

# Certificate Course on Alcohol Use Disorder

Continued Professional Development Program

**Doctors: 16.0 Designed for doctors under state government**

**Centre for Addiction Medicine(CAM), Dept of Psychiatry NIMHANS**

**Enrollment link**

[https://vkn.nimhansdigitalacademy.in/ccaud\\_16](https://vkn.nimhansdigitalacademy.in/ccaud_16)

## Curriculum

### Impact of CCAUD 16.0

No of doctors enrolled : 22  
No of doctors accredited : 9  
No of cases submitted : 22  
No of cases presented : 13  
Lives touched : (July 2025 to October 2025) : 6049

<b>Duration for the online blended course</b>	This is a Continued Professional Development Course <b>30 hrs approximately: 3 months</b> <ul style="list-style-type: none"><li>- Weekly Tele-ECHO clinics On every friday from 2:30 pm to 4.00 pm: 24hrs</li><li>- Self-learning and assessment: 6 hrs</li><li>- Weekly ECHO starts August 1st</li></ul>
<b>Principal Focus</b>	<b>The major focus of this case-based learning will be Alcohol Use disorder.</b>

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**Friday 2.30 to 4PM**

<b>Who are the Potential Learners</b>	Doctors working in various government programme like DMHP, NACO (OST), NCD etc.It is beneficial for doctors who are engaged in active clinical practice
<b>Course objectives</b>	<ol style="list-style-type: none"> <li>1. Understand the Factors Leading to AUD: Differentiate the various factors leading to Alcohol Use Disorders by integrating hereditary, neurobiological, and psycho-social factors for a holistic approach.</li> <li>2. Incorporate Screening and Assessment: Implement effective screening and assessment techniques for Alcohol Use Disorder in clinical practice.</li> <li>3. Enhance Decision-Making Skills: Increase the ability to decide on safe and appropriate pharmacological agents and psychosocial interventions based on evidence-based practices for Alcohol Use Disorder (AUD).</li> <li>4. Know When to Refer: Develop the ability to determine when it is necessary to refer a patient to a specialist for further treatment</li> </ol>
<b>Capacity</b>	30 (the enrolment will close as soon as the number are filled)

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<b>Method</b>	<b>Hybrid Digital</b> <ul style="list-style-type: none"> <li>Realtime: <a href="#">zoom telehealth</a> iECHO</li> <li>Self-paced e-learning: <a href="#">elearn.vknnimhans.in</a></li> </ul>
<b>Digital tools (will guide you)</b>	<ol style="list-style-type: none"> <li>Live tele-ECHO : <a href="#">zoom telehealth ECHO</a> video conference and <a href="#">iECHO.org</a></li> <li>Case record proforma: <a href="#">Jotform HIPAA compliant</a></li> <li>E-learning, Assignment, chat and forum: <a href="#">elearn.vknnimhans.in</a> and <a href="#">android app</a> or <a href="#">iOS app</a></li> <li>Pretest and post test: jotform</li> <li>Interaction and engagement during VKN ECHO: <a href="#">slido.com</a></li> <li>Feedback: <a href="#">iecho.org</a></li> </ol>
<b>Eligibility for Accreditation (all has to be filled up)</b> <b>(Certificate is a bye-product of this programme. The core philosophy is democratizing knowledge by case-based learning)</b> <b>(There is NO Participation certificate)</b>	<ol style="list-style-type: none"> <li>More than <b>75% Attendance (09/12 live sessions)</b> in the weekly Live sessions as measured by the software and your video presence( &gt; 60 minutes video presence for each live session).</li> <li><b>One case of Alcohol Use disorder</b> presentation during weekly live tele-ECHO session</li> <li>Completion of <b>Three e-Assignments</b> # at elearn.vknnimhans.in and score &gt; 75% for each Assignment: A second attempt will be permissible to those who can not clear the assignments in the first attempt (first attempt is mandatory). Each attempt for all Three assignments will be online for 48 hours after which the link will be disabled.</li> <li><b>Monthly reports of patients seen</b>/asked/evaluated (during the course and six months after)</li> <li>Completion of pre-test and post-test.(No scoring involved)</li> </ol>
<b>Benefit:</b>	<ul style="list-style-type: none"> <li>Ready to work with patients with Alcohol use disorder-related issues</li> </ul>

