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	Index of Competencies
1.	Doctor—Patient Relationship
	PS1.1 Establish rapport and empathy with patients
	PS1.2 Describe the components of communication
	PS1.3 Demonstrate breaking of bad news in a simulated environment
	• PS1.4 Describe and demonstrate the importance of confidentiality in patient encounters
2.	Mental Health

- PS2.1 Define stress and describe its components and causes
- **PS2.2** Describe the role of time management, study skills, balanced diet, and sleep-wake habits in stress avoidance
- PS2.3 Define and describe the principles and components of learning, memory, and emotions
- PS2.4 Describe the principles of personality development and motivation
- PS2.5 Define and distinguish normality and abnormality

3. Introduction to Psychiatry

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- PS3.1 Describe the growth of psychiatry as a medical specialty, its history, and its
 contribution to society
- PS3.12 Describe, discuss and distinguish psychotic and non-psychotic (mood, anxiety, stress-related) disorders
- PS3.2 Enumerate, describe and discuss important signs and symptoms of common mental disorders
- PS3.3 Elicit, present, and document history in patients presenting with a mental disorder
- **PS3.4** Describe the importance of establishing rapport with patients
- PS3.5 Perform, demonstrate and document a mental status examination
- P\$3.6 Describe and discuss biological, psychological and social factors and their interactions in the causation of mental disorders

4. Organic Psychiatric Disorders

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- P\$3.7 Enumerate and describe common organic psychiatric disorders and their magnitude, etiology, and clinical features
- PS3.8 Enumerate and describe the essential investigations in patients with organic psychiatric disorders
- **P\$3.9** Describe the steps and demonstrate in a simulated environment the importance of family education in patients with organic psychiatric disorders
- **P\$3.10** Enumerate and describe the pharmacologic basis and side effects of drugs used in organic psychiatric disorders
- **PS3.11** Enumerate the appropriate conditions for specialist referral in patients with organic psychiatric disorders

5. Substance Use Disorders

- **PS4.1** Describe the magnitude and etiology of alcohol and substance use disorders
- P\$4.2 Elicit, describe, and document clinical features of alcohol and substance use disorders
- **P\$4.3** Enumerate and describe the indications and interpret laboratory and other tests used in alcohol and substance abuse disorders

- PS4.4 Describe the treatment of alcohol and substance abuse disorders including behavioral and pharmacologic therapy
- **PS4.5** Demonstrate family education in a patient with alcohol and substance abuse in a simulated environment
- **PS4.6** Enumerate and describe the pharmacologic basis and side effects of drugs used in alcohol and substance abuse disorders
- PS4.7 Enumerate the appropriate conditions for specialist referral in patients with alcohol and substance abuse disorders

6. Psychotic Disorders

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- PS5.1 Classify and describe the magnitude and aetiology of schizophrenia and other psychotic disorders
- **PS5.2** Enumerate, elicit, describe, and document clinical features, positive and negative symptoms of schizophrenia
- **P\$5.3** Describe the treatment of schizophrenia including behavioral and pharmacologic therapy
- PS5.4 Demonstrate family education in a patient with schizophrenia in a simulated environment
- P\$5.5 Enumerate and describe the pharmacologic basis and side effects of drugs used in schizophrenia
- PS5.6 Enumerate the appropriate conditions for specialist referral in patients with psychotic disorders

7. Depression 89

- **PS6.1** Classify and describe the magnitude and etiology of depression
- PS6.2 Enumerate, elicit, describe, and document clinical features in patients with depression
- PS6.3 Enumerate and describe the indications and interpret laboratory and other tests used in depression
- PS6.5 Demonstrate family education in a patient with depression in a simulated environment
- **PS6.6** Enumerate and describe the pharmacologic basis and side effects of drugs used in depression
- PS6.7 Enumerate the appropriate conditions for specialist referral in patients with depression

8. Bipolar Disorders

98

- PS7.1 Classify and describe the magnitude and etiology of bipolar disorders
- **P\$7.2** Enumerate, elicit, describe, and document clinical features in patients with bipolar disorders
- **PS7.3** Enumerate and describe the indications and interpret laboratory and other tests used in bipolar disorder
- P\$7.4 Describe the treatment of bipolar disorders including behavioral and pharmacologic therapy
- PS7.5 Demonstrate family education in a patient with bipolar disorders in a simulated environment
- **P\$7.6** Enumerate and describe the pharmacologic basis and side effects of drugs used in bipolar disorders
- PS7.7 Enumerate the appropriate conditions for specialist referral in patients with bipolar disorders

