

FELLOWSHIP EXAMINATION (FCPS), PART-II

Paper I: General Adult Psychiatry, Liaison Psychiatry,
Neurology

a) General Adult Psychiatry:

- i) Introduction to Psychiatry: concepts of mental illness, criteria of abnormality. Disease, illness and sickness. Different models of defining mental disorders. History of Psychiatry.
- ii) Phenomenology and Psychopathology: signs and symptoms of psychiatric disorders. Concept of psychopathology and its approaches. defence mechanism.
- iii) Psychiatric assessment: psychiatric interview, interviewing techniques. Multidisciplinary approaches of assessment. Record keeping.
- iv) Classification in psychiatry: history of classification and its needs. Types of classifications- categorical and dimensional. Diagnostic grouping, knowledge of ICD and DSM classifications and diagnostic systems. Cross cultural variation.
- v) Psychiatric epidemiology: cross cultural differences and time trends.
- vi) Aetiology of psychiatric disorders: approaches to aetiology and its development, different models and theories. Contribution of biological, psychological and psychodynamic factors to psychiatric aetiology. Importance of multifactorial aetiology.
- vii) Treatment approaches: general approaches of psychiatric treatment including application of multidisciplinary team approaches. Role of psychiatrists in treatment, condition of the various treatment processes involved.
- viii) Preventive psychiatry: types of preventive activity - improvement quality of life, activities to differential levels. Preventive approaches to high-risk group. Mental health education.
- ix) Psychiatric services: different models of service. Liaison approach. General hospital services- inpatient, outpatient

and day hospital. Primary care psychiatry and referrals. Mental hospital and its present state. Community psychiatric services. Specialized services such as educational, social and economic rehabilitation. Therapeutic communities and support groups.

- x) Psychiatric morbidity and its effects on family, society and economy.
- xi) Aetiology, presentation, clinical course, outcome and prognosis of psychiatric disorders with the special emphasis of the following.

Schizophrenia: development of ideas about schizophrenia, epidemiology, aetiology, classification, diagnostic criterias, course and prognosis, treatments.

Other psychotic disorders: overview, schizotypal disorders, delusional disorders, acute and transient psychotic disorders, schizoaffective disorders. Psychotic disorder due to general medical conditions. Atypical psychotic disorders, culture-bound psychotic disorders.

Mood disorders: depressive disorders - epidemiology, aetiology, classification with different perspectives, clinical presentation and diagnostic criterias, course and prognosis, assessment and management.

Bipolar disorders: epidemiology, aetiology, types, clinical presentation and diagnostic criterion of different episodes, course and prognosis, treatments.

Other mood disorders.

Anxiety disorders : overview, normal and pathological anxiety including their aetiology, classification. Specific anxiety disorders including phobic anxiety disorders, OCD, panic disorder, generalized anxiety disorder, anxiety disorder due to general medical conditions, substance induced anxiety disorder, mixed anxiety and depressive disorder.

Stress related disorders : overview, reaction to stress. Acute stress disorder, post-traumatic stress disorder, adjustment disorder, their aetiology, clinical features and diagnosis, course and prognosis and management. Other reaction to stress.

9/8
Somatoform disorders : epidemiology, aetiology and types.
Detailed knowledge on somatization disorder, undifferentiated somatoform disorder, hypochondriacal disorder, dissociative (conversion) disorders, body dysmorphic disorder. Other somatoform disorders.

Factitious disorders: overview, epidemiology, clinical features and diagnosis, treatment.

Other neurotic disorders: neurasthenia, depersonalization - derealization disorder. Other specific neurotic disorders. Chronic fatigue syndrome.

Cardinal psychological features of cerebral disorders : Acute and chronic organic reactions, focal cerebral disorders.

Specific disorders: head injury, cerebral tumours, epilepsy, intracranial infections, cerebrovascular disorders, dementias and pseudodementias, delirium and cognitive disorders, vitamin deficiencies, toxic disorders, movement disorders and other disorders affecting the nervous systems.

Culture bound syndromes.

Sexual and gender identity disorders: normal sexuality, psychosexuality, sexual and gender identity and sexual behaviour. Sexual dysfunctions including sexual desire disorder, sexual arousal disorder, orgasmic disorder with special emphasis on premature ejaculation, sexual pain disorder - vaginismus, dysperunia. Substance induced sexual dysfunction, culture bound sexual disorder - Dhat syndrome. Paraphilias. Gender identity disorders - epidemiology, aetiology, description, course and prognosis of transsexualism.

