

EXAMINABLE AREAS FOR BSC COMMUNITY MENTAL HEALTH

a. Knowledge and Skills to be acquired

1. Health education on selected topics at designated places (i.e. markets, churches, mosques, media, etc.)
2. Outreach services
3. Home visits and home tracing
4. School health services
5. Case search/identification
6. Community entry & durbars/mobilization activities
7. Interviewing Techniques
8. History Taking and assessment of patients.
9. Mental State Examination (MSE)
10. Basic clinical formulation and differential diagnosis
11. Report writing under supervision
12. Relapse Prevention
13. Defaulter tracing
14. Crisis intervention/management
15. Stigma prevention
16. Mental health promotion & advocacy programmes
17. Interacting with self-help or service-users groups
18. Working visits to faith-based and traditional healing centers (FBTHC)
19. Referral
20. Counseling
21. Psychotherapy (psychotherapy services i.e. both individual & group)
22. Ward rounds and review of cases
23. Occupational Therapy (psychosocial therapies)
24. Pharmacotherapy
25. Monitoring treatment methods
 - Detoxification for alcohol and other substances
 - Management of withdrawal effects
 - Use of anti-craving medications
 - Individual interventions
 - Couples intervention

- Family work
- Supportive therapy

26. Approaches used in the management of emergencies

- De-escalation
- Control and restraint
- De-briefing
- Use of seclusion

b. Cases to be managed

- 1.
2. Acute Psychosis
3. Delusional and perceptual Disorders
4. Schizophrenia/schizo-affective disorders
5. Mood/nuerotic disorders
6. Anxiety disorders
7. Delirium (Acute Organic Brain Syndrome)
8. Dementias
9. Stress and Stress-related Disorders
10. Sleep disorders
11. Somatoform disorders
12. Sexual disorders
13. Eating Disorders
14. Suicide/Para-suicide & self-harm/mutilations behaviours
15. Personality Disorders
16. Epilepsy/seizure disorders
17. Substance Abuse disorders
18. Childhood & adolescent mental disorders
19. Old age psychiatric Disorders