

**“Diploma in Community Mental Health” for Nurses  
(GNM and above) B14  
(six-month course)**

<b>Course name</b>	Diploma in Community Mental Health (Dip CMH) for Nurses
<b>Eligibility of Potential Learners</b>	Nurses Qualified with GNM and above, registered with any of the State Nursing Council in India.
<b>Goals (End of The Training programme) (Details in the draft)</b>	<p>On course completion, the participants should be able to:</p> <ol style="list-style-type: none"> <li>1. Identify, screen for mental health disorders (CMD, SUD and SMD) and factors influencing it</li> <li>2. Decide “best practices” like pharmacological treatment and handle brief psychosocial interventions for mental health issues.</li> <li>3. Make decisions about what can be managed by them and what needs to be referred to higher centres</li> </ol> <p>[CMD: Common Mental Disorders, SUD: Substance use disorders (Alcohol and Nicotine), SMD: Severe Mental Disorders (Psychosis)]</p>
<b>Duration and Design</b>	<p>60 hours Blended Online learning</p> <p>A. Face to Face in zoom or similar video conferencing will be held every week on <b>Friday from 10:00AM -12:00 PM</b> Total of 48 hrs live interactive sessions using Zoom Healthcare <a href="http://elearn.vknnimhans.in">elearn.vknnimhans.in</a> or similar LMS contents, reading materials including assignments)</p>
<b>Modules</b>	<p><b>5 modules include</b></p> <ul style="list-style-type: none"> <li>- General-Concepts, Principles (Include assessment and evaluation)</li> <li>- Common mental disorders &amp; Alcohol, Tobacco dependence</li> <li>- Severe mental disorders &amp; Postpartum mental illness</li> <li>- Mental health problems and needs of special population- Children/ adolescents and elderly</li> <li>- Community Mental health nursing, Rehabilitation &amp; Legal, Ethical issues in mental health care</li> </ul>
<b>What is primary Focus</b>	<ul style="list-style-type: none"> <li>- The primary focus of the course is learning by <b>presentation of their patients</b> by participants in the weekly live sessions</li> <li>- Learning by doing in practice.</li> </ul>

<p><b>Eligibility for Accreditation Certificate</b> <b><u>(Please read carefully)</u></b></p>	<p>1. More than 80% Attendance <b>(19/24 live sessions)</b> in the weekly Live sessions which is measured by the software and your video presence( &gt;90 minutes video presence for each live session is mandatory).</p> <p>2. Presentation of Two patient <b>case summaries</b> at weekly live Wednesday session, in which one of the cases can be a Follow-up case another can be a new case.</p> <p>3. Completion of Six e-Assignments at <a href="http://elearn.vknnimhans.in">elearn.vknnimhans.in</a> or similar LMS and score of minimum 80% for each Assignment. A second and last attempt will be permissible to those who are not able to clear the assignments in the first attempt. Each attempt for all six assignments will be live for 48 hours after which the link will be disabled. <b>(Note: First Attempt is Mandatory to appear for second attempt)</b></p> <p>4. Monthly reports of patients seen (during the course) to be submitted.</p> <p>5. Completion of pre-test and posttest.</p>
<p><b>Hub/Team leads</b></p>	<p>Clinical experts from NIMHANS Digital Academy (NDA) <b>Facilitators, Teachers and Experts</b> Dr. Radhakrishnan, NDA Nursing- Course Coordinator, Associate Professor of Nursing, NIMHANS. Email- <a href="mailto:dr.rk76@gmail.com">dr.rk76@gmail.com</a>, Mob- 9342135545</p>
<p><b>Approvals</b></p>	<ul style="list-style-type: none"> <li>● Diploma in Community Mental Health is a continued professional development</li> <li>● This is recognized by NIMHANS NDA Board of Studies</li> <li>● Not recognized by Indian Nursing Council (INC)</li> <li>● <i>General</i> <i>The certificate won't guarantee you'll be granted credit by your, institution, or organization or states. However, a good approach is for you to submit your certificate, along with the course syllabus, for potential approval by your home institution or organization or states.<sup>1</sup></i></li> </ul>
<p><b>Updates</b></p>	<p><b><a href="http://nimhansdigitalacademy.in/">http://nimhansdigitalacademy.in/</a></b></p>
<p><b>Suggestion and comments</b></p>	<p><a href="mailto:dr.rk76@gmail.com">dr.rk76@gmail.com</a></p>

**Course Overview:** Diploma in Community Mental Health is specially designed for Nursing staff working in various parts of the country. This course is designed to provide a basic understanding of the various common Mental conditions and their effective management. This is also suitable for those doctors who are willing to upscale themselves to handle any criticality related to mental health issues. The course covers the basic concepts, practices and the translation of knowledge into clinical practice.

