Kuwait Institute for Medical Specialization





Faculty of Psychiatry

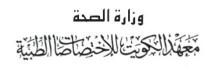
كلية الطب النفسي

PGY 3 Schedule – core curriculum

- 1. Academic day on Thursdays, unless mentioned otherwise (time can be adjusted with the tutor for better convenience).
- 2. Residents are expected to attend all activities as the aim of the lectures is to provide a comprehensive foundation in general psychiatry, for developing psychiatric residents.
- 3. All residents attending the core curriculum lectures will be expected to have read the appropriate chapters written in the references. Chapters may overlap and get repeated due to importance of subject. Electronic access will be provided to residents via the board website. The main reference is Kaplan and Sadocks synopsis edition 12. Articles and other references will be provided in PDF documents.
- 4. On the day of the lectures, you will be expected to complete a Tutor's Evaluation Form for each lecture.
- 5. Attendance will be monitored via tutors. Attendance rates below 70% may result in an "unsatisfactory" rating and will become part of your academic file and will be reviewed by the program director.
- 6. In case of unavailability of supervisors or presenting resident, the curriculum coordinator must be notified to arrange a substitute.
- 7. In case of academic day schedule change, it is expected that the residents will resume their work duty on that day.
- 8. Residents are asked to arrange their on-call schedules and duties. Avoid (if possible) night duty on Wednesdays for better preparation for academic day.
- 9. Self-study is conducted monthly and would include an article or chapter with references available in website library
- 10. Per month, a clinical interview will be conducted by residents with supervision of designated tutors alternating between pediatrics and geriatrics population. Interview to be organized with the tutor according to both the residents and tutor convivence (aim of interview to practice interviewing special populations).

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Core Curriculum PGY3 lectures

| Topic | Time | Recommended Presenters | CaNMEDS objectives: | References | Tutor Signature | | |
|---|------------|--------------------------------|--|---|--------------------|--|--|
| First Month- second week of the month (09/10/2025) | | | | | | | |
| Child developmental theories | 9 - 9:45 | Dr. Kostas | Expert 2.1.1.3, 2.1.1.5 | Kaplan and Sadock Chapter 2 | | | |
| Introduction to pediatric psychiatry and approach to child assessment | 10 - 10:45 | Dr. Bibi Al-Amiri | Expert 1.1, 3 | Kaplan and Sadock Chapter 31.1 and 31.2 | | | |
| Pediatric global assessment from pediatrician view | 11- 11:45 | Dr Kostas/ Dr Shaima Othman | Expert 1.3.7., 2.1.1.3. 2.1.2.1.7. Communicator 1, 4 | Uptodate "Developmental- behavioral surveillance and screening" | | | |
| Child Protection and Children's Aid Reporting | 12 - 12:45 | Dr. Wael Abo Al-Aez | Expert 2.1.1.2, 1.3.16.1, 2.1.1.1.9 Collaborator 1.4 | Kaplan and Sadock Chapter 31.19c | | | |

Self study: 8- The Developing Brain - https://www.ncbi.nlm.nih.gov/books/NBK225562/

Rutter's Child and Adolescent Psychiatry, sixth edition

Part III: Approaching the clinical encounter- A: The clinical assessment

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وزارة الصدة مَعِهُ لَالْحُونِيُّ اللِّذُنِيِّاتُ الطَّلِيَّةِ

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| Second Month – firs | Second Month – first week of the month (06/11/2025) | | | | | |
|--|---|------------------------|--|---|--|--|
| Introduction to Geriatric psychopharmacology | 9:00 - 9:45 | Dr. Mamdouh AlJamal | Expert 2.1.1.7, 4.1.2, 4.1.7, 2.1.1.4. 2.1.2.7 | Kapland and Sadock Chatper 33 Introduction, Biology of Aging, Psychopharmacological treatment of Geriatric Disorders | | |
| Mood Disorders in Elderly | 10 - 10:45 | Dr. Salem AlWatyan | Expert 1.3.2, 2.1.1.1.3, 2.1.1.1.2 | Uptodate "Diagnosis and management of late-life unipolar depression" Geriatric bipolar disorder: Epidemiology, clinical features, assessment, and diagnosis" Geriatric bipolar disorder: General principles of treatment | | |
| Medical issues in Geriatric population | 11 - 11:45 | Dr. Batol AlWazzan | Expert 3.6.1, 6 Communicator 4.5, 4.3, 5.4 Collaborator 4.6 | UpToDate articles -Overview of treatment of insomnia in adults | | |

Self study: The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry –

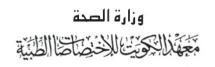
Chapter 2: Physiological and clinical considerations in Geriatric Patient Care

