



College of Physicians and Surgeons of Mumbai

Syllabus for CPS-PG-Course

DPM-DIPLOMA IN PSYCHOLOGICAL MEDICINE

College of Physicians and Surgeons of Mumbai

CPS House, Dr. E. Borges Marg, Parel, Mumbai – 400012.

DPM-DIPLOMA IN PSYCHOLOGICAL MEDICINE

COURSE DESCRIPTION

Eligibility: A candidate should possess MBBS degree/ equivalent degree as per provisions of Indian Medical Council Act.

Duration: 2 Years

A. Cognitive domain (AS per MCI)

By the end of the course, the student should demonstrate knowledge in the following:

1. General topics:

1. The student should be able to demonstrate knowledge of basic sciences (Anatomy, Physiology, Biochemistry, Microbiology, Pathology and Pharmacology) as applied to Psychiatry.
2. The student should be able to explain aetiology, assessment, classification and management and prognosis of various psychiatric disorders (including psychiatric sub-specialities), including Neuroanatomy, Neurophysiology, Neurochemistry, Neuroimaging, Electrophysiology, Psycho neuroendocrinology, Psychoneuroimmunology, Chronobiology and Neurogenetics.
3. Acquire knowledge of delirium, dementia, amnesic & other cognitive disorders and mental disorders due to a general medical condition.
4. The student should be able to explain follow-up care of person suffering from chronic relapsing psychiatric ailments.
5. The student should acquire knowledge of emergency measures in acute crisis arising out of various psychiatric illnesses including drug detoxification and withdrawal.
6. The student should acquire knowledge of pharmacokinetics & pharmacodynamics of drugs involved in psychiatric management of patients.
7. The student should acquire knowledge of (a) normal child development and adolescence, mental retardation in children (b) learning & associated disorders and their management
8. The student should acquire knowledge and be able to explain mechanisms for rehabilitation of psychiatric patients.

9. The student should acquire knowledge of substance related disorders and their management.
10. The student should acquire knowledge of psychotic disorders, mood disorders, and anxiety disorders and their management.
11. The student should acquire knowledge of sexual and gender identity disorders and their management.
12. The student should acquire knowledge of eating disorders and sleep disorders and their management.
13. The student should be conversant with recent advances in Psychiatry.
14. The student should be conversant with routine bedside diagnostic and therapeutic procedures and acquire knowledge of latest diagnostics and therapeutics procedures available.
15. The student should be conversant with various policy related aspects of Psychiatric practice in India (e.g. Mental Health Act, National Health Mental Health Programmes etc.).
16. The student should be aware of research methodologies.

. B. Affective Domain:

1. Should develop communication skills to interact effectively with patients, relatives and colleagues and other hospital staff.
2. Should always adopt ethical principles and practices
3. Should be able to work a member of a team for effective care delivery system
4. Should develop an attitude to contribute effectively in the improvement, maintenance of health care delivery system of the country and to contribute in improving the health indicators of our country in comparison with the other developed world.

C. Psychomotor domain

At the end of the course, the student should acquire the following clinical skills and be able to:

Become expert in good history taking, physical examination, mental state examination, and able to establish rapport and counsel family members and patients on scientific basis.

Choose the required investigations for both short and long term management.

At the end of the course, the student should be able to:

1. Obtain a proper relevant history, and perform a humane and thorough clinical examination including detailed mental state examinations using proper communication skills.
2. Arrive at a logical working diagnosis and differential diagnosis after clinical examination.
3. Order appropriate investigations keeping in mind their relevance and cost effectiveness and obtain additional relevant information from family members to help in diagnosis and management.
4. Identify psychiatric situations calling for urgent or early intervention and refer at the optimum time to appropriate centres.
5. Write a complete case record with all necessary details.
6. Write a proper discharge summary with all relevant information.
7. Obtain informed consent for any examination/procedure.
8. Perform clinical audit.
9. Must be able to perform modified Electroconvulsive therapy (ECT).