**Course Objectives:** On course completion, the participants should be able to:

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1. Identify, screen for mental health disorders (CMD, SUD and SMD) and factors influencing it
2. Decide “best practices” like pharmacological treatment and handle brief psychosocial interventions for mental health issues.
3. Make decisions about what can be managed by them and what needs to be referred to higher centres

[CMD: Common Mental Disorders, SUD: Substance use disorders (Alcohol and Nicotine), SMD: Severe Mental Disorders (Psychosis)]

**Duration of course:** This is a blended learning digital certificate course of **six months** duration or 60 hours.

**Digital Tools and their security going to be used for this training (\*this can change with emerging technology, its availability as well as cost)**

Security of all data and its privacy is of utmost concern for us. Please look at the following.

Components	Tools	Security/compliance	Mobile app link (Also accessible by PC/laptop)
Curriculum	Website Indian server with https://	<a href="https://nimhansdigitalacademy.in">https://nimhansdigitalacademy.in</a>	<a href="https://nimhansdigitalacademy.in/">nimhansdigitalacademy.in/</a>
Live tele - session	Zoom Healthcare application	<a href="https://zoom.us">https://zoom.us</a>	<u>Android app</u> Signed BAA with

	conferencing for HIPAA compliant <sup>2</sup> (Under process)		-NIMHANS-ZOOM
Case intake record form	Google Form	<u>Google Form</u>	<u>Android app</u>
Assignments	Learning management System	<u>elearn.vknnimhans.in</u> <sup>3</sup> hosted in VKN NIMHANS cloud in India	<u>Android app</u>
Self-Reading materials	Learning management System	<u>elearn.vknnimhans.in</u> hosted in VKN NIMHANS cloud	<u>Android app</u>
Enjoy Quizzes as recap and win prize	Slido.com Cloud based poll	Anonymous poll <a href="https://www.sli.do/">https://www.sli.do/</a> <sup>4</sup>	<u>Android app</u>
Invitation and thanks mail	Mail/Mailerlite	<u>Mail/Mailerlite.com</u>	
Case Recommendations	Learning management System	<u>elearn.vknnimhans.in</u> hosted in VKN NIMHANS cloud	<u>Android app</u>
Chat with experts outside Live session		<u>elearn.vknnimhans.in</u> hosted in VKN NIMHANS cloud	<u>Android app</u>

### Teaching Methodology

This will be a blended learning method: Self-paced e-learning (Anytime) through Moodle LMS + Face to face interactive Virtual sessions through Zoom Healthcare teleECHO video conference (Real Time)

<b>Duration</b>	<b>Self-paced e- Learning (video, ppt, reading) (<u>elearn.vknnimhans.in</u>)</b>	<b>Interactive Video conferencing mobile app at VKN platform (<u>Zoom Healthcare tele Cloud Conference</u><sup>5</sup>)</b>	<b>Total Assignments</b>

<sup>2</sup> Zoom." <https://zoom.us>

<sup>3</sup> "VKN @NIMHANS DIGITAL ACADEMY." <https://elearn.vknnimhans.in/>. Accessed 18 Nov. 2020.

<sup>4</sup> "Slido." <https://www.sli.do/>. Accessed 18 Nov. 2020.

<sup>5</sup> "Zoom: Video Conferencing, Web ...<https://zoom.us>

<b>Time in Hours</b>	<b>12hrs</b>	<b>48hrs</b>	<b>05</b>
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### Self-paced E-learning (Moodle LMS)

Each participant will have access to a Learning Management Solution (example: Moodle app). The relevant contents will be delivered through this app. These will be in the form of recorded video, selected text books, articles, videos, powerpoints etc. They can interact with the trainers also.

### LIVE interactive teleECHO-sessions

This will happen by using NIMHANS multipoint video conferencing platform every week for two hours. This can be accessible through any smartphone, tablet, desktop or laptop. The medical officers can join from their workplace once a week i.e., every Friday from 10.00 AM to 12:30 PM.