Chapter 4: The Psychiatric interview of Older Adults

Chapter 9 and 10: Mood disorders

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| Third Month | Third Month – first week of the month (04/12/2025) | | | | | | | | |
|---|--|-----------------------------|--|---|--|--|--|--|--|
| Autism Spectrum Disorders | 9:00 - 9:45 AM | Dr. Kostas | Communicator 1.1.1, Expert 3.7.1., 3.8, 4.1.5.1, 2.1.2.1.7, Collaborator 1 | Kaplan and Sadock Chapter 31.5 | | | | | |
| Communication Disorders | 10 - 10:45 | Dr. Shaima Othman | Communicator 2.2, Collaborator 1, Expert 2.1.2.1.7 | Kaplan and Sadock Chapter 31.4 | | | | | |
| Intellectual disorders | 11 - 11:45 | Dr. Shaima Othman | Communicator 2.2, Expert 3.7.1, 3.8, 4.1.5.1, 2.1.2.1.7, Collaborator 1 | Kaplan and Sadock Chapter 31.3 | | | | | |
| Behavioral Interventions in Autism spectrum disorder | 12- 12:45 | OT Therapists Sara AlAli | | Uptodate - Autism spectrum disorder in children and adolescents: Behavioral and educational interventions | | | | | |

<u>Self study</u>: Rutter's Child and Adolescent Psychiatry, sixth edition

Part IV: Clinical syndromes: neurodevelopmental, emotional, behavioral, somatic/body-brain

A. Neurodevelopmental – Autism spectrum disorder, disorders pf speech, language and communications, disorders of reading, mathematical and motor development, and intellectual disability

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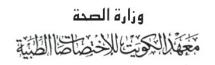
كلية الطب النفسي

| Fourth Mont |)26) | | | | |
|--|----------------|-------------------------|------------------------------|--|--|
| Alzheimers Dementia | 9:00 - 9:45 | Dr. Batool AlWazzan | Expert 2.1.1.1.4, 3.6.2, 3.8 | Kaplan and Sadock Chapter 21.3 UptoDate -Clinical features and diagnosis of Alzheimer disease -Treatment of Alzheimer disease | |
| Vascular Dementia | 10 - 10:45 | Dr. Batool AlWazzan | Expert 2.1.1.1.4, 3.6.2. | Kaplan and Sadock Chapter 21.3 | |
| Dementia with Lewy's body and Parkinson disease | 11 - 11:45 | Dr. Batool AlWazzan | Expert 2.1.1.1.4, 3.6.2. | Kaplan and Sadock Chapter 21.3 | |
| Frontotemporal/ Huntington, other dementias | 12- 12:45 | Dr. Salem Al- Waytan | Expert 2.1.1.1.4, 3.6.2. | Kaplan and Sadock Chapter 21.3 | |

<u>Self study:</u> The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry – Chapter 8: Dementia

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| Fifth Month – first w | | | | | |
|---|----------------|------------------------|---|---|--|
| Gender Identity & Sexual Orientation | 9:00 - 9:45 | Dr. Aseel Alibrahim | Expert 2.1.2.1.5 | Kaplan and Sadock Chapter 18 | |
| Mood disorders in children | 10 - 10:45 | Dr. Bibi Al- Amiri | Expert 2.1.1.1.3, 4.1.4.1, 4.1.5.1, 4.1.4.2 | Kaplan and Sadock Chapter 31.12a, 31.12b, 31.12c | |
| ADHD | 11 - 11:45 | Dr. Kostas | Expert 4.1.5.1, 2.1.2.1.7 | Kaplan and Sadock Chapter 31.6 | |

Self study: The World Federation of ADHD International Consensus Statement: 208 Evidence-based Conclusions about the Disorder

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8328933/pdf/nihms-1707036.pdf

Rutter's Child and Adolescent Psychiatry, sixth edition -

A. Neurodevelopmental: ADHD,

B.Emotional: Bipolar and depressive disorders

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| Sixth Month – fir | st week | of month (5 | /3/2026) | n · | |
|---|-------------|-------------------------|--|---|--|
| Psychotherapy for elderly | 9:00 - 9:45 | Dr. Mamdouh Al Jamal | Expert 2.1.1.8, 4.1.6.1, 4.1.4.1 | TBD | |
| Cognitive Enhancers | 10 - 10:45 | Dr. Batool AlWazzan | Expert 2.1.1.7, 2.1.2.7, 4.1.2, 4.1.7, 2.1.1 | Kaplan and Sadock Chapter 29.14 | |
| Behavioral and Psychological aspect of Dementia | 11 - 11:45 | Dr. Batool AlWazzan | Expert 2.1.1.1.4, 3.6.2. | Kaplan and Sadock Chapter 21.3 UptoDate -Management of neuropsychiatric symptoms of dementia | |

<u>Self study:</u> The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry – Chapter 20: Psychopharmacology

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| Seventh Month - | Seventh Month – second week of month (09/4/2026) | | | | | |
|--|--|--------------------------|-------------------------------------|--|--|--|
| Substance use disorders in children/adolescence | 9:00 - 9:45 | Dr. Eman AlBoloshi | Expert 2.1.1.1.8, 4.1.6.3 | Kaplan and Sadock Chapter 31.16 | | |
| Psychotic disorders in children/adolescence | 10 - 10:45 | Dr. Ahmad Nagi | Expert 2.1.1.1.7, 3.8, 4.1.1, 1.3.2 | Kaplan and Sadock Chapter 31.15 | | |
| Psychotherapy for children and youth | 11 - 11:45 | Dr. Amthal Al Mutairi | Expert 4.1.5, 4.1.6, 2.1.1.8, | Kaplan and Sadock Chapter 31.18a, 31.18b, 31.18c | | |
| Assessment and Diagnosis of Learning Disorders and IQ testing | 12- 12:45 | Dr Amthal AlMutairi | | Uptodate - Intellectual disability (ID) in children | | |

