



Program Specification **for Master Degree in: Psychiatry**

Program type: single

Program code: PSYC800

Department offering the program: Department of Psychiatry

Total credit points: 175

Academic year: 2009/2010

Program Coordinators: Professor: Suaad Mousa
Assistant Professor: Dalal Amer

External evaluators: Prof Tom Craig, King's College, London, UK

I. Program aims

To enable candidates to develop competent; evidence based mental health practice in a professional and ethical context. Candidates are to develop the necessary knowledge and understanding of social and psychological theories of human development and behavior, the biological basis of normal mental health functioning and their relationship to mental ill health with the ability to critically evaluate their relevance for clinical practice. They will also develop advanced clinical practice skills; in one or more specialist settings and with particular client and age groups, and basic clinical competence in at least one specific type of psychological therapy in the context of the workplace setting and professional role. The program also aims to introduce the candidate to the basics of scientific medical research, the ability to design and participate in mental health audit and evaluation projects.

II. Intended learning outcomes of program (ILOs)

- 1. Knowledge and understanding: By the end of the program the candidate should;** define and describe
 - a) Classification of psychiatric disorders (ICD-10 and DSM-IV).
 - b) The biopsychosocial etiology and prevalence of common psychiatric conditions.
 - c) The clinical presentation and differential diagnosis of common psychiatric conditions.
 - d) The principles and indications of different modalities of treatment used and their

integration (psychopharmacology, ECT, psychotherapies, social interventions, rehabilitation).

- e) The prognosis of common psychiatric disorders
- f) Common psychiatric emergencies.
- g) Legal aspects of psychiatric practice, mental health law and psychiatric ethics
- h) The principles, indications and interpretations of psychological and medical assessments in common psychiatric syndromes.
- i) The basic issues for promoting community psychiatry care, rehabilitation and antistigma programs.

2. Intellectual skills: By the end of the program the candidate should be able to;

- a) Gather essential information about the patient; history taking, mental state and medical examination.
- b) Analyze and synthesize data collected to extract essential information, formulate, diagnose and provide a differential diagnosis
- c) Make informed therapeutic decisions based on patient information, current scientific evidence, and clinical judgment.
- d) Develop and carry out patient care management plans.
- e) Effectively assess risk and take measures needed to prevent disease and injury.
- f) Demonstrate the ability in prioritization/triaging

3. Professional and practical skills: By the end of the program the candidates should be able to;

- a) Prescribe and perform adequately medical and psychological procedures considered essential for practice.
- b) Demonstrate basic psychotherapeutic skills including listening and empathy.
- c) Provide effective Follow-up services.
- d) Maintain comprehensive, timely and legible medical records.
- e) Encourage patients and families to participate actively in the process of care.
- f) Provide families and patients with education necessary to understand illness and treatment, share decisions, and obtain informed consent.

4. General and transferable skills: By the end of the program the candidates should be able to;

- a) Communicate effectively with patients and families to create and sustain a professional and therapeutic relationship across a broad range of socioeconomic backgrounds.
- b) Communicate and collaborate with other health professionals (e.g. Nurses, Clinical Psychologists and Social Workers) as well as physicians from different specialties and work effectively as a member or leader of a health care team.
- c) Analyze own practice by reflective thinking and self knowledge for awareness of limitations in knowledge and expertise and counter transference issues.
- d) Use evaluations of performance provided by peers, patients, superiors, and subordinates to improve practice with openness to feedback and criticism.
- e) Take primary responsibility for lifelong learning to improve knowledge, skills, and practice performance.
- f) Use information technology to optimize patient care and enhance his lifelong learning skills.
- g) Locate, appraise, and summarize evidence from scientific studies related to health problems of his/ her patients.
- h) Actively participate in the education of patients, families, students, peers, and other health professionals
- i) Demonstrate integrity, honesty, compassion, and empathy in his/ her role as a physician.
- j) Respect the patient's privacy and autonomy
- k) Demonstrate cultural sensitivity
- l) Maintain appropriate professional boundaries.
- m) Demonstrate accountability and commitment.
- n) Demonstrate a responsiveness to the needs of patients and society that supersedes self-interest

III. Academic standards

External references for standards:

The program outcomes have references to the subject benchmarking statements of The Royal College of Psychiatrists.

IV. Program structure and contents

Program admission requirements

According to the bylaws of the Faculty of Medicine Cairo University applicants should have MBBCh or equivalent degree. According to Cairo University requirements, all applicants for postgraduate studies should fulfill preliminary courses on the following subjects; Medical statistics I – English language (Toefl or equivalent degree) – Computer skills (ISDL). Training prior to registration may be accredited according to departmental evaluation. Admission for the program is open during July.

