

# **Proposal for Post-Doctoral Fellowship Course in child and Adolescent Psychiatry**

**Department of Psychiatry**

**King Georg's Medical University, Lucknow**

## **PREAMBLE:**

Children and adolescents constitute about 40% of population of our country. About 12.5% children suffer from psychiatric disorders. Besides them there are other children also who do not fulfill the criteria for disorder but have symptoms of poor mental health and require help. Children suffer from developmental disorders like Attention Deficit Hyperactivity Disorder, Mental retardation, learning disorders. Most of the adult disorders like anxiety disorders, schizophrenia, and bipolar disorder also have onset in adolescence in significant number of people. Problems of substance abuse and suicide are increasing in youth.

Developing countries have certain risk factors, which lead to more problems in children like socioeconomic deprivation, which lead to reduced access to education, child labor. Neurobiological conditions like perinatal insult to brain, brain infections, nutritional deficiencies, chronic poor physical health and disruption in family functioning, leads to impairment in cognitive and language development.

Physical and mental health of children is directly related to future human resource of our country. To provide support and help to this large population there is almost complete absence of child and adolescent mental health professionals and services in most parts of the country. People seek help from available resources like general practitioner, pediatricians, and general psychiatrists who are not trained to deal with these problems. To address this problem, it requires capacity building by specialized training in child and adolescent mental health.

Presently child and adolescent psychiatry unit is functioning in the department of psychiatry. This subspecialty which was first created in 1959 as Child Guidance Clinic has now developed into a fully-fledged 20 bedded Child and Adolescent Unit in a new building with one Professor, 1 Associate Professor, 1 Assistant Professor, and 1 Child psychologist cum Associate Professor along with other paramedical staff.

We have trained and dedicated faculty for child psychiatry. Faculty members have been doing research in various areas of child psychiatry. More than 30 MD theses have been conducted in child and adolescent psychiatry and most of which have been published in various national and international journals. Faculty took part in various national and international conferences and made presentations. National conferences and CMEs of child psychiatry had been organized by the department. The faculty members have been and continue to hold important positions in the Indian association for child and adolescent mental health. Various international experts in child psychiatry have visited the department from time to time. They stayed and worked here for some time. Our faculty also got trained in research methodologies in child and adolescent in International Training Seminar in Child and Adolescent Psychiatry.

The unit is running child and adolescent OPDs on Mondays, Wednesdays, Thursdays and Fridays. Every year approximately 6000 new patients get registered and approximately 12000 patients get consultation in the child and adolescent psychiatry OPD. The building of child and adolescent psychiatry unit also has conference halls and demonstration rooms for academic activities, general/private wards and child occupational therapy.

It is therefore proposed to start a post-doctoral fellowship program in child and adolescent psychiatry. Offering of such a specialty course will be of great importance to PG trainees, the department, the institution and to the community at large.

**NAME OF THE PROGRAM: Post Doctoral Fellowship in Child and Adolescent Psychiatry**

**COURSE DURATION:** 12 months, Fellowship will usually commence from 1<sup>st</sup> Aug or 16<sup>th</sup> Jan every year

**MAXIMUM NUMBER OF CANDIDATE TO BE ADMITTED/YEAR: 02**

**AGE:** No age limit

**Reservation policy:** As in other superspeciality (DM/MCh) programs

**ELIGIBILITY:** MD Psychiatry or DNB in Psychiatry from MCI recognized institution. Psychiatry faculty and senior residents can also apply for the fellowship.

**SELECTION METHODOLOGY:** Seats will be advertised via university website. Applicants for the fellowship will be submitted on prescribed format provide curriculum vitae, and will have to submit an essay in not more than 1000 words stating the training they wish to obtain, why they wish to get the training and how the training will benefit their career/mother institution/subject. Their application will be screened by departmental committee. The candidate will then

be required to appear for entrance examination as mentioned in the uniform guidelines for fellowship courses of the university. (Guidelines attached)

1. There shall be an entrance examination.
2. The examinations will be conducted by the Controller of examinations.
3. For Entrance Examination, the non-refundable application fees Rupees 2,000 for General and OBC candidates and Rupees 1200 for SC/ST candidates and will be updated by the University from time to time.
4. The Entrance Examination will be of multiple choice type with one paper of 100 questions (1 mark each) in 90 minutes. The questions will be prepared from any External Source as per University Policy. Candidates will be selected in respective certificate courses as per merit list of theory exam. No interviews will be conducted.
5. At the end of examination, the result will be declared by the Controller of Examinations and copy of the same will be provided to the Dean of the respective faculty.

**COURSE FEES:** Rs. 81,100+ 10000(Caution money) + one time application fee (2000 for general candidate, 1200 for SC/OBC)

**SALARY:** Not admissible

**ACCOMODATION:** hostel accommodation will not be admissible.

**LEAVE:** Same rules as for senior residents

**WORK AND RESPONSIBILITIES:** the candidate will work as full time post PG trainee in child and adolescent psychiatry.

**SYLLABUS:**

**A. Theory:**

The student will be given adequate exposure and training in following areas of child and adolescent psychiatry. The course has been divided in to 12 modules each module will be tested every month by MCQs.