Self study: Self study: Rutter's Child and Adolescent Psychiatry, sixth edition

Part IV: Clinical syndromes: neurodevelopmental, emotional, behavioral, somatic/body-brain

A- Neurodevelopmental: Schizophrenia and psychosis C-Behavioral: substance related and addictive disorders

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| Eight Month - second week of month (7/5/2026) | | | | | |
|---|----------------|--------------------------|-------------------------|---|--|
| Delirium | 9:00 - 9:45 | Dr. Hussain Al Sarraf | Expert 3.6.2, 2.1.1.1.4 | Kaplan and Sadock Chapter 21.2 | |
| Psychotic disorders in elderly | 11 - 11:45 | Dr. Mamdouh ALGamal | Expert 3.6.2, 1.3.2 | Kapland and Sadock Chatper 33 - Schizophrenia, Delusional disorder | |
| Palliative care in dementia/ Bereavement | 12- 12:45 | Dr. Batool Al- Wazzan | | | |

<u>Self study:</u> The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry

Chapter 7: Delirium

Chapter 11: Schizophrenia Chapter 15: Bereavement

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وزارة الصحة مَجْهَا الْكُونِيُّ الْلِادُنِطَاتُ الطَّلِيَّةِ

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كلية الطب النفسى

| Ninth Month - or | Ninth Month - one week of month (4/6/2026) | | | | | |
|---|--|------------------------|------------------------------|---|--|--|
| Oppositional Defiant Disorder and Conduct Disorder | 9:00 - 9:45 | Dr. Eman AlBoloushi | Expert 2.1.1.1.6, 4.1.4.1 | Kaplan and Sadock Chapter 31.12d and 31.12e | | |
| Psychopharmacologic al considerations in children and youth | 10 - 10:45 | Dr. Kostas | Expert 4.1.2, 2.1.1.7, 4.1.7 | Kaplan and Sadock Chapter 31.18d and 31.18e | | |
| OCD and Tourette syndrome | 11 - 11:45 | Dr. Eman AlBoloushi | Expert 2.1.1.1.5 | Kaplan and Sadock Chapter 31.14, 31.8 | | |
| Elimination disorders | 12- 12:45 | Dr. Duoaa Abdullah | | TBD | | |

Self study: Self study: Rutter's Child and Adolescent Psychiatry, sixth edition

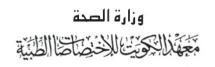
Part IV: Clinical syndromes: neurodevelopmental, emotional, behavioral, somatic/body-brain

B: Emotional - OCD/ PSTD

Part III: Considering treatments – Pharmacological/medically led and related treatments.

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كلية الطب النفسي

| Tenth Month - fi | Tenth Month - first week of month (2/7/2026) | | | | | |
|--|--|--------------------------|--------------------------------------|--|--|--|
| Substance use disorders in elderly | 9:00 - 9:45 | Dr. Hussain AlShatti | Expert 2.1.1.1.8 | Kapland and Sadock Chatper 33 - Alcohol and other substance use disorder. | | |
| Anxiety disorders in elderly | 10 - 10:45 | Dr. Salem AlWatyan | Expert 2.1.1.1.1 | Kapland and Sadock Chatper 33 - Anxiety disorder, OCD | | |
| COGNITIVE TESTING: BEYOND THE MMSE | 11 - 11:45 | Dr. Hussain Al Sarraf | Expert 2.1.2.5, 3.7.1., 3.7.3, 3.7.4 | TBD | | |

Self study: The American Psychiatric Association Publishing Textbook of Geriatric Psychiatry –

Chapter 12: Anxiety disorders

Chapter 6: Neuropsychological assessment

Chapter 17: Substance use

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| Eleventh Month | first wee | ek of month (| 11/8/2026) | | |
|---------------------------------|----------------|-------------------------|-----------------------------------|------------------------------------|--|
| Eating disorders | 9:00 - 9:45 | Dr. Aseel Allbrahim | Expert 4.1.4.1, 4.1.4.2, 4.1.5.3, | Kaplan and Sadock Chapter 15 | |
| Anxiety disorders in children | 10 - 10:45 | Dr. Eman Albloushi | Expert 2.1.1.1.1 | Kaplan and Sadock Chapter 31.13 | |
| Family therapy | 11 - 11:45 | Dr Amthal AlMutairi | Expert 2.1.1.8. | Kaplan and Sadock Chapter 28.4 | |
| CBT for children/adolescence | 12- 12:45 | Dr. Amthal AlMutairi | | TBD | |

Self study: Self study: Rutter's Child and Adolescent Psychiatry, sixth edition

Part III: Considering treatments – Cognitive-behavioral therapy, Family interventions.

Part IV: D-Somatic/body brain – Feeding and eating disorders