

STUDY GUIDE	
PROGRAM	MBBS
MODULE TITLE	Nervous system 2 & Psychiatry
ACADEMIC YEAR	4 th Year-2024
INTRODUCTION	The module is directly linked with the Neurosciences-1 year-2, where
	there was emphasis on normal structure and functions with clinical
	relevance. This module comprises of a strong clinical input related to
	common neurological, neurosurgical, and psychiatric conditions
	related to adults and children, so that the students get to understand
	issues from the patient's perspective. It is hoped that this will help
	them understand many of the covered diseases when they read
	about them again in Medicine,
	Surgery and/ or Pediatrics.
RATIONALE	Since many neurological and psychiatric conditions are common in
	the Pakistani community, it is imperative that attention of the learners
	is focused to these issues. Conditions like Epilepsy, Hydrocephalus,
	Meningitis, Depression, Schizophrenia are not unheard of. This module
	helps the students link the relevant basic sciences with signs and
	symptoms so that the principles of management can be better
	understood and applied to improved patient care.
OUTCOMES	By the end of the module, all the students will be able to justify the
	diagnosis and management plans of various neurologic & psychiatric
	diseases based on their knowledge of relevant basic sciences.
DEPARTMENTS	1. Community Medicine
INVOLVED	2. Neurology

	3. Neurosurgery
	4. Paediatrics
	5. Pathology
	6. Pharmacology
	7. Psychiatry
	8. Radiology
MODULE	By the end of the module, the students should be able to:
OBJECTIVES	
LECTURES	1. Poliomyelitis & Prevention
COMMUNITY	Classify different types of poliomyelitis
MEDICINE	 Describe poliomyelitis including its cause, mode of
	transmission and, sign and symptoms.
	 Discuss its epidemiology, control & prevention
	Explain Global Polio Eradication Initiative
	2. Tetanus & Prevention
	Describe Tetanus including its cause, mode of transmission
	and, sign and symptoms
	Discuss its Epidemiology
	Classify its types
	Explain its control & prevention
	3. Leprosy & Prevention
	Describe Leprosy including its cause, mode of transmission
	and, sign and symptoms.
	Classify the different types of Leprosy
	 Discuss its epidemiology, control & prevention
	Explain the National Leprosy Control Program

4. Stroke & Prevention

- Describe Stroke including its cause, risk factors and, sign and symptoms
- Discuss its epidemiology, control & prevention

5. Rabies & Prevention

- Describe Rabies including its cause, mode of transmission and, sign and symptoms.
- Discuss its epidemiology control & prevention

6. Snake bite & prevention

- Classify Snakes
- Identify the characteristic features of different types of Snake Venom
- Discuss epidemiology, prevention and management of snake bite

7. Introduction to mental health

- List mental health problems
- Describe Mental Health
- Discuss recommendations by World Health Report 2001 for Mental Health.
- Explain prevention and control of mental health problems

8. Substance Abuse

- Describe:
 - ✓ Substance abuse & its epidemiology
 - ✓ The phases of Drug addiction
- Classify psycho-active drugs

	Explain the control & Prevention of substance abuse
	 Identify the criteria of drug addiction
PHARMACOLOGY	1. Sedatives & hypnotics: Benzodiazepines I&II
	 Classify the drugs used as Sedatives & Hypnotics
	 Discuss the basic & clinical pharmacology of those
	Sedatives & Hypnotics drugs
	2. Drug used in migraine
	 List the drugs used in migraine
	 Discuss the basic & clinical pharmacology of those drugs
	3. Drugs of General anesthetics I&II
	 List the drugs used as pre anesthetic medications
	 Classify the drugs used as General anesthetics
	 Discuss the basic & clinical pharmacology of those Drugs
	4. Local anesthetics
	List the drugs used in local anesthetics
	Classify the drugs used as local anesthetics
	• Discuss the basic & clinical pharmacology of those
	Drugs and their differences
	5. Anti-epileptic drugs
	Classify the drugs used in epilepsy
	• Discuss the basic & clinical pharmacology of those
	drugs
	6. Anti-psychotic drugs I &II
	 Classify antipsychotic drugs according to different aspect
	 Discuss the basic & clinical pharmacology of those drugs
	7. Antidepressant drugs
	Classify the Antidepressant Drugs
	 Discuss the basic & clinical pharmacology of those drugs
	8. CNS Stimulants and Hallucinogens

