

EXAMINABLE AREAS FOR DIPLOMA COMMUNITY MENTAL HEALTH

CASE MANAGEMENT

1. Interviewing Techniques
2. History Taking & assessment of patients
3. Mental State Examination (MSE)
4. Basic clinical formulation and differential diagnosis
5. Report writing under supervision
6. Relapse Prevention
7. Referral
8. Counseling
9. Community entry and mobilization
10. Community-based activities (home visits, tracing, health education, defaulter tracing, etc.)
11. Individual Therapy
12. Group Therapy
13. Ward rounds and review of cases
14. Occupational Therapy
15. Pharmacotherapy
16. Monitoring treatment methods
 - Detoxification for alcohol and other substances
 - Management of alcohol and other substance withdrawal effects
 - Use of anti-craving medications
 - Individual interventions
 - Family work
 - Crisis intervention
 - Supportive therapy
17. Approaches used in the management of emergencies
 - De-escalation
 - Control and restraint
 - Debriefing
 - Use of seclusion

b. Cases to be managed

1. Acute Psychosis
2. Delusional Disorders
3. Schizophrenia/schizo-affective disorders
4. Mood disorders
5. Anxiety disorders
6. Delirium (Acute Organic Brain Syndrome)
7. Dementias
8. Stress and Stress-related Disorders

9. Eating Disorders
10. Suicide/Parasuicide & self-harm behaviors
11. Personality Disorders
12. Epilepsy/Seizure disorders
13. Substance Abuse
14. Childhood psychiatric disorders
15. Old age psychiatric Disorders

COMMUNITY MENTAL HEALTH ACTIVITIES

a. Concept of Community Mental Health practice

- Traditional Beliefs and Practices
- Myths and Psychiatry
- The roles of members of the community and practitioners
 - Religious groups/organization
 - Traditional healers
 - Social services
 - The family
 - Community leaders' roles in promoting mental health
 - Identifying vulnerable groups in the community
 - The workings of the court, prisons, and the police about psychiatric disorder
 - Effective collaborative working between the CMHO, the police, the courts, and other law enforcement agencies

b. Rehabilitation

- Procedures used in rehabilitation
 - Medical
 - Psychological
 - Occupational
 - Social
- Provisions required for rehabilitation in the community
 - Appropriate accommodation
 - Suitable well-supported care
 - Suitable occupation
 - Patients adherence to treatment and care
 - Effective collaboration among carers
 - Regular assessment of physical health and psychological needs
 - Crisis intervention when the need arises

MENTAL HEALTH PROMOTION

- General measures of education and principle of management
 - Harm reduction counseling

- Self-help groups
- Assertiveness skills
- The law and drug control policies and prevention of abuse
- Working with others, in practice, to support effective mental health care in the community
- Providing mental health education in the community
- Involvement of other organizations/agencies in promoting mental health

EDUCATIONAL AND SCIENTIFIC SESSIONS

Case presentations

1. Seminars
2. Tutorials
3. Lectures
4. Conference
5. Case identification
6. Workshops
7. Quality rights