Course ID: CMEC05

OCD – Bridging the treatment gap

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Educational Objectives: To improve diagnostic and treatment skills in the management of OCD

Course description: To maximise interaction between participants and faculty the course will be in a small group format with a problem based teaching approach using videotaped patient cases.

OCD is among the 10 top causes of disability world-wide. It need not be. Prognosis without treatment is poor. On the other hand, utilising established treatment modalities, Cognitive Behavioural Therapy (CBT) and / or drug therapy, 8 out of 10 patients get significantly better or well. It is a paradox that once a diagnosis of OCD has been contemplated it is often an easy one to make, yet it is often not made at all or is considerably delayed. The first step towards diminishing the delay from onset of the disorder until it is correctly treated, is to improve diagnostic skills. In a second step towards improving outcome, OCD patients already diagnosed must receive state of the art treatment. A major obstacle to improved treatment is the scarcity of CBT therapists. Only a minority of patients can receive treatment from trained therapists. Therefore it is of the utmost importance that the psychiatrist prescribing a drug for the treatment of OCD also be familiar with the basic principals of CBT so that he or she is able to make an assessment of symptoms and give CBT based instructions for the patient to follow in daily life.

In order to fulfil these educational objectives course participants will: 1. Get an update on current epidemiological and demographic data on OCD, and the health economic consequences of the current situation of under-diagnosis and under-treatment. 2. Be introduced to tools for structured diagnostic interviewing as well as symptom rating scales including the "gold standard" of OCD diagnostics and evaluation, the Yale Brown Obsessive Compulsive Scale (Y-BOCS), Tic scales and patient administered versions of commonly used rating scales will also be presented. A training scoring session will be carried out in an interactive fashion, with course participants rating a videotaped patient. 3. Be introduced to the theoretical and scientific bases for using CBT in the treatment of OCD. 4. Will be asked, based on an actual case, to draw up a treatment plan, including both pharmacological and psychological treatment and then present it for discussion. At the completion of this course participants will have an increased awareness of the prevalence of OCD and the associated disease burden and, more importantly, have the necessary skills and tools to improve patient management in his or her clinical setting.

Educational methods:
- Short lecture "bits" followed by interactive discussions.
- Rating exercise with videotaped patient.
- Independent formulation of a treatment plan by participants.

Course material:

- A diagnostics and rating "kit", including relevant rating scales. French and Spanish versions of key rating instruments will be provided on demand.
- Reference list for further reading

Target audience: All psychiatrists, and residents in psychiatry who are interested in increasing their understanding of the detection, diagnosis and management of Obsessive Compulsive Disorder (OCD).

Course level: No previous experience required.