The student, at the end of the course should be able to perform independently, the following:

1. Conduct detailed Mental Status Examination (MSE)
2. Cognitive behaviour therapy
3. Supportive psychotherapy
4. Modified ECT
5. Clinical IQ assessment
6. Management of alcohol withdrawal
7. Alcohol intoxication management
8. Opioid withdrawal management
9. Delirious patients
10. Crisis intervention

The student must be able to demonstrate approach to patient with variety of clinical presentations including following symptoms:

1. Auditory hallucinations

2. Visual hallucinations
3. Pseudo hallucination
4. Seizures true and pseudo seizure
5. Panic attack
6. Manic symptoms
7. Behavioural symptoms of schizophrenia
8. Catatonia
9. Delirium
10. Malingering

The student, at the end of the course should be able to perform under supervision, the following:

1. Behaviour therapy
2. Opioid intoxication management
3. Genetic counselling
4. Family therapy

The student, at the end of the course should be able to assist the expert in the following:

1. Interpersonal therapy
2. Management of suicide attempt

DPM (Part-I)

Anatomy of the Central nervous system—cranium; brief outline of various bones of the cranium. Three meninges of the brain, arterial and venous drainage of the C.N.S. anterior, middle and posterior fossae of the cranium; cerebrum; cerebellum; midbrain; medulla oblongata; lateral ventricle; third ventricle; thalamus; hypothalamus; corpus striatum; hypothalamus; cerebri; fourth ventricle, various tracts and association fibers; cranial nerves; spinal cord; various motor and sensory nerves of the body and their segmental areas of distribution; autonomic nervous system; surface marking on cranium. Special sense organs; Physiology of the central nervous system including electrophysiology, Endocrinology and biochemistry

Physiology including electrophysiology- function of the cerebrum; cortical localization; the basal ganglia; the thalamus; the hypothalamus; red nucleus; cerebellum, sensory and motor nuclei in the midbrain and medulla oblongata; motor sensory tracts; special senses; the neurone and its appendages; degeneration in sense organs; the nature of nervous impulses; temperature control, integrative action, voluntary movements posture; tone; physiology of sleep; consciousness; autonomic nervous system; the physiology of emotions; Physiology of coitus

The normal electroencephalogram; development of electroencephalogram from birth to maturity; electroencephalogram and normal sleep; physiological basis of the electroencephalogram

Endocrinology and Biochemistry – Endocrines and their relation to physiological functioning of the C.N.S.; Neurohumoral mechanism secretions of the autonomic nervous system; the composition of nervous tissues; metabolic process in the neurone; the cerebro-spinal fluid.

1. General psychology, including psychodynamics and elementary statistics.

The innate patterns reaction; foundation of Human Behaviour; acquired patterns of Behaviour

- a. The innate patterns of reactions:- Pattern reactions; tropism; Reflex action,, instinctive behaviour; Characteristics of Instinctive Behaviour; Biological Classification of instincts.
- b. Foundation of human behaviour – instinct and intelligence; McDougall's Classification of instincts; instinct and emotion; dynamic conception of human behaviour; behaviour tendencies and drives.
- c. Acquired patterns of behaviour variability of instinctive behaviour; modification of behaviour by learning. The law of exercise, the law of effect, the conditioned reflex, some problems of human learnings, Inheritability of learned behaviours.

- A. **Feelings and emotions**–
 - a. Feeling – Wundt’s three dimensions, feeling distinguished from motor and sensory activities sources of pleasure and displeasure, sympathy and empathy; aesthetic enjoyment.
 - b. Emotion – The sympathetic and disinterested emotions, the expression of emotion, the physiological mechanism of the emotions, the physiological mechanism of the emotions, the James-Lange’s theory of emotions.

- B. **Moods**- sentiments, attitudes and interests, the temperaments.

- C. **Personality** – personality traits distribution and classification the introversion cluster of traits, dissociation of personality. Physiological and social factors in personality heredity and environment as causes of individual differences, interaction with the environment. Motivation of work; the will conflicting motives; frustration: adjustment and maladjustment, attention; Sensation perception; the Gestalt theory; phenomena and physical reality.

- D. **Learning**– Definition; important factors in learning.

