

**Dr.NTR University of Health Sciences**

**Vijayawada**

## **SYLLABUS**

**“POST DOCTORAL FELLOWSHIP  
COURSE IN CHILD AND ADOLESCENT  
PSYCHIATRY”**

**for the academic year 2018-19**

## *FELLOWSHIP COURSE IN CHILD AND ADOLESCENT PSYCHIATRY*

1. **Proper name of the course:** Fellowship course in Child and adolescent psychiatry
2. **Duration of the course:** One year
3. **I. Eligibility criteria for admission:** M.D /DNB Psychiatry recognized by the Medical Council of India / National Board of Examinations.  
**II. Intake capacity:** 2 per year

### **4. Complete curriculum of the course:**

#### **4.1. Statement of Goals & Specification of Objectives:**

##### **A. Goal:**

The goal of this curriculum is to create a cadre of specialized psychiatric professionals in mental health care of children and adolescents.

- i) Provide comprehensive psychiatric care and rehabilitation of the children and the adolescents.
- ii) Provide institutional and / or community care for children and adolescents who exhibit abnormal behaviour and are socially incompatible.
- iii) Conduct camps and outreach activities to spread the message of early diagnosis and prevention of psychiatric illnesses among children and adolescents.
- iv) Carry out research in child and adolescent psychiatry

##### **B. Objectives:**

After completion of fellowship course in Child and adolescent psychiatry, the psychiatrist should be able to fulfil the following objectives.

1. Demonstrate the ability to conduct comprehensive psychiatric evaluations in school aged and adolescent patients of varying socioeconomic and racial backgrounds.
2. Demonstrate the ability to organize and accurately document a complete psychiatric evaluation, including history, mental status exam, relevant physical and neurologic findings, Biopsychosocial formulation, Differential Diagnosis, working diagnosis, and plan for school aged and adolescent patients.

3. Demonstrate the ability to determine the appropriate level of care needs for children and adolescents who present to the hospital, outpatient, or acute medical services for care.
4. Demonstrate the ability to build rapport and therapeutic alliance with children and adolescents receiving psychiatric assessment and care
5. Demonstrate a sound knowledge and advanced skills in the assessment and treatment of children and adolescents with the following diagnoses:
  - a. Mental Retardation and Developmental Delays or Disabilities
  - b. Autistic Spectrum Disorders
  - c. Mood Disorders
  - d. Anxiety Disorders (including PTSD/responses to trauma)
  - e. Eating Disorders
  - f. ADHD and other disruptive behavior disorders (including ODD and CD)
  - g. Psychosis
  - h. Substance Use Disorders
  - i. Adjustment Disorders
  - j. Somatoform and Factitious Disorders
  - k. Parent-Child Relational Problems
  - l. Domestic Violence
  - m. Self-injurious behaviors
  - n. Suicidal ideation and attempts
  - o. Violent threats of behaviors
6. Demonstrate a sound knowledge and advanced skills in crisis interventions for children and adolescents.
7. Demonstrate a sound knowledge and advanced skills in pediatric psychopharmacology.
8. Demonstrate a sound knowledge and advanced skills in psychotherapy for children and adolescents, with specific assessment of the following modalities:
  - a. Collaborative Problem Solving
  - b. Parent Behavioral Management
  - c. Cognitive Behavioral Therapy
  - d. Self regulation/relaxation techniques
  - e. Supportive Psychotherapy
  - f. Family Therapy

#### **4.2. Course Content:**

4.2.1. History of Child & adolescent psychiatry

4.2.2. Normal development:

- Developmental lines: cognitive, language, moral, emotional, sexual

- Cross-sectional periods: infancy, early childhood, school age, adolescence

#### 4.2.3. Influences on development:

- Abuse
- Parental loss
- Chronic illness
- Substance abuse
- HIV
- Genetics
- Others