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	<ul style="list-style-type: none"> <li>● Focusing on Patient-Centric care and increasing knowledge about Evidence based Practice in Alcohol Addiction</li> <li>● Part of the Addiction Experts Network connected through <a href="#">Addiction-champions app</a></li> <li>● Certificate of Accreditation upon successful completion</li> </ul>
<b>Recognition</b>	It is a “Continued Professional Development” Course Recognized by NIMHANS Digital Academy Board of Studies Not recognised by NMC/MCI/RCI or similar bodies
<b>Hub team</b>	Course coordinator: <a href="mailto:tejdeepika@vknnimhans.in">tejdeepika@vknnimhans.in</a> and team from Centre for Addiction Medicine NIMHANS
<b>Suggestions Websites</b>	<a href="mailto:vpn@vknnimhans.in">vpn@vknnimhans.in</a>
<b>Website</b>	<a href="http://vknnimhans.in">vknnimhans.in</a>

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### Problem statement

Alcohol use disorder is a public health problem. In the Indian population. Nearly 15% of the population aged between 10 and 75 years consume alcohol. Converting these to absolute numbers, about 16 crore persons consume alcohol in India. Among the 16 crore alcohol users, about 5.7 crore individuals were found to be problem users (i.e., experiencing some problems with the use of substances), and about 2.9 crore individuals were identified as dependent users.<sup>1</sup> In spite of huge problems, only one in thirty-eight individuals with alcohol dependence ever receives treatment.

The National Mental Health Survey of India found the treatment gap to be 86.3% for alcohol use disorders. This emphasises the fact that there are a much larger number of individuals with substance use disorders than those who seek treatment.

### Alcohol Use Disorder in Odisha – A Brief Note

Alcohol use poses a significant public health challenge in Odisha. According to the **NFHS-5 (2019–21)**, around **30% of adult men** and **4.3% of women** in the state consume alcohol, with higher rates observed in rural and tribal populations. Among Particularly Vulnerable Tribal Groups (PVTGs) like the Bonda and Juang, alcohol use prevalence exceeds **60%**, often beginning in adolescence.

A national survey by the **Ministry of Social Justice & Empowerment (2019)** estimated that over **2.1 million people** in Odisha require medical or psychiatric intervention for alcohol use disorders, placing the state among the top 10 in the country in terms of treatment need.

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<sup>1</sup> Magnitude of substance use in India. New Delhi: Ministry of Social Justice and Empowerment, Government of India. 2019.)

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### **Suggested options**

The growing problem of addictions on the one hand and lack of trained service providers on the other has led to a huge “treatment gap” up to 75%. There is an urgent need to bridge this treatment gap in this specialized area of public health importance by exponentially increasing the skilled human resources. The total number of trained counsellors is very less, which is significantly inadequate to handle the problem of alcohol use disorder.

### **A brief about NIMHANS ECHO: Democratizing Knowledge**

NIMHANS ECHO is an innovative capacity-building program that uses a HUB and SPOKE knowledge-sharing network, led by expert teams from the National Institute of Mental Health and Neurosciences (NIMHANS) in Bangalore, to provide training and tele-mentoring to healthcare professionals working in remote and rural areas of India. The “Hub” and “Spoke” model links an interprofessional specialist team at NIMHANS academic centre of expertise (the Hub) with health care providers (spokes). Each NIMHANS tele-ECHO session consists of spoke-led presentations of anonymized patient cases and discussion of the cases whereby the peers as well as hub experts provide advice on the diagnosis and management. This is followed by a brief didactic on a mental health-related topic. Using a smartphone app and multipoint videoconferencing, healthcare professionals are able to access live virtual sessions on a weekly basis, where they learn through case-based learning, best practices, and web-based monitoring for outcomes. Through routine engagement that involves coaching and mentoring in teleECHO sessions, healthcare providers become experts and, over time, acquire the knowledge and skills to treat patients with addiction and mental health within their communities.

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### Hub and Spokes

Weekly Tuesday 2PM

### Curriculum

Week	Case Presenter	Case facilitator	Brief Didactic 20 minutes (Didactic content is already provided in elearn app)	Self-Learning materials + videos (elearn App)
<b>Week 1 1st August 2025</b>	Inauguration		Nuts and Bolts Objectives of the Program- CCAUD Pre-test Hub Team	Inauguration
<b>Module I :Objectives</b> <ul style="list-style-type: none"> <li>Explain the multi-factorial causes of AUD (biological, psychological, social).</li> </ul>				

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- Recognize signs and symptoms of alcohol-related problems.
- Understand how psychological and physical health comorbidities interact with alcohol use.
- Initiate non-judgmental, empathetic conversations with patients regarding alcohol use.

