

**Regulation & Syllabus
Fellowship Course in Psychosexual medicine**

2019



JSS Academy of Higher Education & Research

(Deemed to be University)

Accredited 'A' Grade by NAAC

Sri Shivarathreswara Nagar, Mysuru – 570015.

CHAPTER I
Regulations for Fellowship in Sexual Medicine

1. Branch of Study

a. Fellowship course in Psycho Sexual Medicine

2. ELIGIBILITY FOR ADMISSION.

| Sl. No. | Name of the Degree | Eligibility for admission |
|---------|--|---|
| 1 | Fellowship course in Psycho sexual Medicine | Open for MBBS graduates interested in Psychosexual Medicine Practice. |

3. INTAKE OF STUDENTS

The intake of students to each course shall be in accordance with the JSS Academy of Higher Education and Research. Maximum no. of students that can be enrolled in a calendar year is 35.

4. COURSE OF STUDY

The course of study shall be for a period of 1 year.

5. METHOD OF TRAINING

The participation of the students in all facets of educational process is essential. Every candidate should take part in seminars, group discussions, grand rounds, case demonstration, clinics, journal review meetings, CPC and clinical meetings. Every candidate should be required to participate in the teaching and training programmes of undergraduate students. Training should include involvement in research studies.

6. ATTENDANCE, PROGRESS AND CONDUCT

- A candidate pursuing should work in the concerned department of the institution.
- For the purpose of calculating attendance the whole course duration / 600 hours of actual work is taken into account.
- Every student shall attend symposia, seminars, conferences, journal review meetings, grand rounds, CPC, case presentation, clinics and lectures during each year as prescribed by the department and not absent himself / herself from work without valid reasons.
- Any student who fails to complete the course in the manner stated above shall not be permitted to appear for the Deemed to be University Examinations.

7. MONITORING PROGRESS OF STUDIES:

- **Work diary / Log Book:** Every candidate shall maintain a work diary and record his/her participation in the training programmes conducted by the department such as journal reviews, seminars, etc. Special mention may be made of the presentations by the candidate. The work diary shall be scrutinized and certified by the Head of the unit / Department.
- **Periodic tests:** During the course periodic evaluation will be done using tests and examinations.

8. CASE RECORDS:

The Candidates should submit a record of minimum 5 cases covering the details of the case including history, examination, evaluation, diagnosis, differential diagnosis and the management carried out. Candidate is encouraged to publish at least one paper during the course.

9. SCHEDULE OF EXAMINATION

The examination will be conducted at the end of one year.

10. SCHEME OF EXAMINATION

FELLOWSHIP COURSE IN PSYCHOSEXUAL MEDICINE

The examination shall consist of theory, clinical/practical and viva voce examination.

- **Theory (Written Examination):** The theory examination shall consist of 2 question papers, each of three hours duration. Each paper shall carry 100 marks.
- **Practical / Clinical Examination:** In case of practical examination it should be aimed at assessing competence, skills of techniques and procedures as well as testing student's ability to make relevant and valid observations, interpretations and experimental work relevant to his / her subject.
- In case of clinical examination it should aim at examining clinical skills and competence of candidates for undertaking independent work as a specialist. Each candidate should examine one long case and one short case.

The maximum marks for Practical / Clinical shall be 200. This includes 40 marks for Viva and Pedagogy – 10 marks. Viva Voce examination shall aim at assessing thoroughly the depth of knowledge, logical reasoning, confidence and oral communication skills.

- **Examiners:** There shall be at least two examiners. Out of them, one shall be external examiner and one shall be internal examiner.
- **Criteria for declaring as pass in Deemed to be University Examination:**
A candidate shall secure not less than 50% marks in each head of passing which shall include (1) Theory (2) Practical including clinical and viva voce examination.
- A candidate securing less than 50% of marks as described above shall be declared to have failed in the examination. Failed candidate may appear in any subsequent examination upon payment of fresh fee to the Registrar (Evaluation).
- If the candidates has failed either in theory or practicals, he / she need to take the complete examination at the end of 6 months.

