

## Family Doctor with Deeper Role in Mental Health Program

<b>Overview</b>	<b>A program for family physicians who have special interest in mental health that can be gained upon completion of all of the following 5 modules:</b>	
	<b>Module 1</b>	<b>Basics of Mental Health Course – Understanding Basics of Mental Health in Primary Care (1 Day Course)</b>
	<b>Module 2</b>	<b>Advanced Course of Mental Health in Primary Care – Understanding Advanced Theoretical and Practical Knowledge of Mental Health in Primary Care (5 Days Course)</b>
	<b>Module 3</b>	<b>Series of tutorials in Mental Health Topics (4 Days, Once Aweek)</b>
	<b>Module 4</b>	<b>Psychiatric attachment clinical Course – (1 month Clinical Attachment to Psychiatry Department in Hospital)</b>
	<b>Module 5</b>	<b>Primary Care Clinical Course (5 months Clinical Attachment to a Primary Care Mental Health Clinics).</b>
<b>Total Duration</b>	<b>6 Months</b>	
<b>Target Groups</b>	<ul style="list-style-type: none"> <li>▪ R4 and R5 Residents in Kuwait Family Medicine Residency Program</li> </ul>	
<b>Certifications</b>	<p>Upon completion of the 5 modules, participants will receive a qualification certificate of "Family Physician with Deeper Role in Mental Health" from Kuwait Family Medicine Residency Program and Royal College of General Practitioners.</p>	
<b>Pre-training requirement:</b>	<ul style="list-style-type: none"> <li>▪ Participants will be asked to self-reflect about the reason of choosing to participate in the program</li> <li>▪ A personal interview with mental health committee of Central Directorate of Primary Health Care.</li> </ul>	
<b>Courses Providers:</b>	<ul style="list-style-type: none"> <li>▪ Board certified Family Physicians working in primary mental health clinics</li> <li>▪ Psychiatrists.</li> <li>▪ Psychotherapists.</li> </ul>	

<b>Module 1: Basics of Mental Health Course:</b>	
<b>Training Module overview:</b>	Teaching the theory and practice of common psychiatric problems that can be seen in primary care practice, captured in a one-day event. This course is conducted by experienced psychiatrist and family physician to deliver the integrated learning experience.
<b>Module Objectives:</b>	Basics of mental health course is comprised of 4 parts, each approximately 90 minutes duration. The program teaches and practices the skills and knowledge needed for diagnosis and early management of common psychiatric problems that can be seen in primary care practice.
<b>Module Outlines:</b>	<p><b><u>Part 1</u></b></p> <ul style="list-style-type: none"> <li>▪ Depression Definition</li> <li>▪ Depression screening</li> <li>▪ Depression diagnosis</li> <li>▪ Depression early interventions</li> <li>▪ Bipolar disorder diagnosis and early intervention</li> <li>▪ Case Discussion</li> </ul> <p><b><u>Part 2</u></b></p> <ul style="list-style-type: none"> <li>▪ Anxiety Definition</li> <li>▪ Anxiety screening</li> <li>▪ Anxiety diagnosis</li> <li>▪ Anxiety early interventions</li> <li>▪ Somatization disorder and early intervention</li> <li>▪ Case discussion</li> </ul> <p><b><u>Part 3</u></b></p> <ul style="list-style-type: none"> <li>▪ Eating disorders diagnosis and early intervention</li> <li>▪ Obsessive Compulsive disorder diagnosis and early intervention</li> <li>▪ Schizophrenia diagnosis and early intervention</li> </ul> <p><b><u>Part 4</u></b></p> <ul style="list-style-type: none"> <li>▪ Mental health services in Kuwait</li> <li>▪ Debriefing.</li> <li>▪ Self-care and Future safety</li> <li>▪ Future learning</li> </ul>
<b>Methods of Delivery:</b>	Physical attendance course taught over 6 hours in one day using mini lectures and audiovisual presentations.
<b>Certifications:</b>	Participants will receive a certificate accredited by Family medicine residency program in Kuwait Institute of Medical Specialization and Central Directorate of Primary Health Care.