The focus here is

- a. Clarification of doubts (self-paced learning) and discussion of Self-Assessment Questions.
- b. Case discussions
- c. Brief Didactic lecture by NIMHANS faculty on specific areas.

### Criteria for Accreditation Certificate

**The following criteria are to be fulfilled to be eligible for the award of Certificate \***

1. More than 80% Attendance **(19/24 live sessions)** in the weekly Live sessions as measured by the software and your video presence(>90 minutes video presence for each live session).
2. Presentation of **Two patient case summaries** at weekly live session. Presentation of Follow up of one case is also acceptable.
3. Completion of **Five e-Assignments#** at [elearn.vknnimhans.in](http://elearn.vknnimhans.in) and score >80% for each Assignment: A second attempt will be permissible to those who cannot clear the assignments in the first attempt (first attempt is mandatory). Each attempt for all six assignments will be online for 48 hours after which the link will be disabled.
4. Monthly reports of patients seen (during the course)

5. Completion of pre-test and posttest. (No scoring involved)

# Each assignment has TWO attempts to clear (> 80%) in a course. Each Assignment has to be completed in two working days after being assigned.

**\*\*\*SECOND ATTEMPT IS ALLOWED FOR PARTICIPANTS WHO HAVE GIVEN THE 1ST ATTEMPT ONLY\*\*\***

**\*Within one month of last LIVE Session, all submission has to be completed and the course will be closed**

**COURSE COMPLETERS WILL BE GIVEN CERTIFICATE OF DIPLOMA IN COMMUNITY MENTAL HEALTH. NO PARTICIPATION CERTIFICATE**

### Curriculum

<b>Module/ Time</b>	<b>Topic/ Content (For self-learning through Google Classroom)</b>	<b>Virtual Interactive Session (VIS)/ Date (Will be notified) Assignments **</b>	<b>Expert involved</b>
Module 1          5 Hrs	Concept of Mental Wellness and illness General Principles of mental health care Signs and Symptoms, Screening for mental disorders History taking Mental status examination	Mental Status Examination/ Assessment &  Communication Skills  Q&A  Assignment- 1  (MCQ on Concepts, Principles & Assessment)  Self-learning material will be appended and informed during live session	Dr. Radhakrishnan  Dr. Sailaxmi Gandhi

<p>Module-2</p> <p>5 Hrs</p>	<p>Common mental disorders: patient assessment, medical management, psychosocial management, role of the nurse.</p> <p>Common mental disorders:, family education, patient referral, case discussions, evaluation.</p> <p>Alcohol and tobacco dependence: patient assessment, medical management and role of the nurse.</p> <p>Alcohol and tobacco dependence: relapse prevention, role of the nurse, family education, patient referral.</p> <p>Suicide and self-harm: screening, role of the nurse.</p>	<p>VIS-</p> <p>Common mental illness: Case discussions, evaluation.</p> <p>Alcohol and tobacco dependence: Case discussions, evaluation.</p> <p>Assignment- 2 (MCQ on Common mental Disorders &amp; Alcohol, Tobacco dependence</p> <p>Self-learning material will be appended and informed during live session</p>	<p>Dr. Prasanthi Nattala</p>
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<p>Module- 3</p> <p>5 Hrs</p>	<p>Severe mental illness (Schizophrenia, Bipolar Mood Disorders): patient assessment, medical management and role of the nurse.</p> <p>Severe mental illness: Psychosocial management, role of the nurse, family education, patient referral, Postpartum mental illness: patient assessment, medical management, psychosocial management, role of the nurse.</p> <p>Postpartum mental illness: Family education, patient referral, case discussions, evaluation.</p>	<p>Severe mental illness: Case discussions, evaluation.</p> <p>Postpartum mental illness: Case Discussion</p> <p>Assignment- 3 (MCQ on Severe mental illness &amp; Postpartum mental illness.</p> <p>Self-learning material will be appended and informed during live session</p>	<p>Dr. Sailaxmi Gandhi</p>
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<p>Module- 4</p> <p>5 Hrs</p>	<p>Mental health problems/ needs of special population</p> <p>Childhood and Adolescent Mental Disorders: assessment, long-term management (including behavioral management). Childhood and Adolescent Mental Disorders: Primary caregiver training, family education, role of the nurse. Mental Health Problems in Elderly: assessment, long-term management, family education, patient referral, case discussions, evaluation, role of the nurse.</p>	<p>Childhood and Adolescent Mental Disorders: Case discussion and evaluation.</p> <p>Mental Health Problems in elderly: Case Discussion and Evaluation</p> <p>Assignment- 4 (MCQ on Mental health problems of Children, Adolescents and Elderly)</p> <p>Self-learning material will be appended and informed during live session</p>	<p>Dr. Radhakrishnan G. Dr. Sailaxmi Gandhi</p>
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<p>Module- 5</p> <p>5 Hrs</p>	<p>Community Mental Health Nursing.  Legal and ethical issues in mental health nursing; human rights of individuals with mental illness.  Rehabilitation of persons with mental illness.  Welfare benefits for individuals with mental illness.  Community Based Rehabilitation (CBR).</p>	<p>Legal and Ethical issues-  Case based discussions.  Rights of Patients with mental illness- Discussion  CBR- Discussion  Assignment- 5  ( MCQ on Community mental health nursing, Rehabilitation, Legal and Ethical issues)  Self-learning material will be appended and informed during live session</p>	<p>Dr. Radhakrishnan G.  Dr. Sailaxmi Gandhi</p>
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### Assignments

