

# Examination for Registration to Practice Medicine (ERPM)

## Criterion based curriculum developed by the Academic Board in Psychological Medicine of the Sri Lanka Medical Council

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### General objectives

The student is expected to be competent in assessing and managing patients (both children and adults) who present with common mental health problems in the hospital and the primary care setting.

### Clinical competencies

The student is expected to have the following clinical competencies.

- Take a relevant history in patients presenting with mental health problems
- Carryout a mental state examination
- Discuss differential diagnoses
- Formulate a management plan
- Manage psychiatric emergencies
- Be competent in prescribing medications used in the treatment of patients with mental health problems
- Identify and refer patients who need specialized care

**In order to be able to carry out the tasks described above the student requires a sound theoretical knowledge in the following areas.**

- To understand the concept of mental illness
- Describe the epidemiology of common psychiatric illness occurring in adults and children
- Be familiar with the ICD-10 classification of mental disorders
- Be able to define and describe the psychopathology of mental disorders
- Be familiar with legal aspects which are relevant in managing patients with mental health problems
- Be able to describe the aetiology, clinical features, course, prognosis and treatment of the following disorders or presentations

Dementia

Delirium

Psychoactive substance use-alcohol, tobacco, cannabis, opioids and stimulants

Schizophrenia, schizotypal and delusional disorders

Psychiatric disorders in the Puerperium

Mood (affective) disorders- depressive disorder, bipolar affective disorder

Generalized anxiety disorder, phobic anxiety disorders and panic disorder

Obsessive compulsive disorder (OCD)

Acute stress disorder

Post-traumatic stress disorder (PTSD)  
Adjustment disorder  
Bereavement and Grief  
Somatoform disorders including hypochondriacal disorder  
Dissociative (conversion) disorders  
Attempted Suicide and deliberate self-harm  
Eating disorders- Anorexia nervosa, bulimia nervosa  
Sleep disorders- insomnia, hypersomnia, sleep walking, sleep terrors  
Problems of sexuality and gender- erectile dysfunction, premature ejaculation and vaginismus.

- Understand the common clinical presentations of mental health problems in children
- Be able to describe the aetiology, clinical features, course, prognosis and treatment of the following disorders or presentations commonly seen in children and adolescents

Mental retardation  
Disorders of psychological development  
Pervasive developmental disorders- autism, Asperger's syndrome,  
Hyperkinetic disorder  
Conduct disorder  
Separation anxiety disorder of childhood  
Phobic anxiety disorder of childhood  
Social anxiety disorder of childhood  
Sibling rivalry disorder  
Elective mutism  
Tic disorders including de la Tourette's syndrome  
Non organic enuresis

- Understand the principles of cognitive behaviour therapy in the treatment of anxiety disorders
- Know the pharmacological actions, indications, adverse effects and contraindications of the following classes of medication

### **Antipsychotics**

First generation antipsychotic drugs- chlorpromazine, trifluoperazine, haloperidol

Second generation antipsychotic drugs- risperidone, olanzapine, clozapine

Antipsychotic depot injections- fluphenazine decanoate,

flupenthixol decanoate, haloperidol decanoate, zuclopenthixol decanoate

Intramuscular haloperidol, olanzapine

(student should be competent in prescribing (should know the effective dose range) at least one first generation and one second generation antipsychotic (other than clozapine).