	List different classes of CNS stimulants and hallucinogens
	 Discuss the basic & clinical pharmacology of those
	drugs
	9. Anti-Parkinson drugs
	 Classify the Anti-Parkinson Drugs
	 Discuss the basic & clinical pharmacology of those drugs
	10. Drugs of Abuse & Alcohols
	 List the drugs of Abuse
	 Discuss the basic and clinical pharmacology of those
	drugs and Alcohols
	11. Serotonin agonist and antagonist
	 List the serotonin agonist and antagonist drugs
	 Discuss the basic and clinical pharmacology of those
	drugs
PATHOLOGY	1. Patterns of nerve injury, Cerebral Edema & Raised ICP
AND	 Define cerebral edema
MICROBIOLOGY	 List different types of brain herniation
	 Discuss:
	 Types and etiological factors of cerebral edema
	 The pathophysiology of reactions of Neurons, Glial
	tissue, Astrocytes, and Microglia to injury
	 The pathogenesis, morphology and clinical
	presentation of cerebral edema, hydrocephalus and
	raised intracranial pressure
	 The pathogenesis and morphology of different types of
	brain herniation
	2. Traumatic injuries to CNS
	Define:
	✓ Traumatic vascular injury

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 Epidural and subdural hematoma
• Discuss:
✓ The patterns of vascular injury in the CNS
\checkmark The etiology, pathogenesis, and clinical presentation of
epidural and subdural hematoma
3. Cerebrovascular Diseases: (Hypoxia, Ischemia, Infarction)
Define cerebrovascular diseases
Classify types of ischemic and vascular injury to brain
• Discuss:
✓ The risk factors, pathogenesis, localization, morphology
and clinical course of global and focal cerebral
ischemia
 The pathogenesis and morphology of various infarcts in
the brain and spinal cord
4. Hypertensive Cerebrovascular disease (CVD), intracranial
hemorrhage and malformations
 Classify CVD associated with hypertension
 Discuss the effects of hypertension on CNS
• Discuss the etiology, pathogenesis and clinical features of:
 Hypertensive intra-parenchymal hemorrhage
✓ Intracranial hemorrhages (Cerebral amyloid)
angiopathy, Subarachnoid Hemorrhage and Ruptured
Saccular Aneurysms)
 Vascular malformations (AV malformations, Cavernous
malformations and Capillary telangiectasia)
✓ Hypertensive cerebrovascular disease &
✓ Hypertensive encephalopathy
5. Meningitis & Brain Abscess
 Define meningitis and brain abscess.

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 List pathogens of meningitis and brain abscess
• Discuss:
✓ Clinical features of Common Central Nervous System
infections including acute (pyogenic) bacterial
infections, acute aseptic viral infections, chronic
bacterial meningitis, and fungal meningitis
 The transmission, pathogenesis, clinical features &
laboratory diagnosis of Neisseria meningitides,
Mycobacterium tuberculosis, Toxoplasma, Naegleria,
Listeria & Cryptococcus
6. Encephalitis
Define encephalitis
 List pathogens of encephalitis
 Discuss in detail the transmission, pathogenesis, clinical
features & laboratory diagnosis of Herpes, Varicella,
Rabies & Polio virus
7. Neurodegenerative Diseases
 Define neurodegenerative diseases
 List the important neurodegenerative diseases
 Discuss:
✓ Relationship between proteins and neurodegenerative
diseases
✓ The molecular genetics and pathogenesis of Alzheimer
disease
 Important morphologic features, clinical presentation
and diagnostic criteria of Alzheimer disease
✓ The molecular genetics and pathogenesis of Parkinson
disease
✓ Important morphologic features and clinical
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	presentation and diagnostic criteria of Parkinson
	disease
	8. Brain tumors
	 Classify CNS tumors according to WHO classification
	 Discuss genetic mutations, pathogenesis, morphology and
	clinical features of brain tumors including all types of
	Glioma, Ependymoma, Medulloblastoma ,Meningioma
	and metastatic tumors of brain
	9. Diseases of skeletal Muscles-I
	Define Skeletal Muscle Atrophy
	• Discuss:
	 Pathophysiology and clinical features of Myasthenia
	gravis, Lambert-Eaton Myasthenic Syndrome & Botulism
	✓ Features of Type I & II muscle fiber types
	✓ The pathogenesis and diagnostic profile of
	inflammatory neuropathies (dermatomyositis and
	Polymyositis) and inherited diseases of skeletal muscle
	(X- linked muscular dystrophy with dystrophic mutation/
	Duchenne and Becker Muscular Dystrophy)
	10. Diseases of skeletal muscles-II
	 Discuss pathophysiology and clinical features of
	Inflammatory Neuropathy i.e. Guillain-Barré Syndrome
	(Acute Inflammatory Demyelinating Polyneuropathy),
	Poliomyelitis and Prion dieases.
NEUROLOGY	1 Locion Localization
	1. Lesion localization
	 List the differential diagnosis based on detailed history,
	clinical presentation and complete examination findings.