CHAPTER II

GOALS AND GENERAL OBJECTIVES OF FELLOWSHIP & CERTIFICATE PROGRAMMES

GOAL

The goal of Fellowship Programme shall be to produce competent specialists.

1. Who shall recognize the health needs of the community and carry out professional obligations ethically and in keeping with the objectives of the national health policy.
2. Who shall have mastered most of the competencies, pertaining to the specialty, that are required to be practiced at the primary, secondary and the tertiary levels of the health care delivery system.
3. Who shall be aware of the contemporary advance and developments in the discipline, have acquired a spirit of scientific inquiry and is oriented to the principles of research methodology and epidemiology.

GENERAL OBJECTIVES

At the end of the training the student shall be able to:

1. Recognize the importance to the concerned specialty in the context of the health needs of the community and the national priorities in the health section, practice ethically and in step with the principles of primary health care.
2. Demonstrate sufficient understanding of the basic sciences relevant to the concerned specialty.
3. Identify social, economic, environmental, biological and emotional determinants of health in a given case, and take them into account while planning therapeutic, rehabilitative, preventive and primitive measure/strategies.
4. Diagnose and manage majority of the conditions in the specialty concerned on the basis of clinical assessment, and appropriately selected and conducted investigations and document the same.
5. Plan and advise measures for the prevention and rehabilitation of patients suffering from disease and disability related to the specialty.
6. Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behavior in accordance with the societal norms and expectations.
7. Develop skills as a self-directed learner, recognize continuing education needs; select and use appropriate learning resources.
8. Demonstrate competence in basic concepts of research methodology and epidemiology, and be able to critically analyze relevant published research literature.
9. Develop skills in using educational methods and techniques as applicable to the teaching of medical/nursing students, general physicians and paramedical health workers.
10. Function as an effective leader of a health team engaged in health care, research or training.

CHAPTER III

Syllabus for Fellowship

I. GOALS:

- The aim of the programme is to train a candidate in sexual medicine so that he/she can be a consultant in the subject, can teach the subject and be a research scientist.
- The candidate should acquaint himself/herself with the past and current literature on aspects of basic and clinical acquired skills for diagnostic and therapeutic procedures in sexual medicine.
- To establish the required training methods, evaluation methodology, and qualifying norms for the successful completion of the Fellowship and certificate course.
- To train in the scientific aspects of the specialty of sexual medicine.

II. OBJECTIVES:

The following objectives are laid out to achieve the goals of the course. These objectives are to be achieved by the time the candidate completes the course. The objectives may be considered under the subheadings

1. Knowledge
2. Skills
3. Human values, ethical practice and communication abilities.

1. KNOWLEDGE:

- The candidate shall be proficient in all the fields of sexual medicine including basic sciences, pathology, and recent advances in sexual medicine.
- To provide the candidate with the current, scientific and evidence based knowledge pertaining to the above mentioned areas in sexual medicine.
- To inculcate in the candidate an attitude of responsibility, accountability and caring, to empower the candidate with a good and sound foundation of ethical values in the practice of sexual medicine and to develop in the candidate the ability to effectively communicate with patients, peers, superiors, and the community in the discharge of his / her clinical and research role.

2. SKILLS:

The candidate admitted shall master the clinical evaluation and management of diverse cases in sexual medicine.

3. HUMAN VALUES, ETHICAL PRACTICE AND COMMUNICATION ABILITIES:

- Adopt ethical principles in all aspects of his/her practice; professional honesty and integrity are to be fostered. Care is to be delivered irrespective of the social status, caste, creed or religion of the patient.
- Develop communication skills, in particular the skill to explain various options available in management and to obtain a true informed consent from the patient.
- Provide leadership and get the best out of his / her team in a congenial working atmosphere.
- Apply high moral and ethical standard while carrying out human or animal research.
- Be humble and accept the limitations in his knowledge and skill and to ask for

- help from colleagues when needed.
- Respect patient's rights and privileges including patient's right to information and right to seek a second opinion.