<b>Module 2: Advanced Course on Mental Health in Primary Care:</b>	
<b>Training Module overview:</b>	Teaching the theory and practice of psychiatric problems that can be seen in primary mental health clinics, Delivered in 5-days event. This course is conducted by experienced psychiatrists, family physicians and psychologists to deliver the integrated mental health experience.
<b>Module Objectives:</b>	A scientific program that includes lectures and workshops, teaches the skills and knowledge needed for diagnosis and management of psychiatric problems that can be seen in PHC mental clinics.
<b>Module Outlines:</b>	<p><u>Day 1</u></p> <ul style="list-style-type: none"> <li>▪ Depressive Disorders</li> <li>▪ Psychosomatic Disorders</li> <li>▪ Common pediatrics and adolescents psychiatric disorders</li> <li>▪ Common women psychiatric disorders</li> <li>▪ Intimate partner violence</li> <li>▪ Common developmental and learning disorders</li> </ul> <p><u>Day 2</u></p> <ul style="list-style-type: none"> <li>▪ Psychopharmacology in primary care</li> <li>▪ Sleep disorders</li> <li>▪ Sexual psychiatric disorders in primary care</li> <li>▪ Psychotherapy in primary care</li> <li>▪ Suicide prevention/Suicide first aid</li> </ul> <p><u>Day 3</u></p> <ul style="list-style-type: none"> <li>▪ Psychotic and schizophrenic disorders in primary care</li> <li>▪ Bipolar disorders maintenance and relapse management</li> <li>▪ Geriatric psychiatric disorders</li> <li>▪ Personality disorders</li> <li>▪ Cognitive behavioral therapy</li> </ul> <p><u>Day 4</u></p> <ul style="list-style-type: none"> <li>▪ Addiction and drug misuse in primary care</li> <li>▪ Forensic psychiatric issues in primary care</li> <li>▪ Psychiatric emergencies</li> <li>▪ Eating disorder in primary care</li> <li>▪ Personal mental growth and Mindfulness</li> </ul> <p><u>Day 5</u></p> <ul style="list-style-type: none"> <li>▪ Burnout</li> <li>▪ Neuropsychiatric disorders.</li> <li>▪ Psychiatric medicolegal issues and Kuwait mental health act.</li> <li>▪ Policy of integration of mental health in primary care</li> <li>▪ Post course certificates</li> </ul>
<b>Methods of Delivery:</b>	Physical attendance course taught over 6 hours each day for five-days duration using lectures, workshops and audiovisual presentations.
<b>Certifications:</b>	Participants will receive a certificate accredited by Family medicine residency program in Kuwait Institute of Medical Specialization and Central directorate of primary health care

<b>Module 3: Series of Tutorials in Mental Health Topics</b>	
<b>Training Module overview</b>	A four-week training program through once weekly tutorial sessions conducted by the residents themselves, with each session followed by discussions and evaluations facilitated by the trainer.
<b>Module Objectives:</b>	Weekly sessions aimed to enhance teaching skills, promote collaborative learning, improve communication and presentation skills, encourage reflective practice and foster professional development that prepare residents for future roles as clinicians, educators and leaders in family medicine and mental health field.
<b>Course Outlines:</b>	A scheduled tutorials covering the topics: <ul style="list-style-type: none"> <li>▪ Depression – Diagnosis</li> <li>▪ Depression – Management</li> <li>▪ Anxiety – Diagnosis</li> <li>▪ Anxiety – Management</li> </ul>
<b>Methods of Delivery:</b>	Taught over 2 hours/once a week for 4 weeks duration with a scheduled training program.
<b>Certifications:</b>	Upon completion of the course, participants will have an end of course evaluation approved and signed by the supervisor in deeper role program.