Program duration: Three years.

Program structure: Total Credit points 175

• **First part: 1.5 years - (table 1) 65 credit points**

Candidate should fulfill the following:

- Compulsory courses; one academic year (30 weeks Starts October)
 - ❖ Basic sciences courses 11 credit points
 - Biological basis of behavior 3
 - Functional neuroanatomy (1)
 - Physiology (1)
 - Biochemistry (1)
 - Psychological and social sciences 4
 - Theories of human behavior and psychosocial development 3
 - Statistics and research methodology 1
 - ❖ General clinical courses 5 credit points
 - Clinical courses 5
 - Neurological disorders related to psychiatry (2)
 - Internal medicine related to psychiatry (2)
 - Emergencies related to psychiatry (1)
- Elective courses 1 credit points
- Scientific activities 3 credit points
- Residency training program Phase 1:
General “Medicine, Neurology and Emergency Psychiatry” for one and half years 45 credit points

• **Second part: 1.5 years - (table 2) 90 credit points**

Candidate should fulfill the following:

- Compulsory courses
one academic year (30 weeks) 16 credit points
- Scientific activities 4 credit points
- Residency training program phase 2:
Special "Psychiatry" for one and half years 70 credit points
- **Master Thesis:** completed during second part **20 credit points.**

Table 1: Part I

Courses	Course modules	Credit points	total	ILOs
Compulsory courses (One academic year)				
Biological Basis of Behavior	<ul style="list-style-type: none"> • Functional Neuroanatomy • Physiology • Biochemistry 	1 1 1	3	1-b,d 2-b,c,d 3-a
Psychological and Social Sciences	<ul style="list-style-type: none"> • Psychology of mental functions • Individual differences in behavior • Psychobiology of human behavior • Social psychology and social constructs in relation to psychiatry 	4	4	1-b,c,d,h,i 2-a,d 3-a,b,e,f 4-a,b,c,d,h,k
Theories of Human Behavior and Psychosocial Development	<ul style="list-style-type: none"> • Human development throughout the life cycle • Psychological theories of human behavior 	3	3	1-b,c,d,h,i 2-a,d 3-a,b,e,f 4-a,b,c,d,h,k
Statistics and Research Methodology	<ul style="list-style-type: none"> • Biostatistics • Research design • Critical appraisal of evidence • Common psychometric instruments used in 	1	1	1-b 4-e,f,g

	mental health research			
General Clinical Courses	<ul style="list-style-type: none"> • Neurological Disorders related to psychiatry • Internal Medicine related to psychiatry • Emergencies related to psychiatry 	2 2 1	5	1-b,c,d,e,f, 2-a,b,c,d,e,f 3-a,d
Elective Courses Candidate choose 2 courses				
(MEDC)				
	➤ Critical Reading	0.5		2-c
	➤ Scientific Writing	0.5	1	4-e,f,g
	➤ Evidence Based Medicine	0.5		
Scientific activities			3	4-c,d,e,f,g,h
Residency training program (phase 1 basic training)			45	2-a,b,c,d,e,f 3-a,d,e,f 4-a,b,c,d,i,j,k,l,m,n

Table 2: Part 2

item	Credit points	ILOs.
Psychiatry Course	16	
• General Psychiatry (Epidemiology, Assessment, investigations, classification)	3	1-a,b,c,d,e,f, 2-a,b,c,d,e,f,
• Adult psychiatry	5	3-a,b,c,d,e,f,
• Child psychiatry	1	4-a,b,c,d,i,j,k,l,m,n
• Old age psychiatry	1	
• Adolescent psychiatry	1	
• Addiction psychiatry	1	
• Liaison psychiatry	1	
• Physical, Psychological and social approaches to treatment	2	
Scientific activities	4	4-c,d,e,f,g,h

Master thesis	20	4-e,f,g
Residency training program (phase 2)	70	2-a,b,c,d,e,f 3-a,b,c,d,e,f 4-a,b,c,d,i,j,k,l,m,n

Residency Training Program

- **Basic Training:**

According to the new Bylaws for postgraduate programs (effective since July 2009) all the students should have a basic medical training for 18 months. They should spend at least 6 months in a general medicine department and 6 months in The Emergency Departments. During this period the students will attend the Basic Sciences courses as well as the General Clinical course. They also should complete the elective courses

- **Special Training:**

All students should complete the special part of the residency training program in the Psychiatry Department. They should spend 18 months in order to acquire the needed credit points. During this period the students will attend the Psychiatry course(s) of the second part and will participate in the scientific activities of the department.