III. OBJECTIVES, COURSE CONTENTS, AND THE SYLLABUS:

The Sexual Medicine Program is dedicated to the comprehensive evaluation and treatment of men, women, children and adolescents with disorders of development and sexual function. The program is intended to provide specialization in the care of the people with concerns in the sexual function or disorders which call for attention. Interest in and enthusiasm for 'Sexual Medicine' are the essential qualifications. The previous experience in the clinical practice of sexual medicine is an advantage. However, the programme is also suitable for those starting out in this fascinating and rapidly developing area of medicine. The training program will be primarily managed by Psychiatrists and Psychologists with support from specialists in other areas of medicine related to the field of sexual function; such as Medicine, Neurology, Endocrinology, Obstetrics & Gynecology, Urology, Cardiology, Sleep Medicine etc.

Participants will have the opportunity to learn the essentials of sexuality in both men and women, children and adolescents that are necessary for effective clinical practice.

Programme Outcomes:

1. Identify and apply concepts and procedures involved in the evaluation and management of sexual function/dysfunction using appropriate work up, testing, as well as procedural skills. This knowledge will be obtained in several arenas, including didactic teaching sessions, active participation in clinical activity, as well as participation in meetings, seminars, and workshops.
2. By the end of the training, it is expected that fellow can independently perform the necessary evaluations and treatments, teach residents and students, educate clients and carryout research.

Curriculum Content PAPER – 1

Part 1 – Socio-Cultural Aspects of Human Sexuality

- a. Historical aspects of Human Sexuality and Sex Research
- b. Sexuality in the Kama Sutra of Vatsyayana and other classics
- c. Sexual Reproductive Health Promotion
- d. Sexual Communication
- e. Contemporary Media and Human Sexuality
- f. Ethics and Clinical Sexology
- g. Gender related issues in Community Life

Part 2: Basics of Sexuality and Dysfunctions.

- a. Male Sexual Anatomy & Physiology
- b. Female Sexual Anatomy & Physiology
- c. Genetic and Endocrinal Factors in Sexual Development
- d. Psychosexual Development and Human Sexuality
- e. Sexual Response Cycle and its Determinants
- f. Bio-psycho-social theories concerning sexuality

Part 3: Sexual Practice

- a. Child and Adolescent Sexual Behavior
- b. Understanding Love & Relationship
- c. Couple Relationship and Sexuality

Part 4: Sexual issues in Specific Populations

- a. Sexual Problems Around Pregnancy and Postpartum, Infertility, contraception, abortion, STDs.
- b. Sexual issues in young and older adults
- c. Commercialization of sex – prostitution, pornography and sex in advertising.

PAPER – 2**Part 5: Sexual Dysfunctions**

- a. Sexual Dysfunctions in Males
- b. Sexual Dysfunctions in Females
- c. Sexual Problems in Different Physical Disorders
- d. Sexual Dysfunctions in Psychiatric Disorders
- e. Medication induced Sexual Dysfunctions
- f. Common Sexual Misconceptions and their Management
- g. Dhat Syndrome, Psychasthenic Syndrome & other culture bound syndrome
- h.

Part 6: Sexual Disorders

- a. Disorders Associated with Sexual Development and Orientation
- b. Gender Identity Disorders / Gender Dysphoria
- c. Disorders of Sexual Preference and Paraphilias
- d. Homosexuality

Part 7: Evaluation and Management

- a. Clinical Evaluation of Persons with Sexual Problems
- b. Screeners, Questionnaires and scales for Sexual Dysfunctions
- c. Evaluation of Erectile dysfunction, premature ejaculation and desire disorders
- d. Evaluation of Female Sexual Dysfunctions
- e. Comprehensive Sexuality Education
- f. Psychological Management of Sexual Dysfunctions
- g. Pharmacological Treatment of Psychosexual Disorders
- h. Surgical Interventions for Erectile Dysfunctions
- i. Gender Reassignment Surgery