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 Identify the likely site/s of a lesion in the nervous system
based on patient's symptoms and signs
2. Lesions of cranial nerve
 List the causes of cranial nerve Pathologies
 Describe the clinical features, etiology, pathophysiology,
investigations and outline of management plan of
common cranial nerve lesions (esp. Optic, Oculomotor,
Trigeminal, Facial and Glossopharyngeal nerves.)
3. Cerebro-Vascular Accident (CVA)
 Define CVA and its types
 Discuss the risk factors, etiology, pathophysiology,
clinical features
 Explain the outline of management plan for CVA
4. Epilepsy and status epilepticus
Define Epilepsy & Status Epileptics
Classify types of seizures clinically
List most common causes of seizures
• Discuss:
 Pathophysiology of seizures
 Pharmacological treatment of epilepsy and the
management of status epilepticus
5. Meningitis
Classify Meningitis
List the causative organisms

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Discuss the possible complications of Meningitis
 Interpret the CSF studies in patients with various types of meningitis
 Differentiate among the various types of meningitis based on their clinical features, investigation findings and treatment options
6. Encephalitis
Define Encephalitis
List the causative organisms
 Differentiate among the various types based on their clinical features, investigation findings and treatment options
 Discuss the possible complications of Encephalitis
7. Parkinson's Disease
 Discuss the clinical features, pathogenesis & differential diagnosis of Parkinson's disease (PD)
 Explain the investigations and management plan for PD
8. Multiple sclerosis (MS) and other demyelinating diseases
List the common CNS and PNS demyelinating diseases
 Discuss the epidemiology, pathogenesis, clinical presentation, investigations, differential diagnosis and management of MS.
9. Myasthenia Gravis
 Describe the pathophysiology of Myasthenia Gravis
Explain its clinical features & investigations

	 Discuss the management of Myasthenia Gravis and its
	complications
	10. Rabies, Tetanus and Botulism
	 Discuss the etiology, clinical features, investigations,
	prophylaxis and treatment of each of the conditions
	11. Higher Mental Functions
	 Discuss level of consciousness, behavior, speech &
	memory
	 Identify their abnormalities and impairment.
NEUROSURGEY	1. Hydrocephalus
	 Define Hydrocephalus, communicating and non-
	communicating hydrocephalus
	 List common symptoms & signs of acute
	hydrocephalus in children and normal pressure
	hydrocephalus in adults
	 Describe the difference in the treatments of these
	conditions
	2. Raised Intracranial Pressure (ICP)
	 Identify the symptoms and signs of raised ICP
	 Describe the evaluation of a patient with raised ICP
	with reference to Space Occupying Lesion (SOL)
	3. Headaches
	Classify Headaches
	 Discuss the differential diagnosis of headaches
	 Discuss the clinical features, diagnostic criteria and
	outlines of treatment for each type.

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	4. Back Pain, Sciatica, Neck pain, Brachialgia
	 Discuss the etiology, clinical features, investigation
	findings and outlines of treatment plans for Back pain,
	Sciatica, Neck pain and Brachialgia
RADIOLOGY	1. CT Scan Brain
	 Describe the role of radiographic imaging studies in diagnosis and management of stroke patients
	 Identify the following on a CT film:
	i. Normal cranial and neurological anatomy
	ii. Skull fracture
	iii. Extra-cerebral blood
	iv. Intracranial blood
	v. Appearance of both hemorrhagic and ischemic strokes
	2. MRI Brain
	List the indications and contraindications of MRI Brain
	Discuss the radiological features of normal and diseased MRI Brain
PSYCHIATRY	1. Introduction to Mental Health and Biopsychosocial
	method and Non-pharmacological intervention
	• Define:
	 The concept of health and mental health
	✓ The role of biological, psychological and social factors
	in custom continuation and healing of illness
	Describe:
	✓ Positive mental health

