.

It's having fun with learning - You can connect and open discussions with an ever-growing forum of medical officers panIndia and/or outside of the country and build a strong Community of Practice..

Curriculum

(based on various guidelines in mhGAP, Medical officer manual NMHP, [Clinical Schedule Primary care Psychiatry](#) and Experience in running similar program with states of Chhattisgarh , Bihar and Uttarakhand etc.

Modules	Topics Self-paced <u>e-learning</u>	<u>Interactive VKN multipoint mobile app video conference ECHO tele-Clinic (weekly)</u>
Focus	Knowledge dissemination	Skill acquisition by Case Demonstration and Presentation by participants as well as NIMHANS
Module 1: <u>General : 4hr</u>	General video Lectures <ol style="list-style-type: none"> 1. Mental wellness and Illness and resilience part 2. General principles of care 3. Signs and symptoms, and screening for mental disorders 4. History taking 5. Mental status examination 6. Assessment in Child 7. Clinical Schedule for Primary Care Psychiatry Assignment 1	<ul style="list-style-type: none"> ● Assessment ● Communication skills ● Biopsychosocial model ● Q&A

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<p>Module 2a: 4hr <u>Common Mental Disorders</u> Depression</p> <p>-</p>	<ol style="list-style-type: none"> 1. Depression an overview 2. Assessment 3. Diagnosis 4. Antidepressant Medications: Initiation and Maintenance 5. Non-pharmacological: Education, stressor, & social network 6. Suicide & self harm <p>Assignment 2a</p>	<ul style="list-style-type: none"> ● Choosing appropriate Antidepressant ● Suicide and Self harm ● Q&A
<p>Module 2b: 4 hr <u>Common Mental Disorders</u> Anxiety</p>	<ol style="list-style-type: none"> 1. Diagnosis of Anxiety disorders 2. Panic Disorder 3. Generalized Anxiety Disorder 4. Anti-Anxiety medications 5. Relaxation therapy <p>Assignment 2b</p>	<ul style="list-style-type: none"> ● Yoga ● Counselling tips for stress reduction ● Q&A
<p>Module 3: 4hr Alcohol use disorders</p>	<ol style="list-style-type: none"> 1. Screening for Abuse and Addiction 2. Withdrawal symptoms 3. Anti-craving medications 4. Brief counselling <p>Assignment 3</p>	<ul style="list-style-type: none"> ● Managing Withdrawal ● Preventing Relapses ● Q&A
<p>Module 4: 4hr <u>Severe Mental Disorders</u> Psychosis</p>	<ol style="list-style-type: none"> 1. Overview 2. Screening & Diagnosis 3. Antipsychotic medications 4. Psychoeducation for family <p>Assignment 4</p>	<ul style="list-style-type: none"> ● Antipsychotics ● Prognosis ● Q&A
<p>FINAL TEST FOR ACCREDITATION</p>		

Monitoring & Evaluation

Medical officers

Moore's evaluation framework (2015)¹ for continuing medical education (CME) has been regularly used to assess the outcomes.

1. Level one: Participation

The number of healthcare professionals, who participated in the activity

2. Level two: Satisfaction

The degree to which the expectations of the participants about the setting and delivery of the activity were met

3. Level three: Learning

The degree to which participants could demonstrate that they know what the program intended them to be able to do (declarative and procedural knowledge)

4. Level four: Competence

The degree to which participants could show in an educational setting how to do what the activity intended them to be able to do (perceived self-efficacy/self-confidence)

5. Level five: Performance

The degree to which participants could do what the activity intended them to do in their practices.

Health Indicators: As per patient outcome.

Training of the health workers working in community

Training in data enter

Source books

¹ "Process evaluation of complex interventions: Medical Research" 19 Mar. 2015, <https://www.bmj.com/content/350/bmj.h1258>. Accessed 19 May. 2018.

1. Manual for Medical Officers: Assessment and management of Mental health in general practice. MOHFW GoI.
2. NIMHANS Manual for Primary health care providers.
3. World Health Organization. (2010). *mhGAP* intervention guide for mental, neurological and substance use disorders in non-specialized health settings: mental health Gap Action Programme (*mhGAP*). Geneva: World Health Organization.
4. SOPs by NIMHANS team Primer for Alcohol and Tobacco.
5. Ahuja Short textbook of Psychiatry.