

KHYBER MEDICAL UNIVERSITY, PESHAWAR

STATUTES AND REGULATIONS RELATING

TO

MPH COMMUNITY MENTAL HEALTH
AT DEPARTMENT OF PSYCHIATRY
POSTGRADUATE MEDICAL INSTITUTE
LADY READING HOSPITAL, PESHAWAR
PAKISTAN

**MPH COMMUNITY MENTAL HEALTH,
KHYBER MEDICAL UNIVERSITY, PESHAWAR, PAKISTAN**

AIM AND OBJECTIVES:

- To introduce the basic concept of comprehensive community mental health, i.e. commitment, services, long term care, case management, community participation, consultation, evaluation and research.

To apprise the candidates that preventive psychiatry is a part of community mental health. The goal of prevention is to decrease the onset (incidence), duration (prevalence) and residual disability of mental disorders.

- To familiarize the trainees with basic principle of evidence based mental health.
- To develop the attitude of self learning.
- To introduce the concept of Primary Health Care and the integration of Primary Mental Health care to Primary Health Care.
- To enable students to monitor Mental Health Care activities at primary secondary and tertiary levels.
- To enable students to help clinical psychiatrist in epidemiological research, relevant to the problems of the region/ country/ district.
- To develop the skills needed for preparing teaching material for different categories of paramedics family physicians and for the education of general public
- To enable the student to carry out population- based surveys on the prevalence of common psychiatric conditions.
- To consolidate the managerial skills in order to improve the Health Care management at all possible levels.

STATUTES:

- 1) The course for MPH Community Mental Health will be held at Department of Psychiatry Postgraduate Medical Institute, Lady Reading Hospital Peshawar.
- 2) A total of 6 to 10 students will be admitted each year or as desired by the government.
- 3) Students admitted to the course will be expected to reside in Peshawar
- 4) Students will be helped in getting accommodation in Peshawar close to the Lady Reading Hospital Peshawar.
- 5) The medium of instruction as well as assessment shall be English.
- 6) The course will be of two years duration. One year of period will be served after registration with PGMI as student, in one of the psychiatry unit recognized for this purpose. The second year will be in the psychiatry department Lady Reading Hospital Peshawar.

The course is designed and will be offered in the form of six modules:

- a) Those candidates, who pass the final assessment after attending all the modules in two years will be awarded MPH community Mental Health by Khyber Medical University, Peshawar.
- b) Those candidates who attend and pass the assessment of individual modules will be issued only a certificate by the Dean, Postgraduate Medical Institute, on the recommendation of Head Department of Psychiatry Lady Reading Hospital, Peshawar.

The following subjects will be taught in six different modules:

- **Module I:** Consisting of basic neurosciences and psychology leading to preparation for FCPS-I in Psychiatry~
- The following topics of psychology are included in the course,
 - a) Schools of psychology
 - b) Learning
 - c) Thinking and Language
 - d) Theories of emotion
 - e) Motivation
 - f) Perception
 - g) Psychopathology
 - h) Conflict and defence mechanism
 - i) Psychotherapy
 - j) Psychometry
 - k) Abnormal psychology
- **Module II:** Consisting of clinical psychiatry with emphasis on diagnosis and management of common psychiatric disorders in primary practice and community setting.
- **Module III:** The Public health implications of common psychiatric disorders, advocacy for mental health and the impact of common psychiatric disorders on the physical health.
- **Module-IV:** Basic Management skills for effective implementation of community mental health programme
- **Module V:** The research and epidemiological methods in common psychiatric disorders.
- **Module VI:** The dissertation based on original reseal

ASSESSMENT AND DISSERTATION:

Assessment:

Total Marks	=	400
Internal assessment	=	100
Theory (two papers)	=	150
<u>Dissertation and viva</u>	=	<u>150</u>
Total	=	400

- Passing marks will be 60% both in theory and viva. Internal assessment will be in the middle and at the end of each module.
- The final assessment will be done by a set of examiners at the end of the course.
- The examiners both external and internal will be appointed by the KMU at the recommendation of Head of Department of Psychiatry, Postgraduate Medical Institute Lady Reading Hospital.
- The theory papers will be set by internal and external examiners.
- The dissertation will be submitted according to a synopsis duly approved by the Head Department of Psychiatry PGMI, LRH, Peshawar.
- The assessment on dissertation and viva will be conducted by both internal and external examiners. No books or lecture notes to be used unless otherwise stated during examination.
- Results will be declared to students by KMU. If the examination is failed, there will be an opportunity to reappear in the examination for 03 more times.

