

College of Micronesia-FSM

Course Outline

Course Title: Behavioral Health

Department and No: CHS 233a

Course Description: Behavioral diseases are very common in Micronesia, causing a great deal of suffering, disability and some deaths. This is a survey course of the most important behavioral diseases and the things that can be done to for them, including preventive measures, and measures to limit damage to individuals, families and communities once disease occurs.

This course is designed both for community health workers (CHWs) who will be working within the villages of the district centers as well as for health assistants (HAs) who are based in dispensaries in areas where there is no doctor.

Course Prepared By: Dr Mark Durand

Campus: Yap

Hours Per Week	No. of Week	Total Hours	Semester Credits
Lecture <u>16</u>	x <u>2</u>	= <u>32</u>	= <u>2</u>
Laboratory _____	x _____	= _____	= _____
Workshop _____	x _____	= _____	= _____

Total Semester Credits = 2

Purpose of Course: Degree Requirement _____
Degree Elective _____
Certificate X _____
Other _____

Prerequisite: CHS NA

Signature Chairperson, Curriculum Committee

Date

Signature, President, COM-FSM

Date

General Course Objectives:

Student will develop the capacity to identify and help to manage patients with (and those at risk for) mental disorders.

Specific Learning Objectives:

- Explain the 10 principles for health workers in the Code of Conduct of the International Red Cross as they apply both to disaster relief and community health (see Community Health. Wood, CH. AMREF, 2nd ed. Nairobi Kenya, 1997.)
- Define confidentiality and explain why it is important for all health workers to preserve confidentiality.
- Demonstrate 3 techniques for establishing rapport with a patient.
- Describe the roles of family, host factors, environmental factors and social factors in the production of mental illness and addiction.
- Identify signs and symptoms that may indicate the presence of a mental health or substance abuse disorder.
- Identify safe traditional remedies for common psychiatric symptoms.
- Identify situations when it is dangerous to delay or interrupt modern medical treatments for mental health problems.
- Accurately classify mental health and substance abuse problems using standard assessment forms.
- Describe the typical time course of each condition, including the usual age of onset.
- Select measures for management of common mental illnesses (including referral when appropriate) using standard management protocols.
- Select measures for the rehabilitation of patients with mental illness.
- Recognize signs and symptoms of child neglect and physical and sexual abuse.
- Recognize signs and symptoms of spouse and elder abuse.
- Describe indications for referral and/or reporting of suspected spouse, elder or child abuse.
- Identify the location and function of organs affected by alcohol, tobacco, betel nut, amphetamines and inhaled agents (e.g. paint, gasoline, glue).
- Describe how each agent causes dysfunction of affected organ systems.
- Describe how dysfunction may result in symptoms, illness and death from each agent.
- Identify behavioral risk factors for common medical diseases including cancers, diabetes, heart disease, hypertension, gout, STDs, and injuries.
- Use a systematic approach to setting incremental and measurable behavior change goals with patients for modification of behavioral risk factors.
- Demonstrate mastery in the use of flip charts to systematically deliver key messages about disease.
- Demonstrate how to explain to families and village members how they can help people with psychosis and other major mental illness.
- Use educational materials in order to promote understanding and motivation for people to change behavior.

Course Contents:

- Psychosocial development through the lifespan.
- Healthy vs. harmful child rearing practices.
- Communicating with patients, families and community groups about mental illness and substance abuse.
- Practice using tools to identify mental illness and substance abuse problems and to influence behavior.
- Specific mental health conditions: psychosis, suicide, depression, anxiety disorders, alcohol, tobacco and other substance abuse.
- The contribution of behaviors to the production and control of other medical conditions.
- Techniques for helping people to modify behavior.
- The role of behavior in other medical conditions.
- Legal and ethical aspects of dealing with mental health and substance abuse patients.

Textbooks:

Mental Health Care in Primary Health Care Settings. WHO manual: WHO/MND-RHB/97.1

Required Course Materials:

Chalk boards, computer with LED projector.

Reference Materials:

Standard Current FSM National and State Protocols for Mental Illness and Substance Abuse. (Available from national and state mental health and substance abuse programs)

Methods of Instruction: Lecture, group discussion, presentations by Mental Health and Substance Abuse Program staff, role play, supervised practice of skills with patients

Evaluation: Examinations and graded demonstrations by students of use of flipcharts, diagnostic tools, patient registries and a systematic approach to helping patients set behavioral change goals. Assessment of student counseling skills by testing comprehension of lay people who have been counseled about a topic by student.

Attendance Policy: Per standard COM-FSM policy as stated in the current catalog. Students will be advised of this on the first day of class.

Academic Honesty Policy: Per standard COM-FSM policy as stated in the current catalog.

