

Essential care and practice

mhGAP Training of Health-care Providers
Training manual
Supporting material



World Health
Organization

ECP supporting material

- Treatment plan
- ECP Multiple choice questions

Treatment plan	
Name:	Number/ID:
.....
Date:	Name of healthcare provider:
.....
Presenting problem	
Brief summary of the reason the person is seeking help	
Written treatment plan	
Pharmacological Interventions (if any)	
Psychosocial Interventions	
Referrals	
Management of any concurrent physical and/or other MNS conditions	
Crisis plan	
Follow-up plan	
Other	

ECP multiple choice questions

1. Which of the following is considered a core effective communication skill? Choose the best answer:
 - ☐ A Speaking to the person only and not the carer
 - ☐ B Start by listening
 - ☐ C Using an open space for safety
 - ☐ D Limited eye contact

2. Which of the following would you do immediately when a person seeking help discloses a difficult experience of violence or assault? Choose the best answer:
 - ☐ A Call your supervisor and/or manager
 - ☐ B Discuss with the carer/family, particularly about management
 - ☐ C Acknowledge, show sensitivity and maintain confidentiality
 - ☐ D Reassure the person that they have escaped the attacker so there is nothing to fear

3. Which of the following is a helpful way to start an assessment for an MNS condition? Choose the best answer:
 - ☐ A Be welcoming, introduce yourself in a culturally appropriate manner.
 - ☐ B Explain that confidentiality is limited, and may need to be broken.
 - ☐ C Ask several closed questions to efficiently elicit the main reason for presentation.
 - ☐ D Spend time assessing appearance and behaviour, to help identify the MNS condition.

4. Which of the following is consistent with promoting respect and dignity for people with an MNS condition? Choose the best answer:
 - ☐ A Making decisions on behalf of a person with an MNS condition, with their best interests in mind.
 - ☐ B Using correct medical terminology to explain things, even if complicated.
 - ☐ C Ensuring consent to treatment is received from the carer and/or family.
 - ☐ D Ensuring privacy in the clinical setting.

5. Which of the following is consistent with promoting the respect and dignity of people with a priority MNS condition? Choose the best answer:
 - ☐ A Involving them and their carers in making a plan for their treatment.
 - ☐ B Discrimination against people with an MNS condition.
 - ☐ C Breaking the confidentiality when a difficult experience is disclosed.
 - ☐ D Declining the option of a female chaperone, if asked.

6. Which of the following is true about people with MNS conditions? Choose the best answer:
 - ☐ A They are most likely to die from suicide or self-harm.
 - ☐ B They are most likely to die from injury from risky behaviour.
 - ☐ C They are most likely to die from preventable physical diseases.
 - ☐ D They are most likely to die from a brain tumour.

-
7. How should you approach an assessment of physical health in a person with an MNS condition? Choose the best answer:
- ☐ A Ask about physical health, but leave physical examination to another clinician.
 - ☐ B Ask about physical health and perform a physical examination.
 - ☐ C Perform a physical examination and extensive laboratory testing.
 - ☐ D Perform basic and extensive laboratory testing.
-
8. Which of the following is a feature of history-taking as part of an MNS assessment? Choose the best answer:
- ☐ A Psychoeducation
 - ☐ B Basic laboratory tests
 - ☐ C Presenting complaint
 - ☐ D Collaborative treatment plan
-
9. Which of the following might you include when taking a psychosocial history? Choose the best answer:
- ☐ A Perform a physical examination and basic laboratory tests
 - ☐ B For a young woman, have another female staff member present
 - ☐ C For an adolescent, have the carer present
 - ☐ D Ask about current stressors, coping methods and social support
-
10. What should you always do once an MNS disorder is suspected? Choose the best answer:
- ☐ A Provide pharmacological interventions
 - ☐ B Assess for self-harm/suicide risk
 - ☐ C Consult the WHO Essential Medicine List to know what medications are available
 - ☐ D Perform Behavioural Activation
-
11. Which of the following are parts of a Mental Status Examination (MSE)? Choose the best answer:
- ☐ A Mood and affect
 - ☐ B Information on use of tobacco, alcohol or substances
 - ☐ C Basic laboratory tests
 - ☐ D Psychosocial history
-
12. Which of the following are steps in the management of MNS conditions? Choose the best answer:
- ☐ A Physical Examination and Basic Laboratory Tests
 - ☐ B Performing a Mental Status Examination (MSE) and a Differential Diagnosis
 - ☐ C Family History of MNS Conditions and Psychosocial History
 - ☐ D Psychosocial Interventions and an appropriate plan for follow-up.
-

13. Which of the following is true about psychological treatment (ie. Cognitive Behavioural Therapy, Interpersonal Therapy, etc.)? Choose the best answer:

- ☐ A They should only be provided by specialists trained in providing them
 - ☐ B They are single-session therapies that do not require significant time
 - ☐ C Interpersonal Therapy should be offered to all people with an MNS condition
 - ☐ D Non-specialized workers can be trained to deliver these interventions
-

14. Which of the following is true about pharmacological interventions? Choose the best answer:

- ☐ A They should always be offered to people with MNS conditions
 - ☐ B The side-effect profile and efficacy of past treatments should be considered
 - ☐ C They should be determined based on healthcare provider preference
 - ☐ D The drug-drug interactions are not relevant in MNS conditions
-

15. Which of the following is true about Follow-up? Choose the best answer:

- ☐ A It is only necessary in Psychoses
- ☐ B It should occur more frequently initially
- ☐ C If the person does not attend once then there will be no further follow-up.
- ☐ D It is only necessary if there is adequate time in the clinic

ECP multiple choice answers

15. = B	10. = B	5. = A
14. = B	9. = D	4. = D
13. = D	8. = C	3. = A
12. = D	7. = B	2. = C
11. = A	6. = C	1. = B