1. Child Psychiatry: Introduction and Overview, Normal Child Development, Normal Adolescence.  
  
Psychiatric Examination of the Infant, Child, and Adolescent; history taking, mental status examination, neurological examination, psychological testing
2. Intellectual Disability
3. Autism Spectrum Disorder
4. Learning Disorders
5. Reading Disorder, Mathematics Disorder, Disorder of Written Expression and Learning Disorder Not Otherwise Specified
6. Motor Skills Disorder, Developmental Coordination Disorder , Communication Disorders, Expressive Language Disorder, Mixed Receptive-Expressive Disorder , Phonological Disorder , Stuttering , Communication Disorder Not Otherwise Specified
7. Attention-Deficit Disorders/Attention-Deficit/Hyperactivity Disorder, Adult Manifestations of Attention Deficit/Hyperactivity Disorder
8. Disruptive Behavior Disorders
9. Feeding and Eating Disorders of Infancy and Early Childhood
10. Tic Disorders
11. Elimination Disorders
12. Other Disorders of Infancy, Childhood, and Adolescence: Reactive Attachment Disorder of Infancy and Early Childhood, Stereotypic Movement Disorder of Infancy, Disorders of Infancy and Early Childhood Not Otherwise Specified
13. Mood Disorders in Children and Adolescents; Depressive Disorders and Suicide in Children and Adolescents, Early-Onset Bipolar Disorders
14. Youth suicide

15. Anxiety Disorders in Children; Obsessive-Compulsive Disorder in Children, Posttraumatic Stress Disorder in Children and Adolescents, Separation Anxiety Disorder and Other Anxiety Disorders, Selective Mutism
16. Early-Onset Schizophrenia
17. Psychiatric aspects of physical disorders
18. Emergencies in child and adolescent psychiatry
19. Research methodology in child and adolescent mental health
20. Child Psychiatry Psychiatric Treatment; Pediatric Psychopharmacology, other somatic treatments like ECT, Residential and Inpatient Treatment , Psychological treatments, behavioural treatments, family therapy etc.
21. Child Psychiatry Special Areas of Interest: Psychiatric Aspects of Day Care, Adoption and Foster Care, Child Maltreatment, Children's Reaction to Illness and Hospitalization, Psychiatric Sequelae of HIV and AIDS, Child or Adolescent Antisocial Behavior, Dissociative Disorders in Children and Adolescents, Identity Problem and Borderline Disorders in Children and Adolescents, Adolescent Substance Abuse, Forensic Child and Adolescent Psychiatry Ethical Issues in Child and Adolescent Psychiatry, School Consultation , Prevention of Psychiatric Disorders in Children and Adolescents Neuroimaging in Child and Adolescent Psychiatry , Child Mental Health Services Research ,

## **22. B. PRACTICAL SKILLS:**

Diagnostic Work up; detailed history and MSE to diagnose to patient along with management plan.

Assessment of normal development of the child identifying developmental difficulties

Psychological Testing/ psycho-diagnostic assessment including I.Q Test, Memory Test, Personality Test, tests for cognition and learning abilities

Detailed neurological assessment, Findings of CT, MRI, E.E.G.

**TEACHING/ACADEMIC ACTIVITIES AND CLINICAL POSTING:**

A core curriculum of clinical posting and academic program will be developed. A Series of lectures, case discussions, seminars, tutorials and journal clubs will be organized. This process will be done in liaison with the department of Psychiatry, neurology as well as pediatrics at KGMU Lucknow.

**OBJECTIVES:** At the end of the course in child and adolescent Psychiatry, the student should be able to:

1. Recognize the key importance of child and adolescent mental health in the context of the health priority of the country;
2. Practice the specialty of child Psychiatry in keeping with the principles of Professional ethics;
3. Take detailed history, perform full mental status examination including detailed neurological examination of the patient and make clinical diagnosis;
4. Evaluate the development of the child and able to identify developmental difficulties and to plan for its management
5. Perform relevant investigative and therapeutic procedures required for the child and adolescent psychiatric patient;
6. Interpret important psycho-diagnostic tests, imaging and laboratory results;
7. Diagnose illness of patients based on the analysis of history, physical examination, psycho-diagnostic and investigative work up;
8. Plan and deliver comprehensive treatment for illness in child and adolescent psychiatric patient using principles of rational drug therapy/ psychotherapy
9. Plan rehabilitation of child and adolescent psychiatric patient suffering from chronic illness
10. Manage child and adolescent psychiatric emergencies efficiently;
11. Demonstrate communication skills of a high order in explaining management and prognosis, providing counseling and giving health education messages to patients, families and communities;




**Exit Examination:** There will be an exit examination which will include theory and practical examination as per the university guidelines (Guidelines attached)

1. There shall be an Exit Examination.
2. The Examinations will be conducted by the Controller of Examinations.
3. For Exit Examination the Fee will be Rupees 20,000 and will be updated by the University from time to time.
4. For appearing in Exit examination, the candidate should have an attendance of at least 80% to be certified by the Course Coordinator and Head of Department. The Course Coordinator and HOD also have to certify that the candidate has learnt the skills for which the candidate had enrolled.
5. Theory exam will be of total 200 marks. There shall be two theory papers. Part-I theory will consist of 100 Multiple Choice questions (1 mark each) to be completed in 90 minutes and Part-II theory with short answer type questions with 10 questions (10 marks each) in 90 minutes. Both will be completed on the same day.
6. For practical examination there shall be two Examiners, one internal and one external examiner. Practical examination will be of 200 marks.
7. To pass the Exit examination, candidate has to secure minimum 50% marks in aggregate and also separately in Theory exam Part-I MCQ, Theory exam Part-II short answer type question and in practical examination.
8. At the end of the examination, the result will be declared by the Controller of Examinations and copy of the same will be provided to the Dean of respective faculty.
9. If the candidate fails in the exam, then he/she shall be allowed to appear in the next two regular exams maximally and examination fee again will be deposited each time by the candidate.

**CERTIFICATION:** After successful completion of the course the candidate will be awarded a certificate from the KGMU of having completed "Post Doctoral Fellowship in Child and

Adolescent Psychiatry". A comment on the candidate's performance will be mentioned in the certificate.

  
Professor and Head  
Department of Psychiatry  
King George's Medical University  
LUCKNOW

71