Sleep disorders: normal sleep patterns, regulation, function and sleep-wake rhythm. Classification of sleep disorders, dyssomnias, insomnias and hypersomnias. Parasomnias - nightmare disorders, sleep terror disorder, sleep waking disorder. Sleep disorder related to another mental disorder. Other sleep disorders including sleep disorders due to general medical conditions, and substance induced sleep disorders.

Impulse control disorders : overview. Impulse control disorders not elsewhere classified - intermittent explosive

disorders, pathological gambling, kleptomania, pyromania, trichotillomania and others.

Eating disorders: epidemiology, aetiology presentation, diagnosis, course, prognosis and treatment of anorexia nervosa, bulimia nervosa and obesity.

Personality disorders: development of abnormal personality. Epidemiology, aetiology, presentation, diagnostic criteria, course, prognosis and treatment of different types of personality disorders with special emphasis on antisocial personality disorder.

- xii) Other conditions related to psychiatry and psychiatric disorders: relationship problems, abuse of adult, bereavement, malingering, phase of life problem, age-related cognitive decline, academic and occupational problem, nonadherence to treatment for mental disorder.
- xiii) Psychiatric emergencies: epidemiology of suicide, deliberate self-harm and its treatment. Organic and functional psychiatric emergencies and their management. Violence and assaultative behavior, their causes and treatment. Emergency psychiatric interview.

xiv) Biological therapies:

Drugs:

Psychopharmacology (reference Part-I).

Clinical psychopharmacology and therapeutics: basic guidelines of presenting psychotropics including typical and atypical antipsychotics, antidepressants, mood stabilizing agents, sedative-hypnotics for specific psychiatric disorders. Monitoring, management of adverse effects, drug interactions.

Prescribing psychotropic in general medical conditions: specially in stroke, epilepsy, Parkinson's disease, cardiovascular diseases, hepatic and renal impairment.

Electroconvulsive therapy (ECT): mechanism of action, indications, contraindications, clinical guidelines, technique of administrations, adverse effects.

Other biological therapies: light therapy, psychosurgery, chronotherapy, placebo and others.

xv) **Psychological therapies:**

General considerations: development and perspectives of psychotherapies and classifications. Indications for the use of counselling and psychotherapy.

Specific psychotherapy for the management of psychiatric disorders (details have been given in Paper - II: Psychotherapy section).

xvi) **Social therapies:**

General considerations: Development of social treatment and community care, major theoretical influences, principles of community care, different methods of social treatments including therapeutic communities and milieu therapy.

Community psychiatric care: primary care, acute specialized care, long-term care.

Rehabilitation: provision for rehabilitation for psychiatric disorders with special emphasis on schizophrenia, mental retardation, substance use related disorders.

Social work : values of social work. Interventions - casework and counselling, working with the family and volunteers, group work. Social work contribution to the multidisciplinary team; collaboration with other agencies; effective collaboration.

Evaluation of social treatment and its future.

b) Liaison Psychiatry:

- i) Basic understanding of ward dynamics including doctor-patient-nurse-care givers relationship.
- ii) Referrals : dynamics, relationship with referrers.
- iii) Communications skills.
- iv) Psychiatric assessment of patients with physical illnesses.
- v) Clinical and theoretical aspects of acute and chronic pain and its management.
- vi) Assessment and management of patients who have harmed or threatened to harm themselves.

- vii) Medical treatment, its complications and their management with special emphasis on drug interaction.
- viii) Theoretical and clinical aspects of psychiatric presentations in physical diseases.
- ix) Recognition and management of medical conditions associated with HIV infection and other STDs including their psychiatric manifestations.
- x) Course and management of liver, renal and cardiac disease, diabetes, respiratory disorders, cancer relevant to psychiatry.
- xi) Endocrinology as relevant to psychiatry.
- xii) General medicine and geriatric medicine as relevant to psychiatry.
- xiii) Paediatric medicine relevant to psychiatry.
- xiv) Chronic physical diseases : psychiatric sequelae and their management.
- xv) Terminal illness; management of dying patients and their families.

c) Neurology:

- i) Clinical knowledge of neurology: physical examination of nervous system, diagnosis, investigation and treatment of common conditions.
- ii) Disorders affecting cranial nerves, spinal cord, peripheral nerves and demyelinating diseases.
- iii) Infection of the nervous system: bacterial, viral including slow viral diseases.
- iv) Psychiatric consequences and associations of brain diseases, damage and dysfunctions.
- v) Brain degeneration process including degenerative disorders and its psychiatric consequences including organic psychiatric conditions.
- vi) Psychiatric aspects of head injury and stroke and psychiatric conditions associated with them and the rehabilitation strategies.

