

## 3<sup>RD</sup> POST GRADUATE TRAINING COURSE IN PSYCHIATRY 2011 ORGANIZED BY FACULTY OF PSYCHIATRY, COLLEGE OF PHYSICIANS AND SURGEONS, PAKISTAN

Sawera Mansoor

The current training in psychiatry largely relies on theoretical textbook knowledge, self acquired psychomotor skills through running busy psychiatric outpatients. In order to establish and maintain a standardized format of postgraduate training, the Faculty of Psychiatry of College of Physicians and Surgeons, Pakistan (CPSP) has formulated a comprehensive structured training programme (STP) that clearly defines the expectations of the examiners of the College as regards the knowledge, skills and attitudes.

The Faculty of Psychiatry of CPSP has already organized two postgraduate training courses for the FCPS / MCPS trainees in the past three years to expose them to all the members of the faculty, who are also trainers and examiners. Each course was attended by over 60 trainees from all the training centres from across Pakistan. The feedback from the trainees and the trainers has been very encouraging. The Faculty of Psychiatry organised the third FCPS/MCPS Training course in Psychiatry from Monday 19<sup>th</sup> Sept to Friday 23<sup>rd</sup> Sept 2011 at CPSP, Regional office, Islamabad.

The training course outline was formulated based on a needs assessment survey of post graduate trainees in Psychiatry from across Pakistan. This survey formed the basis of the general and specific learning objectives of the Course. The emphasis in the course was to equip postgraduate trainees in Psychiatry in becoming self-motivated, skilled learners who could effectively acquire the knowledge, psychomotor skills and adopt the desirable attitudes reflecting highest standards of ethics and professionalism.

Like previous courses, Prof. Movadat Rana, Dean Faculty of Psychiatry CPSP was instrumental in organizing this course. Prof Zafar Ullah Chaudhry, President CPSP, kindly inaugurated the training course. Accompanied by the regional director Professor Rizwana Chaudhry and Professor Shoaib Shafi he highlighted the significance of the specialty of psychiatry and lauded the efforts of the members of the Faculty of Psychiatry, particularly that of Professor Farid Minhas towards the promotion of quality assurance in postgraduate training in the subject.

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### Correspondence:

**Dr. Sawera Mansoor**, Resident in Psychiatry, Armed Forces Institute of Mental Health, Rawalpindi, Pakistan.

A total of 50 postgraduate trainees were registered for the course, and a video link was organized for provision of training covering Islamabad, Karachi, Quetta and Lahore. Senior postgraduate trainers and supervisors from Karachi (Professor Iqbal Afridi), Hyderabad (Dr Moin Ansari), Peshawar (Professor SM Sultan), Lahore (Dr Nasar Sayeed Khan), and Brigadier Saleem Jehangir and Colonel Waseem Alamgir, from Pakistan Armed Forces, ran the various modules. Prof Saeed Farooq flew in from Birmingham UK to facilitate the module on 'critique of published scientific articles'. The lecture on public mental health by Professor Malik H Mubbashar, on a videolink was the highpoint of the course.

The facilitators effectively used interactive lectures, small group discussions, case presentations, interactive sessions, role plays, and video-based teaching during the course. Handouts of relevant reading material, lists of relevant references and internet based reading lists were provided to assist the learners to complete individual and group based home tasks. Some of the major areas that were covered in the course content included: Introduction to the Structured Training Programme, Phenomenology, Classification systems, Clinical assessment of anxious, violent and suicidal patients, Behavioural sciences and public mental health, schizophrenia and organic psychiatry, child and forensic psychiatry, diagnostics in psychiatry, review and critique of a published article. In addition to this, the participants were exposed to the written assessment techniques such as how to attempt an SEQ, and the performance based assessment such as TOACS.

The participants were given the opportunity to give their input and feedback throughout the course. There was an overwhelming positive response from the trainees particularly towards the task oriented and interactive learning format of the course. Some felt that 5 days was too short a time to cover all major areas and recommended a schedule of at least 7 days for the next training course.

At the end of the course, the training material and presentations made during the training course were compiled and distributed to the participants. Moreover, they were encouraged to join an internet based forum for continuation of horizontal learning and dissemination of knowledge among the trainees across Pakistan.