

## BASIC INFORMATION (Child and Adolescent Psychiatry)

Duration of the elective: 1 month

Number of students: 2 students

Prerequisites: The 5th year psychiatry rotation to be completed.

(This is a requirement for clinical oriented rotations. If you want to do a research-oriented rotation, please contact with Dr. Tuba Mutluer directly.)

Location(s): Koç University Hospital

## CONTACT INFORMATION

Elective Director: Dr. Tuba Mutluer Elective (Specific Subspecialty)

Faculty: Dr. Tuba Mutluer, [tmutluer@ku.edu.tr](mailto:tmutluer@ku.edu.tr)

## BRIEF DESCRIPTION OF STUDENT ACTIVITIES

KUH Child and Adolescent Psychiatry (specific subspecialty) MELC50X is an active and mostly hands on clinical & research program. According to our view and evidence-based data on learning, the more you experienced and practiced your own, the more permanent and effective you learn. This rotation offers an intensive introduction to the assessment and treatment of children and adolescents with emotional and behavioral disturbances. You will work with children and families in the Outpatient Child Psychiatry Service and the Constitution/ Liaison Services including Child Life and Mental Health Division. Learning experiences include participation in a multidisciplinary treatment team, psychiatric assessments in a variety of contexts, and direct involvement in the patient care.

### **Our team members in Child & Adolescent Psychiatry Clinic:**

Child and Adolescent Psychiatrist, **Ass. Prof. Tuba Mutluer**

Child and Adolescent Psychiatrist, **Herdem Aslan Genç**

Clinical Child Psychologist, **Işıl Nedef**

Child Life and Mental Health Expert and Clinical Psychologist, **Aslıhan Özcan Morey**

Child Psychologist (Specialized for child endocrinology): **Serra Muradoğlu Kupcuoğlu**

**Outpatient Unit:** In our outpatient clinic, we see several new patients and follow-up patients each day (except Monday afternoon and all Tuesdays, our research activity day). There are two separate parts during our psychiatric evaluations; one with the family and one with the child/adolescent. Students are encouraged to fulfill an initial evaluation form (Suppl. Doc 1) under our supervision.

**Outpatient Unit /Consultation:** Elective students will do the initial evaluation for the consultation under our supervision. Please find our CLP Evaluation form in the Suppl. Doc 2.

**Child Life:** We have a Child Life and Mental Health Division lead by Psychologist Aslıhan Özcan. She is going to introduce elective students the program briefly. If they are interested, they will join our activities in the child / adolescent inpatient ward.

**Tests to be observed:** Elective medical students can observe Denver 2 Test and one WISC-4 (IQ test) during the rotation. Our psychologists Serra Muradoğlu and Işıl Necef usually have one to three appointments per week. The theoretical information about these tests will be shared.

**Psychotherapy sessions:** Medical students also will have the chance to observe psychotherapy sessions during the elective. I will briefly talk to them about CBT sessions for children with anxiety (Korku Avcısı). Işıl Necef will also be happy to share her sessions with them in the mirror room if the patient gives consent. If students are willing to get more in-depth information on various psychotherapy modalities, they will encourage to proactively request from Işıl Necef to help them.

**Child and Adolescent Psychopharmacology:** Students are suggested to download the mobile phone application NbN C&A (<https://itunes.apple.com/us/app/nbn-c-a/id1174312826?mt=8>). Neuroscience based Nomenclature, Child and Adolescent, ECNP Research and Scholarship Stitching (De ECNP Research and Scholarship Foundation). We will discuss about commonly used drugs by using this app. I will also share a detailed and recent e-book with them on child psychopharmacology (Prescriber's Guide Children and Adolescents Stahl, 2019).

**Research in Child & Adolescent Psychiatry:** We have regular research hours (Monday afternoon and all Tuesday). Every Monday we have a research meeting at 12.00- 13.30. Students are expected to attend research activities during the elective. Each student's research program schedule is going to plan individually at the beginning of the elective. Students are encouraged to participate one / two of our ongoing clinical studies and carry on after the elective. We will share our ongoing studies list with them. If you want to do a research-oriented rotation, please contact with Dr. Tuba Mutluer.