- A. MCQs with specific cut off marks to qualify in the respective modules.
- B. **Unless you take first attempt, second attempt will not be allowed**
- C. All will be computerized and your logs/IP address will be controlled by the computer/internet
- D. Each assignment attempts will have different set of questions

### Timeline

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

**Will be updated once course is started**

- **Core Competencies for the course**

<b>What they can do</b>	<b>What they cannot do</b>
Screening all general patients (who present for primary care) for psychiatric disorders	Cannot claim yourself as a “Psychiatric Nurse” with this certificate and register the same in state nursing Councils.
Psychological First aid	Cannot Admit a psychiatric patient
Refer the psychiatric Patients to the (nearest) facility	Cannot Administer medication without prescription from the Psychiatrist/ Physician
Administer medication prescribed by the Psychiatrist/ Physician	Cannot do any other higher-level treatment in mental health care Eg. ECT, or other physical treatment
Monitor and Follow up	Cannot prescribe for investigations
Coordinate the therapeutic activities of other psychiatric professionals.	Cannot provide psychotherapy
Function as a multidisciplinary psychiatric team member	Cannot train nurses with this basic diploma
Psychoeducation/ Health education	Cannot Admit a psychiatric patient

Will be able to flag emergencies and intervene and/or refer immediately	Cannot Administer medication without prescription from the Psychiatrist/Physician
Can differentiate between organic and psychiatric symptoms and bring to the notice of the physician if the client is in a general hospital or in the community	
Create awareness about mental health promotion and prevention of mental illness in the community	
Administer prescribed depot preparations during home visits	
Counsel the family during home visits	

### **Discipline specific competencies**

- Psychiatric Nursing assessment
- Nursing Diagnosis on mental health care
- Nursing Interventions in mental health care/ Nursing care



## Certificate Template



**National Institute of Mental Health and Neurosciences**  
(An Institute of National Importance)

**NIMHANS Digital Academy**

Department of Psychiatry, Bangalore, INDIA

Certified that

**NAME**

(Registration number: NDA2022DN14B01)

has successfully completed and passed the course

**“Diploma in Community Mental Health”  
for Nurses**

\_\_\_\_\_  
Subject Expert  
Department  
of Nursing

\_\_\_\_\_  
Officer-In-Charge  
NIMHANS Digital Academy

\_\_\_\_\_  
Head  
Department  
of Nursing

\_\_\_\_\_  
Director  
NIMHANS

**Course Completion Criteria:**

Batch 14 of Nurse's Course (January 2022 – June 2022)

- More than 70% marks in all FIVE self paced e-Assignments
- More than 80% participation in the fortnight multi-point LIVE tele-clinics
- Pre and Post Assessments

July, 2022, Bangalore, INDIA

This Digital course is approved by 20th Board of Studies of NIMHANS.  
This course is NOT recognized by Indian Nursing Council

This programme is under the Ministry of Health and Family Welfare, Government of India

[nimhansdigitalacademy.ac.in](http://nimhansdigitalacademy.ac.in)

Certificate of Achievement

**NAME**

Registration Number: **NDA2022DN14B01**

July2022, Bangalore, INDIA

**Diploma in Community Mental Health: Course for Nurses**

Final Score: 84%

Criteria: Nurses Course	Status/Score
Module 1: Assignment	90%
Module 2: Assignment	90%
Module 3: Assignment	90%
Module 4: Assignment	70%
Module 5: Assignment	80%

\_\_\_\_\_  
Subject Expert  
Department of Nursing

\_\_\_\_\_  
Head  
Department of Nursing

You are invited to participate in in-depth patient centric learning on NDA + Blended Digital learning in the various areas like Addiction, Women Mental Health and others in future.