9. Anxiety Disorders

- PS8.1 Enumerate and describe the magnitude and etiology of anxiety disorders
- PS8.2 Enumerate, elicit, describe, and document clinical features in patients with anxiety disorders
- PS8.3 Enumerate and describe the indications and interpret laboratory and other tests used in anxiety disorders

- PS8.4 Describe the treatment of anxiety disorders including behavioral and pharmacologic therapy
- PS8.5 Demonstrate family education in a patient with anxiety disorders in a simulated environment
- PS8.6 Enumerate and describe the pharmacologic basis and side effects of drugs used in anxiety disorders
- PS8.7 Enumerate the appropriate conditions for specialist referral in anxiety disorders

10. Obsessive-Compulsive Spectrum Disorders

116

11. Stress-related Disorders

130

- PS9.1 Enumerate and describe the magnitude and etiology of stress-related disorders
- P\$9.2 Enumerate, elicit, describe, and document clinical features in patients with stress-related disorders
- PS9.3 Enumerate and describe the indications and interpret laboratory and other tests used in stress-related disorders
- PS9.4 Describe the treatment of stress-related disorders including behavioral and psychosocial therapy
- PS9.5 Demonstrate family education in a patient with stress-related disorders in a simulated environment
- PS9.6 Enumerate and describe the pharmacologic basis and side effects of drugs used in stress-related disorders
- PS9.7 Enumerate the appropriate conditions for specialist referral in stress-related disorders

12. Somatoform Disorders

36

- PS10.1 Enumerate and describe the magnitude and etiology of somatoform, dissociative, and conversion disorders
- PS10.2 Enumerate, elicit, describe, and document clinical features in patients with somatoform, dissociative and conversion disorders
- **PS10.3** Enumerate and describe the indications and interpret laboratory and other tests used in somatoform, dissociative, and conversion disorders
- P\$10.4 Describe the treatment of somatoform disorders including behavioral, psychosocial, and pharmacologic therapy
- P\$10.5 Demonstrate family education in a patient with somatoform, dissociative, and conversion disorders in a simulated environment
- **P\$10.6** Enumerate and describe the pharmacologic basis and side effects of drugs used in somatoform, dissociative and conversion disorders
- PS10.7 Enumerate the appropriate conditions for specialist referral in patients with somatoform dissociative and conversion disorders

13. Personality Disorders

- PS2.4 Describe the principles of personality development and motivation
- P\$11.1 Enumerate and describe the magnitude and etiology of personality disorders
- **P\$11.2** Enumerate, elicit, describe, and document clinical features in patients with personality disorders
- P\$11.3 Enumerate and describe the indications and interpret laboratory and other tests used in personality disorders
- **P\$11.4** Describe the treatment of personality disorders including behavioral, psychosocial, and pharmacologic therapy
- **P\$11.5** Demonstrate family education in a patient with personality disorders in a simulated environment
- **P\$11.6** Enumerate and describe the pharmacologic basis and side effects of drugs used in the treatment of personality disorders
- P\$11.7 Enumerate the appropriate conditions for specialist referral in cases of personality disorders

14. Psychosomatic Disorders

163

- PS12.1 Enumerate and describe the magnitude and etiology of psychosomatic disorders
- **PS12.2** Enumerate, elicit, describe, and document clinical features in patients with psychosomatic disorders
- PS12.3 Enumerate and describe the indications and interpret laboratory and other tests of psychosomatic disorders
- PS12.4 Describe the treatment of psychosomatic disorders including behavioral, psychosocial, and pharmacologic therapy
- PS12.5 Demonstrate family education in a patient with psychosomatic disorders in a simulated environment
- PS12.6 Enumerate and describe the pharmacologic basis and side effects of drugs used in psychosomatic disorders
- PS12.7 Enumerate the appropriate conditions for specialist referral in psychosomatic disorders