- vii) Seizure disorders, epilepsy, their management and psychiatric conditions associated with them and the rehabilitative strategies.
- viii) Neurological disorders presenting as psychiatric problems.
- ix) Specific conditions like headache, migraine, facial pain, neuralgias.
- x) Neuro-imaging techniques: structural and functional imaging including X-ray, CT, MRI, EEG, SPECT, PET, MRS. Fusion imaging.

and

PAPER -II: SPECIALITIES IN PSYCHIATRY

a) Child and Adolescent Psychiatry:

- i) Classification and epidemiology of child and adolescent psychiatric disorders.
- ii) Interviewing: with children and adolescents, with parents and family.
- iii) Assessments: physical examination, medical investigations, psychological tests, multiaxial diagnosis.
- iv) Aetiology of child psychiatric disorders: genetic influences, chromosomal abnormalities, brain disorders, individual and family factors, social and environmental influences.
- v) Prevalence, aetiology, presentation, treatments and outcome of clinical syndromes and conditions in child and adolescent psychiatry including pervasive developmental disorders, specific developmental disorders, mental retardation, hyperkinetic disorder, oppositional defiant and conduct disorders, emotional disorders specific to childhood, feeding and sleeping disorders, attachment disorders in infancy and childhood. Enuresis and encopresis, tic disorders, school refusal, selective autism, preschool problems. Family conflict problems, psychosomatic disorders, school and peer factors. Stress related disorders. Disorders of adolescence, suicide and deliberate self harm, anorexia and bulimia nervosa, substance use disorders, schizophrenia and allied disorders, obsessive compulsive disorder.
- vi) Continuities of childhood psychiatric disorders into adult life.
- vii) Approaches to treatment: basic range of treatment methods - description, indications and contraindications for different treatment interventions, outcomes. Indications for inpatient and day patient care.
- viii) Child psychiatric services: general description. Basic information on different agencies involved in the care of children and their functions. Residential homes brostal and penal institutions.
- ix) Legal aspects of child care: child protection, child abuse. Rights of the children adolescents. Role of the psychiatrist.

b) Geriatric Psychiatry:

- i) Old age: neurobiology of aging. Psychology of aging - psychodynamics, cognition and age, importance of loss.
- ii) Socio-economic factors in old age : attitudes status of the elderly, retirement, income, accommodation, socio-cultural differences.
- iii) Psychopharmacology of old age.
- iv) Psychological aspects of physical diseases: particular emphasis on possible psychiatric sequelae of cerebrovascular diseases, renal disease, Parkinson's disease, sensory impairments. Emotional reaction to illness and to chronic ill health.
- v) Mental disorders of old age: special emphasis on dementia disorders, delirium, depressive disorders, schizophrenia, delusional disorders, substance use disorders, sleep disorders, anxiety disorders, bereavement and adjustment disorders.
- vi) Deliberate self-harm and suicide in old age.
- vii) Psychiatric aspects of personality in old age.
- viii) Assessment of a referral in old age. Use of home visits.
- ix) Service provision: principles of service, multidisciplinary work, social services and voluntary agencies. Institutional care of the old, community care, terminal care of the elderly. Hospice concept.
- x) Medicolegal issues in geriatric psychiatry: elder abuse. Management of property. Testamentary capacity, driving.

c) Substance Dependence:

- i) Overview: terminology - substance abuse, dependence, withdrawal, intoxication. Classification of disorders associated with the use and abuse of alcohol and other psychoactive substances.
- ii) Epidemiology and basic pharmacology : alcohol, cannabis, the stimulants (amphetamine, cocaine, caffeine, pemoline etc.)

- hallucinogens, inhalants, nicotine, solvents and nitrites, opiates, phencyclidine, sedatives, hypnotics and other anxiolytics (benzodiazepine and barbiturates).
- iii) Classification, aetiology, presentation and diagnostic criteria, comorbidity, assessment and treatment of substance use related disorders. Personality aspects of drug additions.
- iv) The interaction of substance and alcohol use with psychiatric disorders. Substance induced psychiatric disorders.
- v) Strategies for prevention of substance abuse. Role of different agencies. Drug control act and regulations.
- vi) Assessment and management of nonsubstance additive and related syndromes.
- vii) Arguments for and against the various types of prescribing and treatment modalities.
- viii) Substance misuse related medical, psychiatric and social complications and their impact on public health.
- ix) Social reintegration and rehabilitation.

d) Community Psychiatry:

- i) Concept of community psychiatry: evolution, historical trend, custodial care, mental hygiene movement, deinstitutionalization, and disease prevention in psychiatry.
- ii) Prevention in psychiatry: public health model - primary secondary and tertiary prevention.
- iii) Community mental health care services: please refer to General Adult Psychiatry section (ix. Psychiatric services)
Community mental health centres: philosophy, objectives, care facilities, consultation, care of chronically ill, and participatory community care.
- iv) Manpower development: development of clinical and para-clinical staff, training, utilization of existing manpower, and peer review of efficiency.
- v) Economics of psychiatry: cost shifting, cost analysis, sources of financing, prospective payment, insurance, unfavourable provisions for psychiatric patients.

e) Forensic Psychiatry:

- i) Relationship between crime and psychiatric disorders: knowledge of the range of offences committed by mentally disordered offenders. Specific crime and their psychiatric relevance particularly homicide, other crimes of violence, sex offenses, arson, shoplifting and criminal damage. The relationship between specific illness and crime.
- ii) Mental disorders and offending in special groups: young offenders, females, substance misuse and crime offenders with brain damage, epilepsy, deafness and other physical disabilities. Special syndromes, morbid jealousy erotomania, factitious disorders.
- iii) Psychiatry and the criminal justice system: an outline of the procedure of arrest, prosecution and sentencing. Role of Police in arrest of mentally disordered offenders, the assessment of defendants at police stations, false confessions.
- iv) Psychiatric defences: fitness to plead, autism and deafness, criminal responsibility, diminished responsibility, infanticide, amnesia and automatism. Psychiatric disposals after conviction.
- v) Psychiatry and the courts: witness of fact, expert witness, writing reports, giving evidence, principles of assuring a defendant for the court and preparing psychiatric court report in a criminal case.
- vi) Facilities and treatment: elements of forensic psychiatric services, their relationship to each other. The use of security in the treatment of psychiatric patients and the arguments for and against seclusion. The long term management of patients on restriction orders. Care in the community for previous violent patients.
- vii) Offending behaviour and its management.
- viii) Dangerousness: concept, definitions and situations where assessment is required. Problems of predictions.
- ix) Psychiatry in prisons: prevalence of psychiatric disorders in prison populations, suicide in prisoners, psychiatric treatment in prison settings.

- x) Victims: the psychological sequelae of victimization, especially anxiety states, anger and aggressive behaviour. Compensation and other medico-legal issues.
- xi) Civil matters: Psychiatric disorders and civil rights including marriage, divorce, custody of children and management of property and affairs.
- xii) Ethics in psychiatry: ethical principles, professional codes, patient - therapist sexual relationship, informed consent, involuntary treatment, privilege and confidentiality, hospitalization, right to treatment, impaired physicians, physicians in training, claim for psychiatric damage. Abortion.
- xiii) Mental Health Act.

f) Psychotherapy:

- i) Development of psychotherapy. common factors in psychotherapy.
- ii) Psychoanalytic psychotherapy: development of psychoanalytic concepts of Freud, the Neo-Freudians, Anna Freud, Klein and Winnicott. An understanding of classical psychoanalysis and its components. Psychodynamic psychotherapy. Indications of expressive, brief, long term and supportive psychotherapy.
- iii) Behaviour therapy: development of behaviour therapy, classical and operant conditioning. Social learning therapy. Understanding of systematic desensitization, graded and cue exposure, flooding, extinction, social skills training. Token economies and other techniques. How to select and conduct a functional analysis of behaviour, formulate a treatment plan and use measurements to assess changes.
- iv) Cognitive therapy: development of cognitive therapy and principles of cognitive treatment. Cognitive model for depression and other non-psychotic disorders. The importance of schemas, negative automatic thoughts and maladaptive assumption. Strategies and techniques of cognitive therapy.

- v) Family therapy: development of family therapy. Understanding of family system, subsystem, family rules, homeostasis, family life cycle framework, genogram. Difference models of family therapy : dynamic, structural strategic, systemic, psychoeducational and behavioural. Goals of treatment.
- vi) Marital (couples) therapy: types, indications, contra-indication, goals, and processes of marital therapy.
- vii) Group therapy: therapeutic factors in groups. Types of groups and group therapy. Understanding mechanisms, techniques of therapy in small and large groups. Inpatients group therapy, Therapy groups including self-help groups.
- viii) Special considerations: interpersonal psychotherapy (IPT), counselling. Crisis intervention, meditation, hypnosis, abreaction, psychodrama, biofeedback, computer based psychotherapeutic programme, combined psychotherapy and pharmacotherapy.
- ix) Evaluation of psychotherapy: efficacy, difficulties in defining outcome, understanding of effect, size and metaanalysis, specific and nonspecific effects of psychotherapy.
- x) Psychotherapy: science, humanistics, philosophy, religion and spirituality - common elements and differences.