#### 4.2.4. Psychiatric disorders:

- Developmental disorders:
  - Autistic spectrum disorders including Asperger's disorder,
  - pervasive developmental disorders
  - Learning disorders and cognitive disorders
- Disorders of attention and behaviour
  - Attention deficit hyperactivity disorder
  - Oppositional defiant disorder
  - Conduct disorder
- Psychotic disorders
  - Childhood onset schizophrenia
- Mood disorders
  - Depression
  - Bipolar disorder
- Anxiety disorders
  - Panic disorder
  - Separation anxiety
  - Generalized anxiety disorder
  - Phobias ; social phobia
  - Post traumatic stress disorder
  - Obsessive Compulsive Disorder
  - Other anxiety problems
- Eating disorders
  - Anorexia nervosa
  - Bulimia nervosa

- Gender identity disorder
  - Gender identity disorder in children
- Substance abuse:
- Physical or sexual abuse
- Relational disorders
- Adjustment disorder
- School behavior problems
- Mental retardation

#### 4.2.5. Psychopharmacology:

- Different classes of psychotropics
- Safety efficacy and effectiveness of medications
- Adverse reactions
- Informed consent
- Importance of decision making

#### 4.2.6. Forensics, legal, social and ethical issues:

#### 4.2.7. Diagnosis:

- Physical and laboratory assessment
- Psychological testing and evaluation of the child

#### 4.2.8. Clinical practice:

- Formulation of medication
- Family therapy
- Individual therapy
- Dialectical behavior therapy
- Play therapy (psychodynamic therapy)
- Interpersonal therapy
- Cognitive behaviour therapy
- Brief psychotherapy
- Parent management training
- Motivational interviewing
- Genetics /genomics/imaging/novel therapeutics
- Consultation process
- System based practice

#### 4.2.9. Community practice:

- Practical aspects of mental health care of rural children
- Clinical child psychologist
- Child mental health social worker

- Mental health nurse
- Foster care programme
- Chemical dependence programmes
- Community system of mental health care
- Community intervention programmes

4.2.10. **General Topics:**

- Research methodology
- Teaching methodology

**5. TEACHING SCHEME:**

**5.1 Teaching Learning Methods and Activities:**

The following organized learning experiences should be provided to the students.

- Case presentation & case management in OPD & Indoor wards: The student will present cases daily on clinical rounds to the faculty members of the department. The students shall be provided facilities to manage cases of higher and greater complexity by allowing them graded responsibility.
- PG lectures, Seminars, symposia, panel discussions of suitable topics: These will be held once a week. Topics of common interest to fellows will be covered in the program.
- Journal clubs: These will be held once a week.
- Medical audit / fatality case discussions: This will done once in 15 days.
- Interdepartmental meetings will be organized with Neurology, Rehabilitation, Gastroenterology, etc.
- Departmental clinical work: Research. The fellow will be also involved in various clinical research work being undertaken in the department by the faculty members.
- Teaching experience: The fellows will participate in all aspects of teaching specially practicals, demonstration & tutorials. During their tenure, they will be working under faculty members on rotation basis as per the allotment of the teaching schedule.
- Community services: The training of fellows will involve learning experience "Derived from" or "Targeted to" the needs of the community. It shall therefore be necessary to expose the students to community based activities.

**5.2. Training program:**

Duration of Course – one year

Outpatient service	–	6 months
Child and adolescent inpatient unit	–	4 months
Substance abuse services	–	15 days
Pediatric neurology	–	15 days

Development/learning disabilities	-	15 days
Pediatric psychology	-	15 days

### 5.3 Presentations:

In addition to attending all the academic sessions, the candidate needs to make a minimum number of presentations in these academic sessions during the training period of 1 year

#### Frequency #

#### Presentations

- |  |                 |
|--|-----------------|
| a. Seminars / Symposia   | 1 per month     |
| b. Journal club  | 1 per month     |
| c. Clinical case conference  | 1 per month     |
| d. Research conference at state level  | - 1             |
| e. Research conference at national level   | - 1             |
| f. Bedside presentation  | 1 per month     |
| g. Interdepartmental meeting   | 1 per month     |
| h. Grand rounds  | 1 per week      |
| i. Mortality meeting<br>and audit meeting  | 1 per month     |
| j. Record meetings   | Once in 2 weeks |
| k. Teaching learning process will also take place during the daily ward rounds<br>and during teaching rounds |                 |
- # May be increased if required.

