



Fundamentals of Geriatric Mental Health

ONLINE BLENDED LEARNING CERTIFICATE COURSE

**NO
COURSE
FEE**

COURSE OUTLINE

- Basic concepts of Aging and Approach
- Prescribing Psychotropics in the Elderly
- Understanding Dementia
- Alzheimer's Dementia in Depth
- Delirium / Acute Confusion in the Elderly
- Geriatric Depression
- Sleep Disorders in the Elderly
- Common Medical morbidities & Mental Health in Old age

ELIGIBILITY

MBBS / Postgraduate Doctors with recognized MCI/NMC degrees

ENROLMENT BEGINS

7th March, 2023

COURSE DURATION

14 Weeks

Department of Geriatric Mental Health, LGBRIMH
and
MEET LGBRIMH (Digital Academy)
for details, visit www.meetlgbrimh.in

Course Description

The course aims to provide a basic idea about the various mental health problems related to old age. It covers areas such as the biological and psychological changes associated with aging, the approach to an elderly patient with a mental health problem, the common mental health problems of old age, their clinical presentations, and the basic management of common geriatric mental health disorders. This course is designed as a blended learning online certificate course. It is largely self-taught, complemented by online lectures, PowerPoint presentations, and comprehensive study materials. The duration of the course is of 14 weeks.

Learning Outcomes

At the end of this course, participants will be able to

- recognize key mental health problems related to old age
- choose and apply screening tools to identify mental disorders
- formulate an initial management plan, and
- judge the referral needs, if required.

Assessment Overview

Each participant will be assessed under the following heads for completion of the course and certification

- Submission of assignments after each module
- Participation and discussions in live online sessions
- Individual assignment scores
- Score in the Final Assignment

Course Goals

This certificate course will have eight modules spread over fourteen weeks:

Module 1	Basic concepts of aging and approach to a patient with mental health problems of old age.
Module 2	Psychotropics in the Elderly (Antipsychotics, Antidepressants, Benzodiazepines: Overview, Classification, Uses, Doses, Side Effects)
Module 3	Dementia (Definition, Causes, Risk factors, Symptoms, Types, Clinical presentation of common types of Dementia)
Module 4	Alzheimer's Dementia (Etiology, Clinical features, Assessment, Diagnosis and Management)
Module 5	Delirium in the Elderly (Risk Factors, Causes in the elderly, Clinical features, Assessment and Management)
Module 6	Geriatric Depression (Risk Factors, Etiology, Clinical features, Assessment and Management)
Module 7	Sleep Disorders in Elderly (Overview of Normal Sleep and changes with ageing, Sleep disorders in elderly, Management of Sleep disorders in the elderly)
Module 8	Other Common Medical morbidities of old age and mental health (Psychiatric aspects of Hypertension, Diabetes Mellitus, Cardiovascular Disease, Parkinson's disease)