<b>Module 4: Psychiatric Clinical Attachment Course:</b>	
<b>Training Module overview</b>	Clinical training through direct attachment to psychiatry department in psychiatry hospital for one month duration.
<b>Module Objectives:</b>	Psychiatric clinical attachment course is comprised of a clinical/practical program that includes attending OPD and emergency departments in psychiatry hospital with direct supervision by an experienced psychiatrist.
<b>Course Outlines:</b>	A scheduled training program with direct attachment to the units:: <ul style="list-style-type: none"> <li>▪ Outpatient Department</li> <li>▪ Casualty Unit</li> <li>▪ Sleep Unit</li> <li>▪ Addiction Center</li> <li>▪ Geriatric OPD</li> <li>▪ Child and Adolescent OPD</li> <li>▪ Psychotherapy Unit</li> </ul>
<b>Methods of Delivery:</b>	Taught over 7 hours/5 days a week for one month duration with a scheduled training program.
<b>Certifications:</b>	Upon completion of the course, participants will have an end of course evaluation approved and signed by the supervisor in psychiatry hospital.

<b>Module 5: Primary Care Mental Health Clinic Attachment Course:</b>	
<b>Training Module overview:</b>	<ul style="list-style-type: none"> <li>▪ Clinical training through direct attachment to a primary care mental health clinic twice a month.</li> <li>▪ Scheduled monthly training sessions.</li> <li>▪ One leadership activity</li> <li>▪ 5 months duration (20 weeks)</li> </ul>
<b>Module Objectives:</b>	Primary care clinical attachment course is comprised of a clinical and theoretical program that includes attending an established primary mental health clinic with direct supervision by an experienced family physician, and attending the monthly lectures.
<b>Module Outlines:</b>	<p>A scheduled training program with direct attachment to the primary mental health clinic.</p> <p>A scheduled monthly scientific sessions.</p>
<b>Methods of Delivery:</b>	<ul style="list-style-type: none"> <li>▪ Attending 10 days in primary mental health clinic (once every other week for 5 months duration) in a scheduled program.</li> <li>▪ Attending the scheduled theoretical monthly lecture.</li> </ul>
<b>Certifications:</b>	Upon completion of all of the courses successfully, participants will have a certificate of "Family Physician with Deeper Role in Mental Health".

<b>The End of Program Requirements to get the Qualification</b>	
<b>The Requirements</b>	<p>To pass the course and get the qualification, the participant should get:</p> <ul style="list-style-type: none"> <li>▪ Certificate of Completion of "Basics of Mental Health Course".</li> <li>▪ Certificate of Completion of "Advanced Course on Mental Health in Primary Care".</li> <li>▪ End of psychiatry clinical attachment evaluation with "satisfactory" result.</li> <li>▪ End of primary care clinical attachment evaluation with "satisfactory" result.</li> <li>▪ Certificate of Completion "Suicide First Aid"</li> <li>▪ Certificate of Completion "Cognitive Behavioral Therapy"</li> <li>▪ A report of one leadership activity about mental health.</li> </ul>

<b>Primary Care Mental Health Clinic Attachment Schedule</b>			
#	Course	Activity	Location
1.	Week 1	<b>Tutorial: Introduction of Primary Mental Health Clinics</b>	<b>Zoom</b>
2.	Week 2	<b>Clinic</b>	<b>Clinic</b>
3.	Week 3		
4.	Week 4	<b>Clinic</b>	<b>Clinic</b>
5.	Week 5	<b>Small Group: Mental health cases in PHC</b>	<b>Meeting</b>
6.	Week 6	<b>Clinic</b>	<b>Clinic</b>
7.	Week 7		
8.	Week 8	<b>Clinic</b>	<b>Clinic</b>
9.	Week 9	<b>Workshop: CBT</b>	<b>Workshop hall</b>
10.	Week 10	<b>Clinic</b>	<b>Clinic</b>
11.	Week 11	<b>Small Group: Mental health cases in PHC</b>	<b>Meeting</b>
12.	Week 12	<b>Clinic</b>	<b>Clinic</b>
13.	Week 13	<b>Workshop: Suicide First Aid</b>	<b>Workshop hall</b>
14.	Week 14	<b>Clinic</b>	<b>Clinic</b>
15.	Week 15		
16.	Week 16	<b>Clinic</b>	<b>Clinic</b>
17.	Week 17	<b>Participation in International Day of Mental Health</b>	<b>Campaign</b>
18.	Week 18	<b>Clinic</b>	<b>Clinic</b>
19.	Week 19	<b>Small Group: Mental health cases in PHC</b>	<b>Meeting</b>
20.	Week 20	<b>Clinic</b>	<b>Clinic</b>