

**One Day Hands-on Workshop on CAARMS and other
Psychometric Tools under THEHOPE Project in
Khyber Medical University, Peshawar, Pakistan on
31st Dec 2022.**

Report by Dr. Shumaila Hamid



Introduction:

The main aim of the workshop was to help the participants to get familiar with the concept of CAARMS and other psychometric tools and equip them with the skills that enable them to implement it in their clinical practice.

The overarching aims were to be able to:

- (a) Identify early onset psychosis.
- (b) Intervene intensively with people who have a first psychotic episode so to improve outcomes and prevent disability.
- (c) Spot impending relapse and intervene to prevent a relapse.

These are the main contents of the workshops:

- Why intervene early? The current research, and examples of effective early intervention and how it can be implemented in resource poor setting
- Early detection of First Episode Psychosis: What is At Risk Mental State (ARMS) and prodrome, the evidence-based management of ARMS
- Diagnosing first Episode Psychosis (FEP): Engaging with - and assessing - patients and their families.
- Empathizing with someone with first episode psychosis: talking within their belief system without reaffirming delusional beliefs.
- Understanding the person's reaction to psychosis: adjustment styles and what they say for our response.
- Management of FEP: Recent guidelines and protocol-based management

- Discussing the outcome of FEP: Education, normalizing and de-stigmatizing: Reducing the impact - and coping with the trauma - of diagnosis.
- Relapse prevention: Monitoring for early signs, and implementing the relapse-prevention drill.
- Working with traditional healers, primary care and wider health system for improving the outcomes of psychosis

Location and Period of the Workshop:

The workshop was held at Khyber Medical University, Peshawar on Saturday, 31st Dec, 2022.

Workshop Coordinators

The coordinators for the training workshop were Dr. Abdul Jalil Khan, Co-Principal Investigator of THEHOPE Project and Head of Department Family Medicine, Khyber Medical University, Peshawar; and Dr. Mukhtar-ul-Haq Azeemi, Co-Principal Investigator of THEHOPE Project and Head of Department Psychiatry, Lady Reading Hospital, Peshawar.

THEHOPE Team Organizers (Peshawar):

Organizers from THEHOPE team included coordinators Dr. Abdul Jalil Khan and Dr. Mukhtar-ul-Haq; Project Manager Mr Ishfaq Tariq; Project Coordinator Dr. Shumaila Hamid; Research Assistants Mr Uzair Shah, Mr Zikria Faqir, Dr Fatima Jamal and Mr Farman Ullah.

Training Team

The members of the training team were Prof Dr Imran B Chaudhry , Consultant Psychiatrist, Chairman Dept. of Psychiatry, Ziauddin Hospital. Mr Ameer B

Khoso, Assistant Director, Pakistan Institute of Living and Learning. (PILL). Dr Tayyaba Kiran.

Participants:

The participants of the workshop were consultant psychiatrists along with resident psychiatrists of LRH, KTH, HMC and psychologists of KPK.

Opening:

Overall goal of the hands -on workshop was to introduce participants to CAARMS and other tools like Phq-16 and patient and how to assess and understand the questionnaire. The training workshop started at 9:30 a.m. with introduction of the participants and the facilitators. welcomed the participants, thanked the organizers and inaugurated the workshop.

Workshop Sessions and Discussion:

The hands on workshop began with an introductory session by Prof. Dr Imran Chaudhry. He gave an overview about Psychosis, DUP, concept of prodrome, the definition of FEP, epidemiology of FEP and early Intervention in Psychosis (EIP). An interactive session with participants was conducted knowing their knowledge and views about psychosis. This was followed by a lecture from Mr Ameer Khoso where the participants were briefed about the knowledge and importance of the CAARMS and other tools. Dr tayyaba Kiran joined the session too and they explained the items in the psychometric tools in detail. Then a ten min video clip showing a Psychologist taking history from a patient with known psychosis, was shared with participants and they were told to note down what the patient is saying in response to the question being asked by the psychologist. The last session of the hands-on workshop, participants were

divided in five groups and hard copies of the CARRMS tool was shared with and they were told to fill the items and scored them in according the notes they have taken from the video clips. Fifteen minutes were given for this task. After this section wise every part was discussed and all groups participated actively. Scores were shared by every groups and those were elaborated by all facilitators. The hands-on workshop was concluded).

Closing Ceremony:

Dr Abdul Jalil Khan briefly explained the THEHOPE Project goals and then thanked the participants, speakers, facilitators followed by Dr. Imran Chaudhry who appreciated the efforts of THEHOPE team. Guest of honor, Prof, Dean PGMI, acknowledged the efforts of facilitators and coordinators, and gave closing remarks. Certificates were distributed among the participants. Facilitators and organizers of the workshop.