TEACHING METHODOLOGIES

Teaching will be in the form of lecture, group discussion, field visits to different programmes, group work and self study. The emphasis will be on self learning and problem based learning.

The students will be asked to develop a proposal for their dissertation topic. Students will be encouraged to plan their field work for their own Province/ Division/ District, wherever it is possible. During the course, each student/ will be helped to develop a protocol for the field work for their dissertation, followed by a period of write up. Each student will be using a computer to write his/her dissertation.

REGULATIONS:

- A. Each candidate for admission to the MPH in Community Mental Health examination must be a graduate in Medicine and Surgery from recognized university recognized by PM&DC and HEC with valid registration with PM&DC. In case of foreign students by relevant body -----
- B. The student who wants to appear in the examination for MPH community Mental Health should have attended all the, Six module of MPH.
- C. The candidate should possess a current or valid registration certificate from Pakistan Medical and Dental Council, (P. M. D.C) or should possess an equivalent registerable Medical Degree.
- D. -----

UNIVERSITY ORDINANCE:

Foreign students have to pay tuition fee and admission fee fixed from time to time by the Dean, Postgraduate Medical Institute and Khyber Medical University, Peshawar in consultation with the Head, Department of Psychiatry and Allied Sciences, PGMI, LRH, Peshawar.

- a) A fee of Rs. 2000/= shall be charged for admission to the examination. The application from with admission fee should reach the Controller of Examinations, University of Khyber Medical University not later than 30 days before the commencement of the Examination
- b) A late fee of Rs. 500/= shall be charged for applications submitted later than the due date.

REQUIREMENTS:

Before the candidate is allowed to sit in the final examination, a certificate to the effect that the candidate has attended the course of MPH Community Mental Health, Department of Psychiatry and Allied Sciences, Postgraduate Medical Institute, Lady Reading Hospital, Peshawar shall be issued by the Dean PGMI, on the recommendation of a Head, department of Psychiatry and Allied Sciences, Postgraduate Medical Institute, Lady Reading Hospital, Peshawar.

RECOMMENDED LIST OF BOOKS:

- 1) Bennett DH, Fremen H.L, Community Psychiatry. The principles London Churchill Livingstone, 190.
- 2) Caplan G. Principles of preventive psychiatry London. Tavistock 1964.
- 3) Goodwin S. Comparative Mental Health Policy London Sage 1997.
- 4) Mechanic D. In stein L1, Test MA eds. Alternative to mental hospital treatment. New York plenum, Press 1977.
- 5) Des Jalles D, Eisenberg L, Good B, Kleienam A, eds. World Mental Health: Problems and Priorities ill low income countries. New York Oxford University Press 1995.
- 6) Mental health research in Asia and the Honolulu, H.I: East West Center Press: 1964.
- 7) Mosher L, Burti L. Community Mental Health 'Principle and Practice Newyork Norton 1989.
- 8) Anthony JC, Eaten WW Henderson AS. Introduction Psychiatric epidemiology (special Issue of Epidemiological Reviews) Epidemiologic review 1995; 17: 1-8.
- 9) Robins LN, Regler D. eds. Psychiatric disorders in America- the Epidemiologic catchments Area study New York: the Free Press; 1991.
- 10) Tsuang M Toher M, Zahner G. Text Book in psychiatric Epidemiology New York. Wiley-Liss 1995.
- 11) World Health organization: Schizophrenia. A multinational study Geneva world health organization; 1975.
- 12) World Health organization: The ICD-10 classification of Mental 'and behavioral disorders. Clinical descriptions and guidelines Geneva WHO 1992.

- 13) World Health organization the ICD-10 classification of mental and Behavioral disorders diagnose for research general WHO 1993.
- 14) World Health Organization. Diagnostic and management guidelines for mental disorder in primary care: ICD-10 chapter v Primary Care version Seattle: Hogrefe and Huber: 1996.
- 15) Rutter M, Ti gord J, Whitmone K. Education Health and Behavior London; langman, 1970.
- 16) Barne S. M. Care, communities and citizens. London Langman 1997
- 17) Chamber In J, on our own pahent controlled alternates to the mental health system London MIND 1988.
- 18) Leuine M. The history and politics of community mental helath New York Oxford University Press 1981.
- 19) Brooker C, While E eds. Community psychiatric nursing London, Chapter and hall 1995.
- 20) Smith MC. A social history of the minor tranquilizes Being in Press 1991.
- 21) Leff J. Psychiatry the Globe: A New London Geskal 1985.
- 22) Mumford DB, stress and psychiatric disorder in the Hindu Kush. Community surrey of momtor villages in Pakistan Brt. J Psychiatry 1996; 168:299-307
- 23) Murphy HB: Comparative psychiatry: the international and intercultural distribution of mental illness Berlin Springer- 1982.
- 24) Orley JH, Wing J.K: Psychiatric disorders in two African villages: archives of general psychiatry 1979; 36-513-520.
- 25) Patel V, Culture and common Mental Disorders In sub sahara Africa, Maudsley monograph GI London, psychology press
- 26) Wester Meyer J. economic looses associated with chronic mental disorders in a country B.J of psychiatrist 1984: 144-475-481.
- 27) Watts F.N, Dennett DH the concept of rehabilitation In Watts, Bennett DH. FN in Theory and practice of psychiatric rehabilitation Chichester. John wiley 1983 3-14.