<b>Week 2 8th August 2025</b>	Dr Satyavrat Vaidya, Himachal Pradesh  Dr Harkamal kaur Gill, Punjab	Dr.Narasim ha	Assessment I: Engagement and compassion for a patient with AUD Dr Nandhini	Case Intake Form
<b>15th August: Holiday on account of Independence Day</b>				
<b>Week 3 22nd August</b>	Dr Anurupgaurav Mohanty,Odisha  Dr.Parismita Sahoo, Odisha	Dr Babli	Assessment II Evaluating psychological and medical comorbidities Dr Dipthadhi	Initiating Conversation Types of Reflection

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Virtual Knowledge Network ECHO  
Centre for Addiction Medicine  
Democratizing Knowledge for Quality Care

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<b>Week 4</b> <b>29th august</b>	Dr Ambuj Kumar Pandey, West Bengal  Dr. Jaskanwar S. Dhillon, Punjab,	Dr Prabhat	Neurobiology of Alcohol Use Disorder Dr Shivam	Reward Pathway and Addiction
<b>5th September holiday on account of id e milad (Assignment 1 for Module I: 6th-8th September)</b>				
<p align="center"><b>Module II :Objectives</b></p> <ul style="list-style-type: none"> <li>● To accurately diagnose AUD using standardized classification systems.</li> <li>● To Utilize validated tools like AUDIT to screen for alcohol use patterns.</li> <li>● To differentiate between simple and complex alcohol withdrawal and apply appropriate treatment protocols.</li> <li>● To Identify and initiate safe and effective pharmacological treatments for AUD.</li> </ul>				
<b>Week 5</b> <b>12th september</b>	Dr Nabanita Mandal, West Bengal	Dr Aishwariya	Terminology and diagnosis of AUD/Disorders due to Use of Alcohol (DSM-5 5/ICD 11) Dr Tathagata Mahintamani	ICD 11, DSM 5

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	Dr Ritesh Kumar Singh, Chhattisgarh			
<b>Week 6 19th september</b>	<b>Akrambir Singh Brar,, Punjab</b>  Nabin Kumar Parida, Odisha	Dr Shivam	Screening by using the Alcohol Use Disorder identification test (AUDIT)  Dr.Prabhat	Rating scales :AUDIT, ASSIST,
<b>Week 7 26th september</b>	Dr.Arun Daniel,Bengaluru  Dr Amritpal Singh,Punjab	Dr Nandhini	Alcohol Withdrawal Syndrome Simple, including Hallucinosis: Management Dr. Babli	CIWA Ar: Measuring AWS
<b>Week 8 3rd october</b>	<b>Dr Punam bhau,Jammu and Kashmir</b>		Alcohol Withdrawal Syndrome Complex (Seizure and DT) : Management Dr Aishwariya	Alcohol induced Seizure and DT in depth Alcohol Liver disease

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	Dr Vishavdeep Goyal,PUNJAB	Sreya Mukherje e		
	Dr Aditi Chowdhary,Raja sthan			
<b>Assignment II: Module II (4th &amp; 6th October)</b>				
<ul style="list-style-type: none"> <li><b>Module III: Long-term Management</b></li> <li>Implement patient-centered pharmacological strategies for long-term management of AUD.</li> <li>Apply brief intervention and motivational interviewing skills in clinical settings.</li> <li>Recognize early signs of relapse and provide evidence-based relapse prevention strategies.</li> <li>Decide when to refer patients to specialized care based on clinical indicators.</li> </ul>				
<b>Week 9 10th october</b>	DR SARANYA,Tamil Nadu	Dr Prabhat	Choosing and Prescribing Anticraving agents AUD Dr. Rahul	Pharmacotherapy of ADS
	Dr. Priya Arora,Chandigar h			
	Dr Mandeep sharma,PUNJAB			

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<b>Week 10</b> <b>17th</b> <b>october</b>	Dr Rose Maria Jose,Kerala	Dr. Shivam	Brief Intervention in a busy Medical Practice Dr. Parul Saxena	AUDIT manual of WHO
<b>Week 11</b> <b>24th</b> <b>october</b>	Dr. Simranjit Kaur,Punjab  Himanish gothwal,punjab	Dr. Abhishek	Enhancing motivation to change in a busy practice Ms TejDeepika	Materials on MI
<b>Week 12</b> <b>31st</b> <b>october</b>	Dr Anitha V,Tamilnadu	Dr Nikhita	Prevention of Relapse  Ms Akshita	Relapse prevention article

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**Assignment III : Subjective assessment(25th october to 27th october )**

\* know more about the case facilitator and champion from AddictionChampionNetwork web app [LINK](#)

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### Timeline

The timeline has to be followed stringently to get accredited in this course.

