



Curriculum

FNB Fellowship

2025



Addiction Psychiatry

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1. INTRODUCTION

National Board of Examinations in Medical Sciences is offering a 2-year Fellowship in field of Addiction Psychiatry.

2. OBJECTIVES OF THE PROGRAMME

To become proficient in the field of substance use, one must possess knowledge of various disciplines, including Physiology, Pharmacology, Psychiatry, General Medicine, Neurology, and Psychology. A trainee must also understand how these disciplines interact with one another. To ensure that trainees are well-equipped with the necessary skills and knowledge, training programs will comprise hands-on clinical experiences, as well as classroom and seminar sessions. These programs will offer trainees ample opportunities to acquire skills in various areas.

3. TEACHING AND TRAINING ACTIVITIES

Schedule of Training for the FNB (Addiction Psychiatry) course:

- Course requirements as per NBE guidelines will be met.
- Rotational postings in respective Institutes as per availability (Inpatient, Outpatient, Speciality Clinics, Community).
- Exposure to care of specialized subgroups/special settings for 2 months (Organizations working with street children, HIV/ AIDS cases, NGOs, and TC).
- Elective posting in other departments of respective Institutes as per availability for 2 months. (Medicine, Neurology)
- One poster/paper presentation in National Conference
- One Publication in Indexed Journal

Teaching Methods and Learning Opportunities:

- Emphasis on self-directed learning, working in various areas, and interactions



during the rounds.

- Trainees will be required to attend, participate and present academic programs, including Journal Club, Seminar, Case Conference, and Tutorials.
- Didactic teaching on specific themes and areas will be scheduled from time to time with the faculty from the centre, other departments of the Institutes, and renowned faculty.
- Trainees will be made aware of research methodology, data collection, planning a research design, extracting information out of the articles, and to be able to review them critically.
- Assessments will consist of both formative and summative assessments.

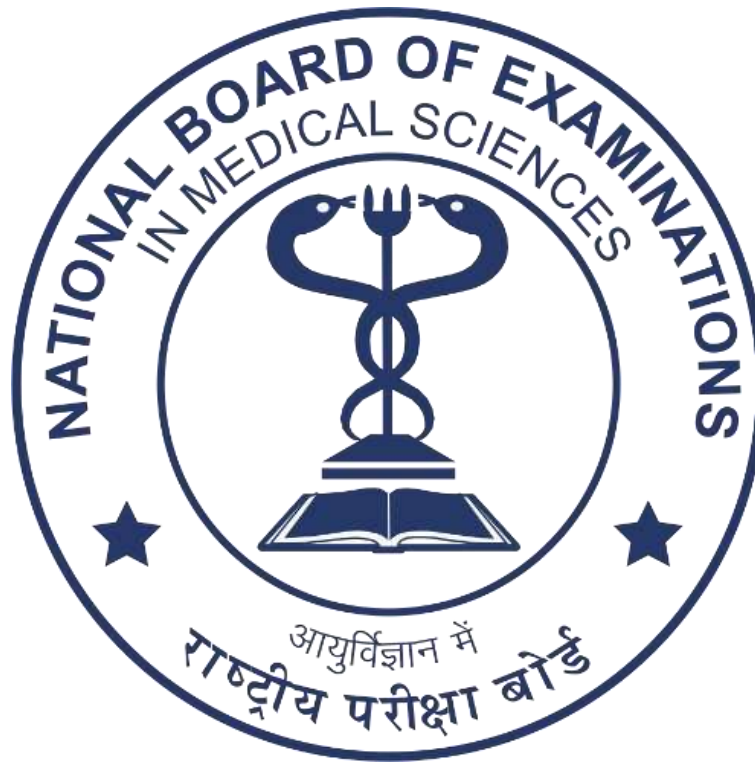
4. SYLLABUS

The program will have a structured approach that provides core clinical experience in several areas, including:

1. National Health Programs and Related Policies: Trainees will learn about the treatment and care policies and legislation associated with tobacco, alcohol, and other drugs of abuse.
2. Health Promotion: Trainees will gain knowledge about primary prevention, focusing on health promotion within primary health care programs in the relevant sector.
3. Secondary Prevention: Trainees will gain experience in the evaluation and management of patients with primary alcohol, tobacco, and/or other drugs harmful use or dependence, hospitalised medical and surgical patients with drug and/or alcohol harmful use and dependency, and co-morbid psychopathology, as well as psychiatric patients with drug dependence. Additionally, trainees will learn how to care for the families of these patients.
4. Assessment Methods: Trainees will be exposed to various assessment methods, including clinical assessments, biochemical indicators of harmful and chronic alcohol/drug use, population screening through questionnaire assessments, diagnostic criteria for substance use and related disorders, psychosocial assessments, and detection of drugs of abuse in biological fluids.
5. Evaluation and treatment of substance use disorders, including nicotine, alcohol, opiates, cocaine and stimulants, marijuana, hallucinogens, benzodiazepines, solvents, sedative-hypnotics, and multiple drug use.



6. Pharmacology of these substances.
7. Various treatment modalities and care, including community involvement, brief interventions, inpatient and outpatient detoxification, management of health complications related to substance use, referral and intervention procedures, planning and execution of community-based programs, individual and group therapy, retention in treatment, relapse prevention, demand reduction, harm minimization, pharmacological treatment, long-term care and rehabilitation, and awareness of the role of therapeutic community and self-help programs.
8. Research skills, including knowledge of current literature, exposure to ongoing research, research paper writing etc.
9. Consultation and liaison with other departments for the evaluation and management of alcohol and substance use-related morbidity, including STDs/HIV/AIDS/Tuberculosis/Blood borne infections.



**NATIONAL BOARD OF EXAMINATIONS
IN MEDICAL SCIENCES**

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