BOOKS ON GENERL PSYCHIATRY:

- Kaplan and saddock's synopsis of psychiatry Behavioral sciences clinical psychiatry seventh edition.
- Text Book of preventive and social medicine. 13th 'ed, JE Park, K Panel.
- Oxford Text book of Psychiatry 21ld edition .
- A new short text book of psychiatry by linford Rees.
- Statistics by Bred ford Hill.
- Medical statistics by bred ford Hill.

COURSE CONTENTS:

The course will consist of lectures, demonstrations, group discussions, project development and field visits including visits to other tertiary and secondary mental health carers, outreach programme for drug addicts Schools visits for children suffering from learning disability and mentally retardations.

PERIODICALS AND NEWS LETTERS:

- Social science and medicine
- British Journal of Addiction
- Psychological Medicine
- Schizophrenia bulletin
- American Journal of psychiatry
- Current opinion in psychiatry
- Acta psychiatric Scandinavia
- Archives of General Psychiatry
- British Journal of Social and Clinical Psychology
- British Journal of Preventive and Social Medicine
- Journal of Neurology. Neurosurgery and psychiatry
- Behavioral research.
- Journal psychotherapies practice and research
- Canadian - Journal of psychiatry
- Neuro-psycho pharmacology.
- Psychiatric services.

FIELD STUDIES DURING THE COURSE:

COURSE FACULTY

From NWFP

Full time

Associate Professor Dr. Saeed Farooq
Head Department of Psychiatry Postgraduate Medical Institute,
Lady Reading Hospital Peshawar

Assistant Professor Dr. Zahid Nazar
Department of Psychiatry Postgraduate Medical Institute,
Lady Reading Hospital Peshawar

Part Time:

Professor Dr. Khalid A Mufti
Principle & Head Department of Psychiatry
Khyber Teaching Hospital, Peshawar

Professor Dr. Farhana Jehangir
Head Deptt. Of Psychology
University of Peshawar Professor

Dr. Sara Safdar
Head Department of Social Work
University of Peshawar.

Professor Dr. Akbar Afrid"
Head Department of Community Medicine
Khyber Medical College, Peshawar

Professor Dr. Abdul Hameed
Head Department of Paediatric
Khyber Medical College, Peshawar.

Professor Dr. Aziz ur Rehman
Head Department of Psychiatry
Ayub Medical College, Peshawar.

Dr. Muhammad Tariq
Consultant Psychiatrist,
Govt Mental Hospital, Peshawar.

Dr. Mahmood Alam Kamal
Provincial Health Services Academy,

Peshawar.

Dr. Kizer Hayat
Provincial Health Services Academy, Peshawar

Part Time From Punjab:

Professor Dr. Malik Hussain Mubbasher
Vice Chancellor University Health Sciences Lahore.

Professor Dr. Movadat Hussain Rana
Head Department of Psychiatry Combined Military Hospital,
Rawalpindi.

Professor Dr. Fareed A Minhas
Head Department of Psychiatry Rawalpindi General Hospital,
Rawalpindi.

Professor Dr. Riaz Butti
Head Department of Psychiatry
King Edwardes Medical College Lahore.

Professor Dr. Saad Bashir Malik
Head Department of Psychiatry
Allama Iqbal Medical College Lahore.

Part Time form Sindh:

Professor Dr. Mussarat Hussain
Head Deptt. of Psychiatry Jinnah Postgraduate Medical Institute,
Karachi.

Part time from Balochistan:

Professor Dr. Abdu Malik Achakzai
Head Department of Psychiatry
Bolan Medical College Quetta.

Foreign Faculty:

Professor Dr. Femi Oyeboode
University of Birmingham UK.

Professor Dr. Clive Adems
University of Leeds

Dr. Waqas Waheed
Senior Lecturer University of Manchester

Prof. Dr. Prthap Narayan
Head Department of Psychiatry Christian Medical College Vellore India.

Prof. Dr. Arshad Hussain
University of Missouri (USA)