

Name of Block	Block II
Name of Elective	Identification of Mental Problems Around Us
Location of hospital Lab or research facility	Psychiatry & De-addiction Ward
Name of internal preceptor(s)	Dr. Navkiran S. Mahajan
Name of external preceptor (if applicable)	Nil
Learning objectives of elective	1. To obtain knowledge of various mental health problems. 2. To Understand and identify the early behavioral, emotional, and cognitive signs of mental health issues 3. To be able to distinguish between different types of mental health disorders and practice systematic documentation of observed symptoms.
Number of students that can be accommodated in this elective	4
Prerequisites for elective	Good clinical practice Basic life support Basic first aid Necessary immunizations Universal precaution certification
Learning resources for students	• Kaplan & Sadock Synopsis of Psychiatry 12th Edition. • New Oxford Textbook of Psychiatry. • 3. Diagnostic and Statistical Manual of Mental Disorders (DSM-5 TR).
List of activities of student participation	1. Work daily with a supervisor in observing, and assisting psychiatric patients. 2. To document at least two activities observed/assisted.
Portfolio entries required	1. Documentation of worked up cases (min.-04)
Log book entry required	Completion of posting signed by preceptor with a "meets expectation '(M)'grade"
Assessment	Formative: • Attendance • Day-to-day participation in departmental activity • performance of assigned tasks
Other comments	-

Logbook- cum- Portfolio

Elective Module: Identification of Mental Problems Around Us

Identification of Mental Problems Around Us

Identification of mental health problems requires professional acumen and a keen understanding of the signs and symptoms associated with various psychiatric conditions. The identification process involves recognizing a range of mental health disorders, including depression, anxiety, psychosis, bipolar disorder, and cognitive impairments, among others. By utilizing structured diagnostic tools like the **HAM-A** and **HAM-D** scales, healthcare professionals can effectively assess the severity of symptoms and monitor the patient's progress over time.

It is crucial to understand the clinical presentation, prevalence, and societal impact of these conditions to provide optimal care. Knowledge of the interplay between mental health conditions and their societal context helps in early detection and intervention.

As mental health awareness increases, better identification and personalized approaches to treatment become essential. This will be achieved through a thorough understanding of the mental health spectrum, common diagnostic criteria, and the impact of various disorders on individuals and society.

Through this module, the learner will gain knowledge about how to identify mental health problems, their signs and symptoms, the role of diagnostic tools, and how early identification can improve patient outcomes.