15. Psychosexual and Gender Identity Disorders

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- **PS13.1** Enumerate and describe the magnitude and etiology of psychosexual and gender identity disorders
- **PS13.2** Enumerate, elicit, describe, and document clinical features in patients with psychosexual and gender identity disorders
- PS13.3 Enumerate and describe the indications and interpret laboratory and other tests used in psychosexual and gender identity disorders
- PS13.4 Describe the treatment of psychosexual and gender identity disorders including behavioural, psychosocial and pharmacologic therapy
- PS13.5 Demonstrate family education in a patient with psychosexual and gender identity disorders in a simulated environment
- PS13.6 Enumerate and describe the pharmacologic basis and side effects of drugs used in psychosexual and gender identity disorders
- **PS13.7** Enumerate the appropriate conditions for specialist referral in psychosexual and gender identity disorders

16. Psychiatric Disorders in Childhood and Adolescence

180

- PS14.1 Enumerate and describe the magnitude and etiology of psychiatric disorders occurring in childhood and adolescence
- PS14.2 Enumerate, elicit, describe, and document clinical features in patients with psychiatric disorders occurring in childhood and adolescence
- PS14.3 Describe the treatment of psychiatric disorders occurring in childhood and adolescence including behavioral, psychosocial, and pharmacologic therapy
- **PS14.4** Demonstrate family education in a patient with psychiatric disorders occurring in childhood and adolescence in a simulated environment
- **PS14.5** Enumerate and describe the pharmacologic basis and side effects of drugs used in psychiatric disorders occurring in childhood and adolescence
- PS14.6 Enumerate the appropriate conditions for specialist referral in children and adolescents with psychiatric disorders

17. Mental Retardation

- PS15.1 Describe the aetiology and magnitude of mental retardation
- PS15.2 Describe and discuss intelligence quotient and its measurement
- PS15.3 Elicit and document a history and clinical examination and choose appropriate investigations in a patient with mental retardation
- PS15.4 Describe the psychosocial interventions and treatment used in mental retardation

18. Psychiatric Disorders in the Elderly

202

- PS16.1 Enumerate and describe common psychiatric disorders in the elderly including dementia, depression and psychosis
- PS16.2 Describe the etiology and magnitude of psychiatric illness in the elderly
- PS16.3 Describe the therapy of psychiatric illness in the elderly including psychosocial and behavioral therapy
- PS16.4 Demonstrate family education in a patient with psychiatric disorders occurring in the elderly in a simulated environment
- PS16.5 Enumerate the appropriate conditions for specialist referral in psychiatric disorders in the elderly

19. Psychiatric Emergencies

208

- PS17.1 Enumerate and describe the recognition and clinical presentation of psychiatric emergencies
- P\$17.2 Describe the initial stabilisation and management of psychiatric emergencies
- PS17.3 Enumerate the appropriate conditions for specialist referral in patients with psychiatric emergencies

20. Therapeutics

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- PS18.1 Enumerate the indications and describe the pharmacology, dose, and side effects
 of commonly used drugs in psychiatric disorders
- PS18.2 Enumerate the indications for modified electroconvulsive therapy
- **PS18.3** Enumerate and describe the principles and role of psychosocial interventions in psychiatric illness including psychotherapy, behavioral therapy, and rehabilitation

21. Miscellaneous

251

- **PS19.1** Describe the relevance, role, and status of community psychiatry
- P\$19.2 Describe the objectives, strategies and contents of the National Mental Health Program
- PS19.3 Describe and discuss the basic legal and ethical issues in psychiatry
- **PS19.4** Enumerate and describe the salient features of the prevalent mental health laws in India
- PS19.5 Describe the concept and principles of preventive psychiatry
- PS19.6 Enumerate and describe the identifying features and the principles of participatory management of mental illness occurring during and after disasters

22. Integration

- PY10.7 Describe and discuss functions of cerebral cortex, basal ganglia, thalamus, hypothalamus, cerebellum and limbic system and their abnormalities
- **PY10.8** Describe and discuss behavioural and EEG characteristics during sleep and mechanism responsible for its production
- PY10.12 Identify normal EEG forms
- FM5.4 Differentiate between true insanity from feigned insanity (facticious disorder and malingering)
- FM3.17 Describe and discuss the sexual perversions fetishism, transvestism, voyeurism, sadism, necrophagia, masochism, exhibitionism, frotteurism, and necrophilia