Brought to you by  
**NIMHANS Digital Academy**  
**Virtual Knowledge Network**

" Movement to create a Virtual Network of Skilled Health providers  
in Mental health and Substance abuse disorders"

## FAQ

1. *What is a “Diploma in a Community Mental Health course” about ?*

Diploma in community mental health course is a virtual training program run by NIMHANS Digital Academy (NDA), where participants who have completed MBBS or above can enroll and participate in a peer based learning model( cases based learning). Where subject experts will be delivering from the Hub (NIMHANS) and participants are the spokes joining from different parts of the country. The details of the program are elaborated in the curriculum.

2. *What is [elearn.vknnimhans.in](http://elearn.vknnimhans.in) ?*

Elearn.vknnimhans.in is a digital delivery system where all the information regarding the course material, assignments, scores, and clarification of doubts by the experts are available to the participants. In short we can say it's a virtual classroom.

3. *Should I join/ signup for [elearn.vknnimhans.in](http://elearn.vknnimhans.in)?*

*Elearn.vknnimhans.in* is a digital delivery system available in two versions. One is the mobile (android) app based version and the other one is the web browser version. It is mandatory for all the participants to sign up and get enrolled as students. For any assistance on how to sign up can watch this [video](#).

4. *How do the experts or Hub team communicate with the participants or participants with the hub team?*

All the communications will happen via weekly online sessions in the Zoom Healthcare teleECHO cloud application, in the discussion forum and via emails.

5. *How can I communicate with other participants or team members about my doubts?*

For all the queries you can post the doubts in the discussion forum of [elearn.vknnimhans.in](http://elearn.vknnimhans.in) , where subject experts or other participants can answer and try to clarify the doubts.

6. *Should I need to attend all the live sessions?*

At Least 19/24 live sessions should be attended for the accreditation of certificates.

7. *Can I Join the live session at 7:00pm instead of 6:00pm as I was occupied by work?*

No. Participants will be allowed into the live session after 6:30 pm. After 6:30 pm the live session will be locked, therefore no participant is allowed to enter the live session.

8. *Should I need to keep my video on during the live session?*

It is mandatory for accreditation of certificates that **at least 90 min** of the video presence is must for each session which is measured by the software. In case if your video presence is not available, participants will be sent to the **waiting room** as a first chance.

9. What If in case I get disconnected during the live session?

In case you get disconnected because of network issues, you need to contact any of the hub team members (back end team) who will help you to enter the live session.

10. How many cases should I need to submit?

For the accreditation of certificates each participant should submit at least 2 cases. The final date for submission of all your will be updated once the course is started. All your cases will be discussed during the live sessions, participants will be informed about the presentation a week ahead. Each presentation will be scored for 50 marks and participants are expected to score at least 40 marks for the same

11. Should I take all the assignments and what are the minimum marks I need to score for the same.

Participants must take all the assignments which are available in the elearn.vknnimhans.in. For each assignment it is mandatory to score above or equal to 80% for accreditation of certificates.

12. What in case I was not able to clear the assignment?

In case the participant was not able to clear the assignment in the first attempt will be given a second and final attempt to clear. However it is **mandatory to give 1st attempt** to get eligibility for second attempt.

13. What type of questions are asked in an assignment?

You will have multiple choice questions, true or false questions, match the following type questions and essay type questions with negative marks (varies with difficulty level of the questions)

**Source books but not limited**

1. Manual for Medical Officers: Assessment and management of Mental health in general practice. MOHFW GoI.
2. NIMHANS Manual for Primary health care providers.
3. World Health Organization. (2010). *mhGAP* intervention guide for mental, neurological and substance use disorders in non-specialized health settings: mental health Gap Action Programme (*mhGAP*). Geneva: World Health Organization.
4. SOPs by NIMHANS team Primer for Alcohol and Tobacco.
5. Ahuja Short textbook of Psychiatry.