

Study Guide

For Residency in Psychiatry (FCPS)

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1) List of Abbreviations:

Abbreviation	Full Form
CPSP	College of Physicians and Surgeons PAKISTAN
FCPS	Fellowship of the College of Physicians and Surgeons
AITH	Allama Iqbal Teaching Hospital
CBT	Cognitive Behavioral Therapy
ECT	Electroconvulsive Therapy
DSM-5	Diagnostic and Statistical Manual of Mental Disorders, 5th Edition
ICD-11	International Classification of Diseases, 11th Revision
OPD	Outpatient Department
IPD	Inpatient Department

2). Curriculum Overview:

The FCPS Psychiatry training program is designed to provide comprehensive knowledge and practical experience in the assessment, diagnosis, treatment, and management of psychiatric disorders. It includes theoretical learning, clinical exposure, and research opportunities.

Core Areas of Training

1. General Adult Psychiatry
2. Child and Adolescent Psychiatry
3. Geriatric Psychiatry
4. Forensic Psychiatry
5. Addiction Psychiatry
6. Psychotherapy (CBT, Psychodynamic, etc.)
7. Biological Therapies (Pharmacology, ECT)
8. Community Psychiatry

3) Internal Review Committee:

Position	Name
Chairperson	DR. HAFIZ SHAFIQUE AHMAD Head of Psychiatry Department, AITH
Senior Members	DR. RIZWAN UL HUSNAIN, Senior registrar DR. ZAHEER AHMAD, Consultant Psychiatrist
Members	Admin registrar, medical officers, Clinical Psychologists, Research Coordinators
Trainee Representative	

4) Timetable: (Formative)

Day	Activity	Time
Monday	OPD Clinics	8:30 AM - 2:00 PM
Tuesday	Ward Rounds	9:00 AM - 11:00 AM
Wednesday	Academic Sessions (Lectures/Seminars)	11:00 AM - 12:00 PM
Thursday	Psychotherapy Sessions	10:00 AM - 11:00 AM
Friday	Research and Case Presentations	9:00 AM - 12:00 PM

5) Distribution and Duration of Teaching Activities:

Activity	Percentage of Training
Clinical Training (OPD, IPD, Emergency)	70%
Academic Sessions (Lectures, Seminars, Workshops)	20%
Research (Case Studies, Publications)	10%

6) Curriculum Outcomes:

By the end of the training, trainees will be able to:

1. Diagnose and manage psychiatric disorders effectively.
2. Develop skills in psychotherapy and biological treatments.
3. Understand ethical and legal aspects of psychiatry.
4. Conduct research and contribute to the field of mental health.

7) Learning Objectives:

Category	Objective
Knowledge	Understand the theoretical basis of psychiatric disorders.
Skills	Perform clinical assessments, formulate treatment plans, and deliver therapies.
Attitudes	Show empathy, professionalism, and ethical behavior.

8) Assessment Types:

Assessment Type	Description
Formative Assessments	Regular feedback during clinical rotations. (monthly)
Summative Assessments	Written exams, clinical exams, and research evaluations. (after 06 months)
Passing Criteria	Minimum 70% in all assessments.

9) Assessment Schedule:

Assessment Type	Frequency
Written Exams + TOACS	Monthly
Clinical Exams + Long Case	Biannually
Research Evaluation	Yearly

10) Assessment Tools:

Assessment Tool	Description
Written Exams	MCQs, SEQs, and essays.
Clinical Exams	OSCE (Objective Structured Clinical Examination).
Research Evaluation	Thesis and case presentations.

11) Sample Past Papers for Psychiatry:

A collection of past papers will be provided to trainees for exam preparation, including multiple-choice questions (MCQs), short essay questions (SEQs), and case-based discussions.

12) Recommended Books:

Book Title	Author
Kaplan and Sadock's Comprehensive Textbook of Psychiatry	Benjamin J. Sadock, Virginia A. Sadock
The Maudsley Prescribing Guidelines in Psychiatry	David M. Taylor, Thomas R. E. Barnes
Oxford Handbook of Psychiatry	David Semple, Roger Smyth
DSM-5	American Psychiatric Association
ICD-11	World Health Organization
Nice guide lines in psychiatry	Stephen Pilling
Oxford short text book of psychiatry	Paul Harrison, Philip Cowen, Tom Burns, Mina Fazel
Mental health ordinance 2001 of Pakistan	Provincial assembly of Pakistan (Punjab)