- E. **Memory** – memorizing; Economy in memorizing; retention; recall; recognition; memory training.

- F. **Ideation**- dreams and day-dreams; purposive thinking in discovery and inventions, Thought and language ---logical and illogical thinking.

- G. **Hunger, fear and sex**- abnormalities of sex.

- H. **The unconscious mind**- Definitions of Freud and Jung principles of individual psychology (Adler), psycho-sexual development; mental conflict.

- I. **Elementary statistics**-

Necessity of statistical data; The problem of significance; the Theory of sampling, comparison of an experimental with the control group; The significance of a difference between two means ; estimation of significance from a theoretical variance; The use of contingency tables. The Method of correlation and the analysis of variance.

2. **Mental testing:** Personality tests- The interview and the case study rating scales and errors; reliability pooled ratings- questionnaires- situation tests-projective tests. Reliability and validity of mental tests. Individual intelligence tests; group tests of intelligence; performance and perceptual tests; intelligence testing of young children achievement test.
3. **Social psychology:** including cultural anthropology - The transformation of behaviour tendencies; acquisitiveness and pugnacity laughter; work and play social behaviour tendencies. Primitive society totem and taboo; exogamy and endogamy; social grouping morality and crime the psychology of religion.
4. **Child psychology:** Development of normal child; The roots of behaviour - the hereditary factor; organic factors; environmental, social and cultural factors; behaviour viewed as reaction of the individual to fundamental drives and needs to the demands and stresses of life; the importance of experience of infancy and childhood; the pleasure principle and the reality principle; nursery morality and formation of the super ego environmental factors favouring healthy growth of the child; principles of child upbringing; adult attitudes as obstacles and impediments in the healthy growth of the child; fundamental emotional needs of the child; the parent-child relationship; the psychosexual development of the child ; the social development of the child.
5. **Hindu psychology:** Hindu concept of the mind and its relation to soul; Unconscious mind; instinct; dream; methods of achievement of satisfactory integration with the environment.

6. **Medical genetics:** Heredity chromosomes; genes; cell division; three germinal layers; development of central nervous system; Heredity and personality; Heredity and intelligence; Heredity and its relation to mental illness.

DPM : (Part-II)

(Psychiatry and Neurology)

- **Neurology:** The etiology, pathology, Symptomatology, diagnosis and treatment of organic nervous diseases.
- **Psychiatry:** Historical development of psychiatry methods and of psychiatric examination.
- **Psycho-pathology:** Freudian concept of the unconsciousness; mental conflict; repression symptoms formation; the psychoneuroses and psychoses; character disorders. Comparative study of psycho-analysis (Freud); analytical psychology and individual psychology(Adler).
- **Systemic General psychiatry,** including the methods of treatment.
- **Psycho-neuroses:** Conversion hysteria; anxiety states; obsessional neuroses; Neurasthenia; hypochondriasis; Character disorders; drug addiction; alcoholism; the sexual perversions; delinquency.
- **Psychoses:** The biogenic psychoses; Manic depressive psychoses and allied conditions; schizophrenia; paranoia and paranoid action types; psychopathic personality; psychoses due to organic causes (organic reaction types).
- **Electro-encephalography** and its application in clinical neuro psychiatry; various methods in diagnosis; treatment of psycho-neuroses and psychoses.
- **Psycho-somatic disturbances;** general principles of psychosomatic medicine, the disorders of respiratory, cardio-vascular, alimentary, uro-genital systems.
- **Mental Hygiene, Social work and public health services-** preventive aspects of psychiatric illness; educational programme in child-guidance; body-mind relationship and mental illness; co-operation of various branches of medicine. Mental hygiene in ante-natal and post-natal clinics, mental hygiene and law; mental hygiene and

education.