Event	Starts/Attempt 1	Closing	
Announcement (After jotform registration and elearn platform are ready)	1st july		
Enrollment closed			
Elearn platform ready with content and iecho added			
Pretest			
Course commencement	1st august	31st october	
One Case	8th August 10 AM	8th September 10	

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submissions into software (LINK)		AM	
Assignment I (Objective)	September 6th 10 AM	8th September 10 AM	
Assignment II (Objective)	4th October 10 AM	6th October 10 AM	
Assignment III (Descriptive)	25th October 10 AM	27th October 10 AM	
Post test	31st october	2nd november	
Certificate posted out only for those who are accredited	Within one month of course completion		

**For each assignment, 25% of questions (approximately) will be from previous module**

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### Frequently Asked Questions

#### Q1) What happens in weekly live tele-ECHO clinics?

During the weekly VKN NIMHANS ECHO tele-ECHO clinics, which take place every week, the focus will be patient case presentation, clarification and discussion with **NIMHANS HUB team** as well as peers. During each tele-ECHO session, at least One patient will be presented by the remote spoke participants (you) by a developed case record form (CRF). Following your case presentation and discussion, there will be brief didactic topics presented by subject academic experts of NIMHANS.

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## Session Schedule

90-Minute Format

Introduction & Updates

10 minutes

Recap Quiz

15 minutes

Didactic

15 minutes

Q&A Session

10 minutes

Breakout Case Presentations

35 minutes

Anonymous Feedback

5 minutes

**Total Duration: 90 Minutes**

Q2) What is Self-paced E-learning

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Each participant will have access to a learning management system [elearn.vknnimhans.in](http://elearn.vknnimhans.in), or NIMHANS elearnapp. The self-study materials in the form of selected text books, articles, videos, power points etc. The assignments which are proctored will be accessible through this.

**The self-learning material will be available on your dashboard.**

**Q3) What do I need to get a Course Completion Certificate?**

**Need to fulfill accreditation requirements as mentioned in page 1**

**Overview about Assignments:**

- This will cover all previous sessions
- Have case-based, multiple answers, match the following, short essays, and with negative marks
- Unless you take the first attempt, a second attempt will not be allowed
- All Assignments will be computerized and your logs/IP address will be controlled by the computer/internet
- Each assignment attempts will have a different set of questions

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### **Core Competencies**

#### **What can a CCAUD-certified champion do?**

1. All: Effectively assess the patient for Alcohol use disorders
2. In the case of doctor, Can detoxify a person with Alcohol use disorders
3. In the case of the doctor: Provide anti-craving medications for Alcohol use disorders
4. All: Use brief intervention and few components of Motivational interviewing and relapse prevention

#### **What a CCAUD-certified champion cannot do?**

1. Cannot start specific treatment for Opioid, cocaine, cannabis, nicotine, Stimulant use disorders, etc
2. Cannot manage the patient with addiction and severe mental disorders like psychosis or similar comorbidities
3. Cannot call them an Addiction Psychiatrist or psychiatrist

### **Certificate Template**

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NIMHANS Digital Academy				
Virtual Knowledge Network ECHO Centre for Addiction Medicine Democratizing Knowledge for Quality Care				
<b>Ms. Akshita Verma</b>				
CERTIFICATE COURSE IN ALCOHOL USE DISORDER (CCAUD JUNE-SEP 2024-25)				
<b>Accreditation Criteria</b>		<b>Score Card</b>		
<ul style="list-style-type: none"><li>• &gt; 11 out of 12 live tele-ECHO session with 60 min of video presence</li><li>• One patient case summary presentation</li><li>• &gt;75% in each of the three assignments</li><li>• Monthly report of the patient evaluated</li><li>• Pre and post-test submission</li></ul>		<ul style="list-style-type: none"><li>• 12 out of 12 live tele-ECHO sessions with 60 min of video presence</li><li>• One patient case summary presented</li><li>• Assignment I: 77.22%</li><li>• Assignment II: 90.83%</li><li>• Assignment III: 82.22%</li><li>• Reported evaluating 292 patients</li><li>• Pre and post-test submitted</li></ul>		
Course facilitator	Subject Expert	Subject Expert	Subject Expert	Communication Manager
Date of issue: 10th October, 2024				
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**This is a Prototype Test certificate.**

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