

OVERVIEW OF FAMILY PRACTICE SKILLS COURSE ON PSYCHIATRY UPDATES

A/Prof Goh Lee Gan

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INTRODUCTION

The current strategy worldwide is to encourage primary care doctors to play a bigger role in mental health care, from prevention to earlier diagnosis, and also more informed management and shared care of their psychiatric patients. Modern day living brings with it stress, strains, and limits of tolerance. The primary care doctor is often the first person that the patient goes to seek help. Earlier diagnosis, a clear understanding of initial approach and management, referral where this will be timely, and shared care will be steps towards an optimal outcome for the patient.

In this family practice skills course, we focus on the key topics of insomnia, depression, suicide, and anxiety. The seminars, workshop case studies, and the psychotherapy skill session have the end in mind of providing an update of knowledge and practice skills. Do consider enrolling in this family practice skills course.

Thanks are due to Sanofi Aventis and Lumbeck for sponsoring this family practice skills course.

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.

Components and CME Points

- Distance Learning Course – 6 units (6 CME points upon completing the Distance Learning Online Assessment)
- 2 Seminars (2 CME points per seminar)
- Workshops (2 CME points)
- Reading papers on PSYCHIATRY UPDATES – 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: An Approach to Insomnia

Dr Ng Beng Yeong

Unit 2: Non-Pharmacological & Pharmacological Options in Managing Insomnia

Dr Nelson Lee

Unit 3: Administrative Guidelines in Insomnia

A/Prof Goh Lee Gan

Unit 4: Depressive Disorder: Management in Primary Care

Prof Kua Ee Heok

Unit 5: Anxiety Disorders: An Approach with Focus on Panic Disorder and Generalised Anxiety Disorder

Dr Nelson Lee

Unit 6: Suicide in Singapore

Dr Chia Boon Hock & Audrey Chia

COURSE TOPIC DETAILS

Unit 1: An Approach to Insomnia

- Definition
- Classification of Insomnia
- Consequences of Insomnia
- Causes of Chronic Insomnia
 - Psychophysiological Insomnia
 - Paradoxical Insomnia (Sleep State Misperception)
 - Inadequate Sleep Hygiene
 - Secondary and Comorbid Insomnia

Unit 2: Non-Pharmacological & Pharmacological Options in Managing Insomnia

- Introduction
- Non-pharmacological Treatments for Insomnia
 - Stimulus Control Therapy
 - Sleep Hygiene
 - Paradoxical Intention
 - Relaxation Techniques
 - Progressive Muscle Relaxation
- Pharmacological Approaches
 - Benzodiazepine Sedatives
 - Nonbenzodiazepine Hypnotics
 - Antihistamines
 - Antidepressants with Higher Sedation Properties

Unit 3: Administrative Guidelines in Insomnia

- Introduction
- The Administrative Guidelines
 - o Document and Keep Patient Medical Records
 - o Use Benzodiazepines Appropriately
 - o Make Specialist Referrals
- Pointers from the CPG 2/2008 on Prescribing Benzodiazepines
 - o Acute Insomnia
 - o Chronic Insomnia
 - o Schizophrenia, Depression, Pain Disorder
 - o Anxiety
 - o Elderly with Insomnia
 - o Benzodiazepine Abuse and Dependence

Unit 4: Depressive Disorder: Management in Primary Care

- Introduction
- History and Assessment
- Treatment
 - o Pharmacotherapy, Psychological Therapy, Combined Therapy
 - o Change in Drug Treatment: When and How Should One Do It?
 - o Maintenance Therapy
 - o When Should One Refer a Patient to a Psychiatrist?

Unit 5: Anxiety Disorders: An Approach with Focus on Panic Disorder and Generalised Anxiety Disorder

- Introduction
- What are the Symptoms of Anxiety?
- When is Anxiety Abnormal?
- Advantages of Antidepressants
- Response, Remission and Duration of Treatment
- When Should I Refer to a Psychiatrist?

Unit 6: Suicide in Singapore

- Introduction
- Singapore Suicide Statistics: 2000-2004
- Suicide Risk Factors – Demographic, Social, Psychological & Psychiatric
- Methods of Suicide
- Myths of Suicide
- Assessing Suicide Risk and Management
- Suicide Prevention Education

FACE-TO-FACE SESSIONS

Seminar 1: 20 March 2010

2.00pm – 4.15pm

Unit 1: An Approach to Insomnia

Dr Ng Beng Yeong

Unit 2: Non-Pharmacological & Pharmacological Options in Managing Insomnia

Dr Nelson Lee

Unit 3: Administrative Guidelines in Insomnia

A/Prof Goh Lee Gan

Workshop 1: 20 March 2010

4.30pm – 6.45pm

Workshop A: Case Studies (A/Prof Muni Winslow)

- Addiction and Chronic Insomnia

Workshop B: Demonstration / Practical Skills

(A/Prof Cheong Pak Yean)

- Counselling and Narrative Therapy on Sleeping Problems

Note: Workshop A and Workshop B will run concurrently on Day 1. Course participants will be assigned to a group. Group 1 will start with Workshop A followed by Workshop B. Group 2 will start with Workshop B followed by Workshop A.

Seminar 2: 21 March 2010

2.00pm – 4.00pm

Unit 4: Depressive Disorder: Management in Primary Care

Prof Kua Ee Heok

Unit 5: Anxiety Disorders: An Approach with Focus on Panic Disorder and Generalised Anxiety Disorder

Dr Nelson Lee

Unit 6: Suicide in Singapore

Dr Chia Boon Hock & Audrey Chia

Workshop 2: 21 March 2010

4.30pm – 6.45pm

Workshop C: Case Studies (Prof Kua Ee Heok)

- Management of Depressive Disorder in Primary Care

Workshop D: Demonstration / Practical Skills

(A/Prof Cheong Pak Yean)

- Anxiety Rating Technique

Note: Workshop C and Workshop D will run concurrently on Day 2. Course participants will be assigned to a group. Group 1 will start with Workshop C followed by Workshop D. Group 2 will start with Workshop D followed by Workshop C.