### 5.4. Log book

The fellows shall maintain a Record Book (Log Book) of the work carried out by them on day to day basis & training program undergone during the period of training including details of procedures carried out independently or assisted by the candidate. The log book will be checked by the faculty members imparting the training. Candidates will be required to produce log book duly certified by the guide at the time of practical examination.

### 5.5. Development of attitude:

It is a very important aspect of management of the psychologically handicapped children and adolescents. It would be the constant endeavor of the faculty to develop desirable attitudes in the fellows during the course by personal examples, interaction and group discussion. Constant watch will be maintained during their work in the wards to ensure that this objective is being met. Although there will be no formal evaluation of attitude, some aspects of this domain would be covered during the formative evaluation for continued internal assessment.

### 6. Text books and reference books:

- American Academy of Child Psychiatry (1983), Child Psychiatry: A Plan for the Coming Decade. Washington, DC: American Academy of Child Psychiatry



- Clinical neurology for psychiatrists
- Jacobson: psychiatric secrets, 2<sup>nd</sup> ed. – 2001 – hanley and belfus.
- Lewis's Child and Adolescent Psychiatry: A Comprehensive Textbook, 4th Edition (Lewis, Lewis's Child and Adolescent Psychiatry) by Fred R. Volkmar
- Lewis's Child and Adolescent Psychiatry Review: 1400 Questions to Help You Pass the Boards by Yann B. Poncin
- Kaplan and Sadock's Concise Textbook of Child and Adolescent Psychiatry by Virginia A. Sadock
- Dulcan's Textbook of Child and Adolescent Psychiatry by Mina K. Dulcan
- Rutter's Child and Adolescent Psychiatry by Sir Michael Rutter
- Pediatric Psychopharmacology by Andres Martin
- Child and Adolescent Clinical Psychopharmacology (Green, Child and Adolescent Clinical Psychopharmacology) by Wayne H. Green
- Tarascon Pocket Pharmacopoeia 2011 Classic Shirt-Pocket Edition (Tarascon Pocket Pharmacopoeia: Classic Shirt-Pocket Edition) by MD, FAAEM, FACMT, Editor in Chief, Richard J. Hamilton
- Clinical Manual of Pediatric Psychosomatic Medicine: Mental Health Consultation With Physically Ill Children And Adolescents by Richard J. Shaw
- Clinical Manual for the Psychiatric Interview of Children and Adolescents by Claudio Cepeda
- Evidence-Based Psychotherapies for Children and Adolescents, Second Edition by John R. Weisz PhD

- Motivational Interviewing with Adolescents and Young Adults (Applications of Motivational Interviewing) by Sylvie Naar-King
- Talking Back to OCD: The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go" by John S. March MD
- Treating Child and Adolescent Depression by Joseph M. Rey
- Principles and Practice of Pediatric Sleep Medicine by Richard Ferber
- Principles and Practice of Child and Adolescent Forensic Psychiatry by Elissa P. Benedek
- Child and Adolescent Neurology for Psychiatrists by Audrey M. Walker
- The Harriet Lane Handbook: Mobile Medicine Series, Expert Consult: Online and Print, 18e by Johns Hopkins Hospital
- On Call Psychiatry: On Call Series, 3e by Carol A. Bernstein MD MAT
- Maxwell Quick Medical Reference by Robert W. Maxwell
- Quick Reference to the Diagnostic Criteria from DSM-IV-TR by American Psychiatric Association

**7. List of Journals (Previous three years):**

- Child abuse and neglect
- Child and adolescent psychiatric clinics of north America
- Drug and alcohol dependence
- General hospital psychiatry
- Journal of anxiety disorders
- Journal of behaviour therapy and experimental psychiatry
- Journal of substance abuse treatment

- Journal of the American academy of child and adolescent psychiatry
- Psychiatry research
- Psychiatry research: Neuroimaging
- General hospital psychiatry
- Journal of the American academy of child and adolescent psychiatry
- Psychiatric clinics of north America