



Indian Psychiatric Society (IPS)

“Combat Depression Taskforce”

in Collaboration with Indian Medical Association & AKN Sinha Institute, Patna



CERTIFICATE COURSE IN “COMPETENCY DEVELOPMENT IN DEPRESSION MANAGEMENT” FOR DOCTORS

Course Coordinators:

1. The IPS Team Taskforce on “Combat Depression” - Dr. Nishant Goyal & Dr. Kishor Rao
Contact: combatdepression.ips@gmail.com,
Call/WhatsApp : 9431171162 (NG)/9686712210(KR)
Website: www.indianpsychiatricsociety.org
2. IMA AKN Sinha Institute, Patna – Dr. Ajay Kumar & Dr. Saurabh Kumar
Contact : aknsi01@yahoo.com,
Call/ WhatsApp : 9431020816 (AK) / 9899461700 (SK)
Website : www.imaaknsi.org

Course Overview

“There is no health without mental health”. And WHO definition of health is as follows- A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'. Before we proceed anywhere, it is important to know why we should know something about Depression at all. According to the WHO sources, worldwide, 300 million people suffer from Depression which amounts to the leading cause of disability and also the leading cause of the Disability Adjusted Life Years (DALY). In a National Mental Health Survey of India done by NIMHANS, the prevalence of mood disorders is 2.8%, out of which 2.7% amounts to Depression. The prevalence of anxiety disorders being 3.5% and substance use disorders being the first at 5%. The disability across family life, social life or work life has been the highest compared to any other mental disorder. The Indian Medical Association (IMA) cites the suicide rate among physicians a public health crisis. A systematic literature review reveals that the suicide rate among physicians is about 28-40 per 100000, double of that in the general population. Also, depression affects about 12% of the male physicians and 19.5% of the female physicians, the prevalence of which is equal that of the general population. 15-30% of the medical students have been screened positive for depression. Amongst all the medical illnesses and diseases, mental disorders form the highest global burden of 22.5% of years lived with disability.

With the global deficit in the number of psychiatrists or mental health professionals, and a dearth of scientific research publications, it becomes all the more prudent to take up the task of sensitizing the physicians to screen, identify and to deal with this population who seem to be having a significant morbidity compared to any other illness or a disease. Hence, this has been a noble task by the Indian Psychiatric Society (IPS) and Indian Medical Association (IMA) towards the same. This course is designed to provide a basic understanding of depression and its treatment, hence developing competency in effective management of depression. This is also suitable for those doctors who are willing to upscale themselves to handle any criticalities related to mental health issues, especially depression. The course covers the basic concepts, practices and the translation of knowledge into clinical practice.

Course Objectives

On course completion, the participants should be competent enough to diagnose and manage the cases of depression and refer them appropriately to a higher centre for treatment wherever is desired and necessary.

The proposed outcome of the course are as below:

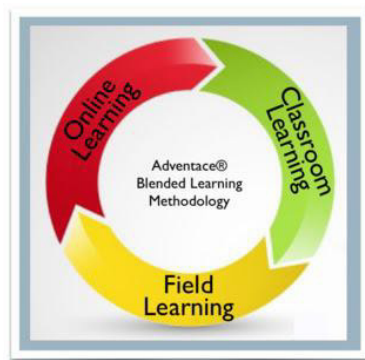
1. Identify, screen for Depression, depressive disorders, suicidal behaviour and factors influencing it.
2. Decide “best practices” like pharmacological treatment and handle brief psychosocial interventions for Depression and related disorders.
3. Make decisions about what can be managed by them and what needs to be referred to higher centre.

Duration of course

This is a blended learning digital certificate course of ONE-month duration. Course will consist of 10 hours of Self- paced learning modules and 03 hours of interactive zoom video conferencing discussions.

Teaching Methodology

This will be a blended learning method: Self-paced e-learning (Anytime) + Face to face interactive zoom video conferencing conducted by IPS Digital Learning hubs (Real Time).



Duration	Self-paced e- Learning (video, .ppt, reading) (Google Classroom ¹)	Interactive Video conferencing mobile app at Zoom platform (Zoom Cloud Conference ²)	Total Assignments
Time in Hours (approximate)	10 hrs. (04 modules)	03 hrs. (02 sessions)	Five

LIVE ZOOM Cloud conferencing: Saturdays (weekend at the end of first and third week) Self-Paced E-learning with Self-Assessment in Google Classroom: Weekdays

¹"Google Classroom." <https://classroom.google.com/>. Accessed 04 Aug. 2019

²"Zoom: Video Conferencing, Web ." <https://zoom.us/>. Accessed 04 Aug. 2019

Self-paced E-learning (Google Classroom app or IPS webpage)

Each participant will have access to a Open Source Learning Management Solution (Google classroom app). The relevant contents will be delivered through this app. These will be in the form of selected textbook, articles, videos, PowerPoints etc. They can interact with the trainers/coordinators also.

LIVE Interactive Zoom Sessions

This will happen by using multipoint video conferencing platform every fortnight for one and half hour. This can be accessible through any smartphone, tablet, desktop or laptop. The physicians/specialists can join from their workplace twice a month during a fixed time. The focus would be:

1. Clarification of doubts (Self-Paced learning) and discussion of Self-Assessment Questions.
2. Brief Didactic lecture by faculty on specific areas.
3. Zoom cloud video conferencing software will be used. Link will be provided for free download from the web.

What are the Eligibility Criteria?

MBBS graduates registered with Medical Council of India (MCI) and/or any of the state medical councils.

