

OVERVIEW OF “PRIMARY CARE MENTAL HEALTH” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

Promoting primary care mental health is a WHO mental health initiative. Health systems around the world face enormous challenges in delivering care and protecting the human rights of people with mental, neurological and substance use disorders. The resources available are insufficient, inequitably distributed and inefficiently used. As a result, a large majority of people with these disorders receive no care at all. There is a widely shared but mistaken idea that all mental health interventions are sophisticated and can only be delivered by highly specialized staff. Research in recent years has demonstrated the feasibility of delivery of pharmacological and psychosocial interventions in non-specialized health-care settings. The reality is that most of the mental, neurological and substance use conditions that result in high morbidity and mortality can be managed by non-specialist health care providers. What is required is increasing the capacity of the primary care system for delivery of an integrated package of care by training, support and supervision. This is the focus of this distance learning module.

COURSE OUTLINE AND CME POINTS

This 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. Note that there are no seminars or workshops organized to accompany this distance learning course.

Components and CME Points

- Distance Learning Course – 6 units (6 CME points upon completing the Distance Learning Online Assessment)
- Reading papers on Primary Care Mental Health 2010 – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year).

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Distance Learning Course

- Unit 1 : World Mental Health Perspective
A/Prof Goh Lee Gan
- Unit 2 : General Practitioners in Mental Health Promotion and Prevention – Psychosis as a Model
Dr Jimmy Lee
- Unit 3 : Pathological Gambling – Treatment and Role of the Primary Care Physician
Dr Wong Kim Eng
- Unit 4 : The Successful Collaboration Between Psychiatrist, a Mental Health Institution and General Practitioners in Primary Care
Dr Lum Wai Mun Alvin, Jace Chew, Dr Lim Boon Leng
- Unit 5 : Managing patients with Mental Illness in Primary Care: Apprehensions and Views of General Practitioners
Janhavi Ajit Vaingankar, Fong Chee Weng, A/Prof Kwok Kian Woon, A/Prof Lee Kheng Hock, Dr Lum Wai Mun Alvin, A/Prof Chong Siow Ann
- Unit 6 : Mental Health Curriculum
A/Prof Goh Lee Gan

COURSE TOPIC DETAILS

Unit 1: World Mental Health Perspective

- Introduction
- Nine key messages
- Conclusions.

Unit 2: General Practitioners in Mental Health Promotion and Prevention – Psychosis as a Model

- Schizophrenia
- Early Psychosis Intervention Programme
- The Psychosis Syndrome
- Longitudinal Youth At Risk Study (Lyriks) – A Community Engaged Research
- Prevention in Mental Health: Pivotal Role of the GP
- Research in Mental Health Care
- Conclusions.

Unit 3: Pathological Gambling – Treatment and Role of the Primary Care Physician

- National Addiction Management Services (NAMS)
- Diagnosis of Pathological Gambling
- Early Detection by the Primary Care Physician
- The Treatment at NAMS
- Brief Intervention by the Primary Care Physician.

Unit 4: The Successful Collaboration Between Psychiatrist, a Mental Health Institution and General Practitioners in Primary Care

- Introduction
- The GP Psychiatric Programme
- Referral of Stable Patients to GPs
- Programme to date.

Unit 5: Managing patients with mental illness in primary care: apprehensions and views of general practitioners

- Introduction
- Methods
- Results
- Discussion.

Unit 6: Mental Health Curriculum

- Introduction
- Mental Health Gap Intervention Programme (mhGAP)
- mhGAP Intervention Guide (mhGAP-IG)
- Purpose of mhGAP-IG
- Mental Health Curriculum in Singapore.