Part 8: Sexual Abuse

- a. Sexual Abuse in Children
- b. Adult Sexual Violence: Harassment, Assault and Rape
- c. Medico Legal Aspects of Sexual Medicine Practice
- d. Medico Legal Aspects of Sexual Offences

IV. TEACHING AND LEARNING ACTIVITIES:

a. Theoretical Teaching:

- **Lecture & Subject Seminars:** Lectures are to be kept to a minimum. Certain selected topics can be taken as lectures. Lectures may be didactic or integrated.
- **Case Discussion:** Recommended to be conducted regularly.
- **WARD ROUNDS:**
Ward rounds may be service or teaching rounds.
 - i. **Service Rounds:** Postgraduate students should do service rounds every day for the care of the patients. Newly admitted patients should be worked up by the post graduate student and presented to the faculty members the following day.
 - ii. **Teaching Rounds:** Every unit should have 'grand rounds' for teaching purpose at the bed side. A diary should be maintained for day-to-day activities by the post-graduate students.

CONTINUING MEDICAL EDUCATION PROGRAMS & CONFERENCES:

Recommended that at least one national /Zone / State level CME programs / conferences should be attended by each student during the course.

RESEARCH ACTIVITIES:

- The students encouraged to carry out research activities in the department.
 - i. The candidate encouraged to publish at least one research paper in a national or international journal during the course period.
 - ii. In addition, the candidate encouraged to present at least one paper in the national / zone / state / International conference.

B. CLINICAL / PRACTICAL TRAINING:

- **Rotational Postings in other Departments for fellowship programme:**
 - i. Medicine – 15 days
 - ii. OBG - 15 days
 - iii. Skin & STDs – 15 days
 - iv. Urology – 15 days
- During the course the student shall undergo the training on par the standards of the university. They are expected to attend routine ward duties (writing case sheets, daily progress notes and discharge summaries) and learn the practical procedures.
- Any short coming in the student's progress shall be subject to the rules of the Deemed to be University as may be decided by the relevant authorities.

V. OTHER CRITERIA TO FULFILL FOR THE DEGREE COURSE:

a. Internal evaluation:

- During the course of one year, the department will conduct one test at Midterm. The test may include the written papers, practical's / clinical examination and viva-voce.

- Records and marks obtained in such tests will be maintained by the head of the department.
- Results of all evaluations should be entered into PG's diary and departmental file for documentation purposes. Main purpose of periodic examination and accountability is to ensure clinical expertise of students with practical and communication skills and balance broader concept of diagnostic and therapeutic challenges.

VI. SCHEME OF EXAMINATION:

Candidates will be allowed to appear for examination only if attendance and actual work is met.

FELLOWSHIP Programme

A. THEORY : 200 MARKS

The theory examination shall consist of 2 question papers, each of three hours duration. Each paper shall carry maximum of 100 marks and the total maximum marks would be 200. The Paper I will contain the syllabus from 1 to 4 units in the syllabus and it is titled **SEXUAL MEDICINE PRACTICE: BASIC AND APPLIED SCIENCES**. The Paper II is called **SEXUAL MEDICINE PRACTICE: DYSFUNCTIONS AND DISORDERS** and will contain syllabus from unit 5 to 8 of the curriculum. The format for the theory paper shall be as follows.

| Type of Questions | No. of Questions | Marks for each question | Total Marks |
|--------------------------|-------------------------|--------------------------------|--------------------|
| Short essays | 10 | 10 | 100 |
| Grand Total | | | 100 |

B. Practical – Examiners

There should be 2 examiners – Internal -01 & External -01

The Examiners should be MD Psychiatry Qualified with at least 5 years experience and interest in Sexual Medicine. The External Examiner may be from another University, either Karnataka or outside.