- **Treatment:** General principles, psychotherapy – individual and group; superficial and deep psychotherapy; physical methods of treatment; psycho-surgery and other ancillary methods of treatment.
- **Forensic Psychiatry; Psychiatry law-** The Indian lunacy act of 1912; reception of an insane patient in a mental hospital; voluntary admission, civil and criminal responsibility of an insane testamentary capacity.
- **Child psychiatry:** Behaviour disorders in children – classification, etiology, symptomatology; psychopathology and treatment – psychoses and psychoneuroses; principles and application of child guidance in psychiatry.
- **Industrial and Occupational psychiatry-** functional mental illness in relation to industry and occupation; industrial and occupational hazards causing organic psychotic states; their prevention and treatment; character disorders and personality deviations in industry; prevention and treatment. Basic psychological principles in employee–employer relationship; application in preventive and curative therapy of functional illness

Log Book: A log book has to be maintained by all students in which a written record of all the ward procedures done, ICU procedures done, cases seen, interesting cases discussed, is kept. This log book has to be regularly counter checked by the teacher. The log book has to be submitted to the college whenever asked for and has to be brought by the candidate for the practical examination..

EXAMINATION PATTERN**Part I****Theory Examination:**

PAPER I	PAPER II
ANATOMY AND PHYSIOLOGY OF THE NERVOUS SYSTEM	PSYCHOLOGY, PSYCHO-ANALYSIS AND PSYCHO-THERAPY
Section I	Section I
Q.1. 10 Marks Q.2. 10 Marks Q.3. 10 Marks Q.4. 10 Marks Q.5. 10 Marks Total 50 Marks	Q.1. 10 Marks Q.2. 10 Marks Q.3. 10 Marks Q.4. 10 Marks Q.5. 10 Marks Total 50 Marks
Section II	Section II
Q.6. 10 Marks Q.7. 10 Marks Q.8. 10 Marks Q.9. 10 Marks Q.10. 10 Marks Total 50 Marks	Q.6. 10 Marks Q.7. 10 Marks Q.8. 10 Marks Q.9. 10 Marks Q.10. 10 Marks Total 50 Marks
Section I + II = 100 Marks	Section I + II = 100 Marks
Total Theory = 200 Marks, Passing = 100 (i.e. 50%) Marks aggregate in Theory	

Practical Examination:		Marks
Paper - IV	Oral and Practical in anatomy and physiology of the Nervous System	100
Paper - V	Orals and Viva in psychology and methods of Psycho-analysis and psychotherapy	100
Total	(Aggregate marks for passing is 50% out of total.)	200

Part II**Theory Examination:**

PAPER I	PAPER II	PAPER III
PSYCHIATRY	PSYCHOLOGY : NORMAL AND ABNORMAL	NEUROLOGY (IN RELATION TO PSYCHIATRY) AND PSYCHO-SOMATIC MEDICINE
Section I	Section I	Section I
Q.1. 10 Marks	Q.1. 10 Marks	Q.1. 10 Marks
Q.2. 10 Marks	Q.2. 10 Marks	Q.2. 10 Marks
Q.3. 10 Marks	Q.3. 10 Marks	Q.3. 10 Marks
Q.4. 10 Marks	Q.4. 10 Marks	Q.4. 10 Marks
Q.5. 10 Marks	Q.5. 10 Marks	Q.5. 10 Marks
Total 50 Marks	Total 50 Marks	Total 50 Marks
Section II	Section II	Section II
Q.6. 10 Marks	Q.6. 10 Marks	Q.6. 10 Marks
Q.7. 10 Marks	Q.7. 10 Marks	Q.7. 10 Marks
Q.8. 10 Marks	Q.8. 10 Marks	Q.8. 10 Marks
Q.9. 10 Marks	Q.9. 10 Marks	Q.9. 10 Marks
Q.10. 10 Marks	Q.10. 10 Marks	Q.10. 10 Marks
Total 50 Marks	Total 50 Marks	Total 50 Marks
Section I + II = 100 Marks	Section I + II = 100 Marks	Section I + II = 100 Marks
Total Theory = 300 Marks, Passing = 150 (i.e. 50%) Marks aggregate in Theory		

Practical Examination:		Marks
Paper - IV	Long cases	100
Paper - V	Short cases	100
Paper - VI	Practicals and viva voce	100
Total Marks	(Aggregate marks for passing is 50% out of total.)	300