 The role of personality, attitudes, attributes,
impact of family society, social factors and
cultures on the etiology, presentation and the
management of illness
 Discuss the management of illness
 Differentiate between Psychiatry and Psychology
2. Counseling & Psychotherapy
Define counseling
 Enumerate some basics dos and don'ts of counseling
• Discuss:
✓ Attending and listening, verbal techniques and role of
empathy in healing of illness
 The role of counseling, informational care and
handling difficult patients and their families
Describe:
✓ The prerequisites of counseling/ psychotherapy
✓ The basic rules of counseling
 Explain rules and boundaries setting of counseling
Differentiate among:
 Counseling, psychotherapy and active listening
✓ Various types of psychotherapies/counseling
 Boundary and barrier
 Empathy, sympathy and apathy
3. Breaking bad news
 List the application of biopsychosocial model in
communicating with patient & his family

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• Discuss:
 The methods to address the concerns and emotional
reactions of patients
✓ Disclosure models of breaking bad news and
management of the related issues
4. Anxiety disorders- I; Introduction, types & etiology
 Define normal and abnormal anxiety
 Describe the presentation of anxiety disorders
 Discuss their etiological theories
 Distinguish the essential features of:
✓ Generalized anxiety disorder (GAD)
✓ Panic attacks and panic disorder
✓ Phobias (Specific, Agoraphobia and Social Phobia)
✓ Obsessive compulsive disorder (OCD)
 ✓ Acute stress reaction and
✓ Post-traumatic stress disorder (PTSD)
5. Anxiety disorders- II; differentiating points, diagnosis &
management
 Discuss the clinical features and etiology of PTSD and
Acute stress reaction
 Explain the causes of PTSD, Acute Stress Disorder and
Obsessive Compulsive Disorder
 Describe the management of these disorders
6. Depressive disorders
 List the common risk factors for mood and depressive
disorders
 Discuss their management
 Describe the diagnostic criteria for mood disorders

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(Depressive disorder)
7. Self-harm, and Suicide
 Define self-harm and suicide
• List:
 The risk factor of self-harm and suicide
 The common causes of self-harm and suicide
 Discuss suicide risk assessment, prevention and
management plan
8. Bipolar Affective disorder
 List the common risk factors and co-morbids for bipolar
affective disorder
Discuss the management of bipolar affective disorder
Describe the diagnostic criteria and types of bipolar
affective disorder
9. Somatic and Medically Unexplained Symptoms
• Discuss:
 The assessment of medically unexplained symptoms
according to their severity
 The management of these condition including a
stepped approach
 Describe the diagnostic approach for patients with
fits/attack (Epilepsy vs Convulsion disorder)
Explain the approach for establishing an appropriate
diagnosis
10. Schizophrenia and related disorders
• Explain the concept of Psychosis and its presentation,
and prevalence of various psychotic disorders
Diagnose Acute Psychotic disorders, schizophrenia, and
Delusional disorders based on given criteria

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•	Discuss the principles of treatment of schizophrenia and
	other psychotic disorders
•	Describe their etiological factors and prevalence
11. Dis	orders of Addictive Behavior / Alcohol & Other Substance
USE	
•	Define Addiction
•	Classify drugs of addiction
•	Discuss:
	 The behavioral issues related to addiction
	\checkmark The effects of alcohol and other illicit drugs on the
	body (cannabis, opioids, cocaine, amphetamines and LSD)
•	Describe:
	\checkmark The modes of action of alcohol and other illicit drugs
	✓ Delirium tremens
	 The impact of suddenly stopping the use of addictive drugs
•	Explain the psychological, emotional, physical and social
	insults of these drugs
•	Differentiate among:
	\checkmark Harm minimization and drug eradication
	✓ Tolerance, excessive use, abuse/misuse,
	dependence, withdrawal and intoxication
12. Psy	chosexual disorders
•	Discuss different types of psychosexual disorders
•	Describe their characteristic features, etiology and
	prevalence
•	Explain principles of management of these conditions

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13. Int	roduction to childhood psychiatric disorders
•	Categorize mental health disorders (such as
	emotional disorders, behavior disorders) in children
	and adolescents
•	Discuss:
	 The presentation of various childhood psychiatric
	disorders, i.e. Attention deficit hyperactive disorder
	(ADHD), Autism Spectrum Disorder, Depressive
	disorder and Mental Retardation
	 The factors impacting childhood mental and
	emotional health
•	Describe the use of multimodal treatment
	roduction to old age psychiatric disorders, Delirium and
	ementia
•	Name standardized assessment tools
•	Describe:
	 The variations in presenting psychiatric symptoms in this
	age group
	✓ The use of multimodal treatment in old age patients
•	Discuss:
	\checkmark The use of assessment tool in measuring cognitive
	impairment
	\checkmark The clinical assessment and differential diagnosis
	of an elderly patient with delirium
	 The differential diagnosis of a patient presenting
	with cognitive impairment suggestive of
	dementia