Examination 2 papers and one practical.

Paper I – 100 Marks – **SEXUAL MEDICINE: BASIC AND APPLIED SCIENCES**.

Paper II – 100 Marks – **SEXUAL MEDICINE PRACTICE: DYSFUNCTIONS AND DISORDERS**.

Practical Exam – 200 marks including viva – 40 marks and Pedagogy – 10 marks
5 Case reports – 50 marks

Note: The distribution of topics shown against the papers is suggestive only and may overlap or change.

CLINICAL EXAMINATION: 200 MARKS

| Types of Cases | No. of Cases | Marks | Duration |
|-----------------------|---------------------|--------------|-----------------|
| Long Case | 1 | 60 | 1 Hour |
| Short Case | 1 | 40 | 45 mins |
| Viva | | 40 | |
| Pedagogy | | 10 | 10 mins |
| 5 Case reports | | 50 | |
| TOTAL | | 200 | |

B. MAXIMUM MARKS:

| Theory | Clinical Examination | Grand Total |
|---------------|-----------------------------|--------------------|
| 200 | 200 | 400 |

C. Passing criterion:

- To pass the examination the candidate must secure at least 50% of marks in each head of theory and practicals separately.
- Sample question paper in appendix
- If the candidate fails in the exam, either theory or practicals, he need to write the complete exam at the end of 6 months.

RECOMMENDED BOOKS:

Books:

- The Textbook of Clinical Sexual Medicine – Ed. Waguih William Ishak, Springer 2017
- Comprehensive Textbook of Sexual Medicine – 2nd Edn. Ed. N. Kar, G.C. Kar JP Brothers Medical Publishers Pvt. Ltd. 2014.
- Education in Human Sexuality – A Source book for Educators – 3rd Edn. Dhun Panthaki, FPI India.
- Fundamentals of Human Sexuality – 5th Edn. Herant A. Katchadourian, 1989.
- Indian Erotica – Dr. Alka Pande, Lance Dane – Roli books, 2001.
- Sexuality Education – Past, Present & Future – Ed. Elizabeth Schroeder, Judy Kuriannsky. – 4 volume – 2009
- Exploring the Dimensions of Human Sexuality – 5th Edn. Ed. Jerrold. S Greenberg, Clint E Bruess, Sara B Oswalt, 2014
- Human Sexuality – A Psychosocial Perspective – 2nd Edn. Ed. Ruth K Westheimer, Sanford Lopater, Lippincott Williams & Wilkins. 2005.
- Human Sexuality and its problems – 2nd Edn. – John Bancroft – Churchill Livingstone – 1983.
- Understanding Human Sexuality – 5th Edn. Janet Shibley Hyde – 1994
- Human Sexuality in a World of Diversity – 4th Edn. Spencer A. Rathus, Jeffrey S Nevid, Lois Fichner – rathus. 2000.
- The Alchemy of Love & Lust – Theresa L. Crenshaw, - 1996
- Our Sexuality – 6th Edn. – Robert Crooks, Karla Baur. 1996
- Male Sexual Function – A Guide to Clinical Management – 2nd Edn. John J. Mulcahy, Human Press. 2006
- Exploring Human Sexuality – Kathryn Kelly, Donn Byrne, 1992
- Psychosexual Medicine – An Introduction – 2nd Edn. Ruth Skrine , Heather Montford – Arnold – 2001
- Oral Pharmacotherapy for male sexual dysfunction – A guide to clinical management – Ed. Gregory A. Broderick, 2005
- Sexual Dysfunction – A Guide for Assessment and treatment – John P Wincze, Michael P. Carey – The Gulfford press London -1991.

JOURNALS:

- Journal of Psychosexual Health, Sage
- Journal of Sexual Medicine, ISSM, Elsevier
- Indian Journal of Psychiatry – Wolters Kluwer Health
- Indian Journal of Psychological Medicine – Wolters Kluwer Health
- International Journal of Sexual Health - WAS