**Feedback time and social event:** At the end of the month, students are invited to participate in a social event (happy hour).

## **Rules to be followed in the Child & Adolescent Psychiatry Clinic:**

Not to wear white coat as it may be threatening for children and hinder the rapport with the child.

Respect patient privacy and the evaluation confidentiality and do not open/close the door of the mirror room during an on-going evaluation.

Students are not encouraged to read or study irrelevant notes (such as TUS or other material on your personal schedule) while you are observing the evaluations.

Checking, texting or using your mobile phone are also not encouraged (even if you are not the interviewer but the observer).

Keep quiet and concentrate while observing in the mirror room.

At the beginning of the interview, introduce yourself to the patient/family as a member (medical doctor) of the child psychiatry team.

Prefer open ended and non-judgmental questions to the patients and families.

Avoid sharing your personal experiences with patients and their families.

Your kindness to the staff in the clinic is appreciated (such as medical/psychology students in the mirror room and Eda Genç, our main patient consultant etc.).

While interacting with a child, provide them a good role model. Collect the toys, pick up pieces from the floor, put them back in boxes and leave the room the way you have found it.

While you are observing the child, please be careful about the developmental state of the child (language, social, motor), his/her playing ability, intellectual level, behavior pattern, mental status, etc. Try to establish a reliable, reciprocal and joyful relationship and involve in his/her age appropriate interests, plays or activities.

While you are interviewing the parents mostly listen actively. Ask open ended and appropriate questions and be time efficient.

## **LEARNING OBJECTIVES**

**Brief:** Observe and apply child and adolescent psychiatric practice and get experience on clinical research in a general hospital setting.

**Specific objectives are:**

At the end of the elective a 5th year medical student will have a broad understanding on daily activities of the Child & Adolescent Psychiatry. The training plan is designed to help the medical student acquire the following skills and experiences: diagnosis and conceptualization, functional skills assessment and monitoring of treatment outcomes with additional exposure to intervention services in a variety of settings and modalities. Individual supervision, didactic training, and opportunities to participate in ongoing research will be provided.

Specific objectives are;

be able to take focused history of a child/adolescent patient with psychiatric disorder

be able to perform mental status examination of a patient applying to psychiatry

be able to apply the full DSM 5 and ICD 10 criteria for the following disorders when developing a differential diagnosis for their patient write-ups:

– Autism Spectrum Disorders, Attention Deficit Hyperactivity Disorder, Learning Disability, Reactive Attachment Disorder, Specific Phobias, Social Anxiety Disorder, Major Depressive Disorder, Disruptive Mood Dysregulation Disorder, Bipolar Disorder, Post Traumatic Stress Disorder, Oppositional Defiant Disorder, Conduct Disorder, Nightmare Disorder, Sleep Terror Disorder, Tic Disorder

Be able to participate a research project, teamwork, to learn literature search, basic statistical concepts, to be a part of manuscript writing process and if all requirements are done hopefully being co-author of a publishable article.

**ASSESSMENT OR EVALUATION**

Student's knowledge, communication, professionalism and practice-based learning are observed throughout the elective. Feedback on these competencies are provided continuously. A written and verbal feedback will be given for positive aspects and features for improvement.

**Recommended readings/resources:**

Kaplan & Sadock's Comprehensive Textbook of Psychiatry, Volume I / II, 10th Edition, 2017  
Editors Benjamin J. Sadock, M.D.

Crash Course Psychiatry Updated Print + E-Book Edition, 4th Edition, Series Editors: Daniel Horton-Szar, Authors: Katie Marwick Steven Birrell (free e-book will be shared)

The Diagnostic and Statistical Manual of Mental Disorders (DSM–5) (Free copies will be shared)

IACAPAP Textbook of Child & Adolescent Psychiatry (Free e-book: <http://iacapap.org/iacapap-textbook-of-child-and-adolescent-mental-health> )

Psychiatric Interview of Children and Adolescents, Dr. Claudio Cepeda