

# 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

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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

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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

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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.

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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.

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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.

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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.

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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.
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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
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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
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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
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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  
14. = B  
13. = D  
12. = D  
11. = A

10. = B  
9. = D  
8. = C  
7. = B  
6. = C

5. = A  
4. = D  
3. = A  
2. = C  
1. = B