NB: The details and requirements of the training program are illustrated in the separate document

Master Thesis

All master-degree students should prepare a thesis in Psychiatry. The department scientific and research ethics committee must approve the protocol of the research. The thesis should take the form of a systematic review or a practical clinical study. The thesis is supervised by one or more senior staff members and may include other specialties according to the nature of the research. The thesis should be evaluated and approved by a committee of three professors including one of the supervisors and an external professor.

Scientific and Training Activities:

The students should actively participate in the scientific activities of the department:

- *Journal club once every one- two weeks.*
- *Seminars (including recent topics and controversial issues) once weekly. Students are expected to participate in the discussions.*
- *Scientific meetings and annual conference organized by the department*
- *Attendance of Thesis discussions*
- *Group psychotherapy, peer supervision, teaching tutorials*

Each activity will be monitored and given credit points registered in a Resident logbook. The student should collect the required points before being allowed to sit for final examination.

V. Regulations for progression and program completion

After finishing the first part of residency training, attending the specified courses and collecting the required credit points, the student should pass part I examination including the basic sciences and general clinical course before proceeding to the second part. In case the student fails to pass the examination, he may proceed in the clinical training and can re-sit for the next examination. After passing the first part, the student submits a protocol for master thesis at the beginning of second part. Before submitting to the final exam, he should finish the thesis and get approval, complete phase 2 of special training program, and collect the required credit points. The candidate will receive his degree after passing this final examination. MSc. degree should be obtained within a maximum of 6 years after registration date.

VI. Evaluation

According to the bylaws of the residency, professors carry continuous assessment during the program. A residency-training program logbook will be kept for each student to document all his/her clinical, laboratory and/or operative/procedural activities as well as his/her participation in different scientific activities. The head of the department should allow the students to undergo the final examination when they complete their training program and collect the credit points needed.

Final Exam Part I

Basic sciences

- Biological Basis of Behavior: three-hour written exam (including short essay and Multiple Choice Questions) + oral exam
- Psychological and Social Sciences: three-hour written exam (including short essay and Multiple Choice Questions) + oral exam
- Theories of Human Behavior and Psychosocial Development: three-hour written exam (including short essay and Multiple Choice Questions) + oral exam
- Statistics and Research Methodology: two-hour written exam (including short essay and Multiple Choice Questions)

General clinical courses

Three-hour written examination (including short essay and Multiple Choice Questions) + clinical examination

The Written examination will be held on five days:

Day one: Biological Basis of Behavior [Functional Neuroanatomy+ Physiology+ Biochemistry] (3 hours)

Day two: Psychological and Social Sciences (3 hours)

Day three: Theories of Human Behavior and Psychosocial Development (3 hours)

Day four: Statistics and Research Methodology (2 hours)

Day five: General Clinical courses [Neurological Disorders related to psychiatry +Internal Medicine related to psychiatry +Emergencies related to psychiatry] (3 hours)

This will be followed by the clinical and oral exams on subsequent days

Final Exam Part 2

Psychiatry: Three written exams (Three-hours each) including short essay, problem solving questions and MCQs.

Written exam will be held on Three days:

Day one: multiple choice questions

Day two: short questions

Day three: clinical cases

This will be followed by the clinical and oral exams on two separate days

Marks allocated to courses (50 marks for each credit point)

Course	Written	Oral	Clinical/practical	Total
First part				800
Biological Basis of Behavior • Functional Neuroanatomy • Physiology • Biochemistry	80	70	-----	150
Psychological and Social Sciences	120	80	-----	200
Theories of Human Behavior and Psychosocial Development	80	70	-----	150
Statistics and Research Methodology	50	-----	-----	50
General Clinical Courses • Neurological Disorders related to psychiatry • Internal Medicine related to psychiatry • Emergencies related to psychiatry	150	-----	100	250

Second part				800
Psychiatry	450	150	200	

Remarks

- It is mandatory to pass each of the three written examination papers in Psychiatry (part 2) exam.
- Passing mark in a written exam is $\geq 60\%$

VII. Evaluation of program intended learning outcomes:

Evaluator	Tool	Sample
1. Senior Students	Questionnaire at the end of the program	All the PG students
2. Alumni	The faculty is currently developing an Alumni office for postgraduates	Not yet determined
3. Stakeholders	A meeting will be arranged during the annual conference of the department	Available representatives from: <ul style="list-style-type: none"> • Army hospitals • National medical insurance • Medical syndicate • Ministry of health
4. External Evaluators	Review the program and courses Attending the final exam.	Once before implementation Bi-annual report
5. College Quality Assurance committee	Annual program review	

Date of approval by department council

Signatures

Program Coordinator

Head of Department