Is it recognized?

Yes. Indian Psychiatric Society and Indian Medical Association, representative professional bodies for doctors and mental health professionals in India have approved this course. The course has been accredited under AKN Sinha Institute, Patna who would be providing e-certificates to the selected participants. The list of successful candidates will be displayed in the website of Indian Psychiatric Society and Indian Medical Association.

What are the criteria for successful completion of the course? (ONE month)

Criteria for Completion

The following criteria are to be fulfilled to be eligible for the award of Certificate (in a cycle of one month):

1. More than 80% marks in all FOUR Assignments (based on each module) through Google Classroom (as measured by the learning software).
2. 100% participation in the fortnight multi-point video based LIVE interactive session (zoom) _____(as measured by the software and your video presence)
3. Atleast ONE case Submission (in the prescribed proforma) which will be reviewed by an expert (more than 80% marks for case submission),
4. To submit report of the patients evaluated for depression in a prescribed proforma.
5. Post assessment on knowledge and self-efficacy at the end of one month with 80% marks.

Assignments will be problem based, clinically relevant case scenarios, multiple answer questions, short notes, long essays, etc. Assignments would also be presented in the form of google forms posted in Classroom App.

Course Fee and Number of Attempts

- There is Rs 1500/- (Rupees one thousand five hundred only) course fee per doctor and at the same time sticking to commitment of Completion Criteria is a MUST.
- Each assignment has ONE attempt to clear (>80%) in a course cycle of three months.
- Each Assignment has to be completed in three days after being assigned, without this completion you CANNOT access Next Module.

COURSE COMPLETERS WILL BE GIVEN CERTIFICATE IN “COMBAT DEPRESSION” ACCREDITED BY IMA AKN SINHA INSTITUTE, PATNA

There will be NO PARTICIPATION CERTIFICATE

Why should I Join?

- **It's Digital** - Imagine the amount of time and energy you would be saving by taking the course at your convenience of either at home or workplace. Plus, you wouldn't even have to commute long hours. So that's a win-win.
- **It's Self- Paced** - Even when you have tons of work to do at home or at work, you can still take up this course and learn from it at YOUR OWN SCHEDULE. There are absolutely no restrictions on when you take it (as long as you do) and from where. It works for your schedule, not the other way around!
- **It's considerably Hassle-Free** - Since it's all based on Open Source Cloud Oriented Software as a service, we hope there will be not much room for any discrepancies, and it is considerably easy to use. Also, since we work with technology, your data is not going to get lost amidst a ton of papers. In fact, you don't even need to do any paperwork here.
- **You have the Best Practices right at your fingertips** - Are you accessing via your smartphone? Laptop/Desktop/Any other device? Great! You're just a click/swipe away from all the information you need from the Subject-Matter Experts. All you need is the interest to learn more.
- **Interactive**-Over the above, in every fortnight, LIVE interactive session, if you have a query/suggestion? Just shoot it to us and one of us will reply to you within minutes if not hours in WhatsApp group. To us, effective learning is most important, and we will go to lengths to achieve that. Adding to this, we are going to have a live-chat option on our upcoming website where you can get your queries answered almost immediately.
- **It's having fun with learning** - You can connect and open discussions with an ever-growing forum of medical officers' pan India and/or outside of the country and build a strong Community of Practice.

Source books

1. Manual for Medical Officers: Assessment and management of Mental health in general practice. MOHFW Government of India.
2. World Health Organization. (2010). mhGAP intervention guide for mental, neurological and substance use disorders in non-specialized health settings: mental health Gap Action Programme (mhGAP). Geneva: World Health Organization.
3. Ahuja Short textbook of Psychiatry.

CURRICULUM*

(Based on various guidelines in Mental Health Gap Action Programme (mhGAP) of WHO, Clinical Schedule Primary care Psychiatry prepared by NIMHANS and courses run by NIMHANS Digital Academy and CIP Digital Academy)

Modules	Topics Self-paced e-learning Classroom via Google Classroom App Delivery of the content: Weekdays	Interactive mobile app video conference Zoom Cloud Conferencing 01 st and 3 rd weekend of the commencement of the batch
Focus	Knowledge dissemination	Brief Didactic and Question and Answer
Module 1: 5 hrs.	<p>Depression: An Introduction & Clinical Features</p> <ol style="list-style-type: none"> 1. Sadness Vs Depression 2. Problem Statement 3. Signs and symptoms, and screening for depression 4. History taking 5. Mental status examination <p>Assignment 1</p>	<ul style="list-style-type: none"> ● Feedback on Content & Assessment ● Depression in Physical Illness: An Overview ● Q&A
Module 2: 5 hrs.	<p>Diagnosis of Depression</p> <ol style="list-style-type: none"> 1. Assessment 2. Screening 3. Diagnosis <p>Assignment 2</p>	
Module 3: 5 hrs.	<p>Management of Depression</p> <ol style="list-style-type: none"> 1. Antidepressant Medications: Initiation and Maintenance 2. Non-pharmacological Treatment: Education, Stress Reduction, Common Therapies 3. Course and Outcome of Treatment <p>Assignment 3</p>	<ul style="list-style-type: none"> ● Choosing appropriate Antidepressant ● Suicide and Self harm ● Q&A
Module 4: 5 hrs.	<p>Suicide, Self-Harm and Depression in Physical Illness</p> <ol style="list-style-type: none"> 1. Identification and Management 2. Prevention and Promotion of Mental Health <p>Assignment 4</p>	
Assignment 5: FINAL Assignment		
*minor changes anticipated		