

# OVERVIEW OF “SCHIZOPHRENIA” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

SFP2013; 39(1): 6-7

## INTRODUCTION

Schizophrenia is one of the ten conditions under the Ministry of Health's Chronic Disease Management Programme (CDMP). Through CDMP, the Ministry aims to increase the level of care of the ten selected diseases through the promotion of systematic, evidence-based care. The use of Medisave is aimed to reduce out of pocket cash payments for outpatient bills, making these ten conditions more manageable to patients. Early diagnosis and intervention in schizophrenia gives the patient with such a condition the best outlook possible. The aim of this Family Practice Skills Course is to provide the reader with an understanding of schizophrenia, its diagnosis, holistic management covering early referral, biological interventions, psychosocial interventions, follow up care, and care that meets and exceeds the clinical indicators of care. The family doctor plays an important role in the early diagnosis and referral of the patient for care, in supporting the family, and holistic management. This course has been developed with the family doctor in mind. Thanks are due to the Agency for Integrated Care (AIC), Institute of Mental Health (IMH) and Ministry of Health (MOH) for supporting this Family Practice Skills Course. Thanks are also due to the many colleagues who have contributed to the papers in this issue of the Singapore Family Physician as well as speaking in the seminar and conducting the workshops

## COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

### Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment)
- 2 Seminars (2 Core FM CME points per seminar)

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- 2 Workshops (1 Core FM CME point per workshop)
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year)

## Distance Learning Course

- Unit 1 : An Overview of Schizophrenia  
*A/Prof Chong Siow Ann*
- Unit 2 : Outcomes of the Early Psychosis Intervention Programme (EPIP), Singapore  
*Poon Lye Yin, A/Prof Swapna Verma, A/Prof Chong Siow Ann*
- Unit 3 : Differential Diagnosis of Schizophrenia & Co-morbid Psychiatric Conditions in Schizophrenia and their Management  
*Dr Sutapa Basu*
- Unit 4 : Ten Years of Successful Collaboration between Psychiatrists, a Mental Health Institution and General Practitioners in Primary Care  
*Dr Lum Wai Mun Alvin, Christine Tan, Joshua Wee*
- Unit 5 : Management of Relapse in Schizophrenia  
*Assistant Prof Sujatha Rao*
- Unit 6 : Update on Medications in Schizophrenia  
*Dr Roger Ho Chun Man*

## COURSE TOPIC DETAILS

### Unit 1: An Overview of Schizophrenia

- Clinical Features
- Aetiological basis of schizophrenia
- Natural history and course

### Unit 2: Outcomes of the Early Psychosis Intervention Programme (EPIP), Singapore

- Introduction
- Method
- Results
- Discussion
- Conclusion

### Unit 3: Differential Diagnosis of Schizophrenia & Co-morbid Psychiatric Conditions in Schizophrenia and their Management

- Introduction
- Differential Diagnoses
- Co morbidities and their Management in Schizophrenia

#### Unit 4: Ten Years of Successful Collaboration between Psychiatrists, a Mental Health Institution and General Practitioners in Primary Care

- Introduction
- GP-Partnership Programme
- Programme to date
- A Matured Programme Focusing on Sustained Care
- Conclusions

#### Unit 5: Management of Relapse in Schizophrenia

- Introduction
- Risk Factors for Relapse and Management
- Management of Residual Psychopathology
- Management of Poor Compliance and Poor Insight
- Management of Stress
- Management of Poor Social Support
- Management of Substance Misuse, Smoking and Other Medication
- Management of High Expressed Emotion
- Conclusion

#### Unit 6: Update on Medications in Schizophrenia

- Introduction
- Changes in treatment goals for schizophrenia
- Dopaminergic receptor blocking in the major dopamine pathways
- Typical antipsychotics
- Atypical antipsychotics
- Are SGAs more effective than FGAs?
- Adverse effects of antipsychotic medications
- Antipsychotic induced weight gain
- Recommendations on the use of medications in the different phases of the disease

## **FACE-TO-FACE SESSIONS**

### **Seminar 1: 23 Feb 2013, 2.00pm – 4.00pm**

Unit 1 : An Overview of Schizophrenia

*A/Prof Chong Siow Ann*

Unit 2 : Outcomes of the Early Psychosis Intervention Programme (EPIP), Singapore

*A/Prof Swapna Verma*

Unit 3 : Differential Diagnosis of Schizophrenia & Co-morbid Psychiatric Conditions in Schizophrenia and their Management

*Dr Sutapa Basu*

### **Workshop 1: 23 Feb 2013, 4.30pm – 6.00pm**

Case Studies/ Role Play

- Interviewing Skills
- Early Detection of Schizophrenia
- Assessment of Co-morbidities

*A/Prof Swapna Verma, Dr Ashwin Chee, Helen Lee, Christopher Loh*

### **Seminar 2: 24 Feb 2013, 2.00pm – 4.00pm**

Unit 4 : Ten Years of Successful Collaboration between Psychiatrists, a Mental Health Institution and General Practitioners in Primary Care

*Dr Lum Wai Mun Alvin*

Unit 5 : Management of Relapse in Schizophrenia

*Assistant Prof Sujatha Rao*

Unit 6: Update on Medications in Schizophrenia

*Dr Roger Ho Chun Man*

### **Workshop 2: 24 Feb 2013, 4.00pm – 6.00pm**

Case Studies/ Role Play

- Relapse & Emergencies
- Risk Assessment

*Dr Alvin Lum, K Pushpa, Jagan s/o Rama*