	• Explain:
	 The high likelihood of co-morbidity in old age
	group
	 The salient features of delirium and dementia
	Diagnose common psychiatric illnesses in the geriatric
	group
	Compare features of dementia versus delirium
PAEDIATRICS	1. Cerebral Palsy and mental retardation
	Define cerebral palsy
	List causes of cerebral palsy
	Classify cerebral palsy
	Explain the management of cerebral palsy
	2. Common CNS infections in children
	List the common pathogens of CNS infections in various ages
	 Discuss the common signs and symptoms, complications and management of CNS infections
	Interpret the CSF reports of cases with CNS infections
	3. Upper and lower motor neuron lesions with Acute Flaccid Paralysis (AFP)
	Define Upper and lower motor neuron lesions
	 Name the Differentiating features of upper and lower motor neuron lesions
	List the common conditions associated with upper motor neuron lesions

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	• Discuss:
	✓ The common conditions associated with Acute
	flaccid paralysis (AFP) [Polio, GBS, transverse myelitis
	and traumatic neuritis]
	 The importance of Polio eradication program in
	Pakistan
	4. Seizures in Children
	Define seizures, Febrile seizures & childhood epilepsy
	List causes of seizures in children
	Classify seizures
	 Discuss the complications and management of
	seizures
	5. Poliomyelitis
	 Discuss the etiology, clinical features, investigations and
	management plan for Poliomyelitis
TUTORIALS	1. Infection of Brain & Meninges & CSF interpretation
PATHOLOGY	 List the most common organisms that cause CNS
	infection in different age groups
	 Discuss CSF findings of bacterial meningitis, tuberculous
	meningitis, viral and fungal meningoencephalitis
	2. Brain Tumors
	 Discuss morphological and molecular aspects of various
	brain tumors.
PHARMACOLOGY	1.Sedatives & Hypnotics: Benzodiazepines
	Classify Sedatives & Hypnotics drugs.
	 Discuss basic & clinical pharmacology of Sedatives &

	JINNAH SINDH MEDICAL UNIVERSITY Hypnotics drugs.
	2. Drugs used for Migraine Treatment
	 Discuss basic & clinical pharmacology of those drugs
	used in migraine.
	3. Drugs of General anesthetics & Local anesthetics
	 Discuss basic & clinical pharmacology of general and
	local anesthetic and their clinical role.
	Drugs used in Epilepsy Treatment
	Classify anti-epileptics drugs
	 Discuss basic & clinical pharmacology of anti-epileptics drugs.
	4. Drugs used in Psychosis Treatment
	Classify antipsychotic drugs.
	 Discuss the basic & clinical pharmacology of those
	drugs.
	5. Drugs used in Depression Treatment
	Classify antidepressant drugs.
	 Discuss the basic & clinical pharmacology of those
	drugs.
CLINICAL SKILLS	1. Perform lumbar puncture on mannequins.
(in skills lab	2. Perform Cranial nerves examination
and/or ward	3. Perform examination of Nervous system
rotations)	4. Take relevant history correctly, as per guidelines
	5. Interpret investigation findings in order to develop provisional
	diagnoses
	6. Justify diagnoses and outline of treatment plans based on
	patient data

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PROFESSIONAL	 communicate professionally with patients, their attendants,
BEHAVIOR	health care team members, senior physicians and peers
	 demonstrate punctuality and regularity in all academic
	sessions
	 follow institutional policies
INTERNAL	 Internal assessment will be according to JSMU policy. The
ASSESSMENT	details of internal assessment will be determined by the
	respective institutions.
	• Internal assessment carries 20% weightage in the final, end-of-
	year examination
ANNUAL	MCQs and OSCE/OSPE (observed + un observed). Clinical Topics
EXAMINATION	and skills taught in this module will be assessed in Final year MBBS
	professional examination as well.
MODULE	Course will be evaluated through a feedback form posted on the
EVALUATION	JSMU website
SUGGESTED	Davidson's Principles and Practices of Medicine
RESOURCES	Drugs used in Psychiatry, by Prof. Muhammad Iqbal Afridi
	Handbook of Behavioural Sciences, by Mowadat H. Rana
	Kaplan Series, Behavioural Sciences, Psychiatry
	Shorter Oxford Textbook of Psychiatry