



**INTERNATIONAL
MASTER'S DEGREE**

PRIMARY CARE MENTAL HEALTH

**2017 - 2019
LISBON - PORTUGAL**

Coordination

Professor Miguel Xavier
Professor Gabriel Ivbijaro

Enrollment deadline

31 October 2017

Duration 4 semesters

1st year: 60 ECTS; 2nd year: 60 ECTS

Dates for Residential Sessions (1st year)

05-09 February 2018; 21-25 May 2018; 19-23 November 2018

Academic Office - Postgraduate Section

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NOVA MEDICAL
SCHOOL
FACULDADE
DE CIÊNCIAS
MÉDICAS



UNIVERSIDADE
NOVA
DE LISBOA

Some Facts

4.4%
of the
worldwide
burden of
disease is
attributable
to **alcohol
consumption**

25%
of all individuals
develop one or more mental
disorders during their life course

Disorders
due to use of **illicit drugs** are
associated with an increased
risk of other **infectious
diseases** such as hepatitis B
and C and HIV infections

The lifetime
risk for
schizophrenia is
0,8% - 1.44%

Many people with
mental disorder have
poor access to care

Depressive disorder
if the fourth leading cause of
disease burden (in DALYs)
globally and is projected to
increase to the second
leading cause in 2030

More than
**450
million**
people
suffer from
mental disorder
globally

Globally, nearly 50%
of people who have
schizophrenia receive
**no mental health
interventions**

Suicide
is a serious public health
problem and accounts
for more than
10% of deaths
in industrialised countries

Treatment is often
inadequate
in those people
who have received
treatment for
schizophrenia and
2.8%
of total years
lived with disability are due
to schizophrenia

Lifetime estimate of
prevalence for depression
and dysthymia is
4.2% - 17%

Cannabis
is the most widely
used illicit drug and
3.8% of the global
population older
than 15 years use
this drug

Master Degree Primary Care Mental Health

2017/2018 - 2018/2019

NOVA University Lisboa (UNL) is a public university with internationally recognized research and teaching in a large range of areas (Economics and Management, Law, Medicine, Public Health, Tropical Medicine, Sciences and Technology, Social Sciences and Humanities, Statistics and Information Management, Technological Biology and Chemistry). The university has over 19.000 students, more than 6.000 of whom in Masters and PhD Programs.

NOVA Medical School has a strong commitment to primary care mental health, standing among the top centers in the country both in mental health and family medicine teaching and research.

The Department of Mental Health develops teaching, research and clinical activities, based on a general hospital in the western part of Lisbon, responsible for a catchment's area of 450,000 inhabitants.

The Department, led by Professor Miguel Xavier, has an extensive experience on research in the areas of psychiatric epidemiology and mental health policy and services, including the integration of mental health care in primary care settings, and conducted most of the key studies on psychiatric epidemiology and mental health services research in the country (e.g. the national mental health survey and several European studies on the effectiveness of policy and services). The Department has extensively collaborated with the Portuguese government concerning the development of the Portuguese mental health legislation, policies and plans, as well as with the WHO, European Union and other international organizations. The faculty includes, among other visiting associate members, Professor Gabriel Ivbijaro, a world leading reference on primary care mental health, an authority in mental health advocacy and the Medical Director of the Waltham Forest Community & Family Health Services (London, UK).

The Department of Family Medicine is a nationally recognized leader in education and research. Its faculty includes some of the most influential professionals in the organization and implementation of Family Medicine in Portugal. The Department is led by Professor Isabel Santos, one of the leaders of the first and unique 12 months in-service training program in the country, which trained 3750 GP's, who also was one of the authors of the first Competency Training Booklet for the three year Vocational Training Program, and Scientific Committee Chair of the European WONCA 2014 Conference held in Portugal. The Department also benefits from the expertise of Professor Luis Pisco, the leader of one of the most important reforms of primary care in Portugal. Members of the Department are also involved in the development of Family Medicine out borders, particularly in Portuguese spoken countries, Angola, São Tomé e Príncipe, Cabo Verde and Brazil. The department also has International faculty members who are experts in primary care mental health and psychiatry and who have contacts with a number of international colleges and faculties including NGO's.

The Department's main areas of interest include: care processes, governance, health care professionals and organization, outcomes, and quality improvement with International Faculty members having specialist expertise in service re-design, collaborative care and primary care mental health transformation.

SCOPE AND OBJECTIVES

Mental health is an integral part of health and health and social services provision, but has received inadequate attention by policy makers and also by society in general. Mental disorders impose an enormous disease burden and an increasing obstacle to development in countries around the world.

Studies estimate that **at least 10% of the world's population is affected and that 20% of children and adolescents suffer from some form of mental disorders**. In fact, mental disorders accounts for 30% of non-fatal disease burden worldwide and 10% of overall disease burden, including death and disability. Many people with mental health conditions can be successfully managed in primary care and community settings as long as staff has appropriate skills and training. This Masters Degree program is designed to overcome some of these challenges that prevent people from receiving evidence based practice in primary and community care and support the realization of universal health coverage.

The overall goal of this International Master's degree programme is to train the primary care and community workforce in mental health. This will improve and promote mental health skills in primary care, provide participants with knowledge and skills in mental health promotion and prevention, support earlier recognition and diagnosis and management of common mental disorders in primary care, support personal recovery in mental health, provide practitioners with enhanced skills to enable them to better manage mental health comorbidity and complexity in a primary care setting and also provide participants with opportunities to develop their skills in research methodology, project management and service re-design.

The aims of the Master's degree programme are:

- To improve clinical skills in mental health in the primary care setting;
- To understand values based practice and the ethical health care;
- To promote and support mental health advocacy;
- To support skill mix within the primary care setting;
- To enable participants to better integrate mental health into primary care;
- To support holistic primary care practice;
- To use and implement appropriate primary care mental health guidelines;
- To improve the mental health skills of the primary care work force;
- To recognize that primary care is often the first point of contact for many patients with mental health problems, and for their families;
- To recognize the central role of a stepped care model to deliver the best outcomes by recognizing the limitations of primary care and the specialist role of secondary care in supporting integrated care;
- To improve access to evidence based mental health in primary and community care;
- To improve knowledge and skill in carrying out research, audits and service route design.

STRUCTURE OF THE PROGRAMME

The **programme** will be delivered in English during three one-week long residential sessions supported by on-going work-based clinical exposure using a personal caseload, an e-learning portfolio and access to International Faculty Members and Tutors. Each student will be allocated a personal tutor and mentor during the course of the programme.

The course will be delivered using lectures, tutorials, workshops, seminars, essays, core reading materials, core assessment of knowledge, competency and skills acquisition in the field of primary care mental health and a reflective log. The first residential session will take place on 5-9 February 2018, the second on 21-25 May 2018 and the third on 19-23 November 2018. Between the residential sessions, students are required to participate in e-learning teaching activities, and to complete homework assignments related for each of the modules that will be posted on the web.

The successful attendance of the 3 modules in the first year of the degree, with 60 ECTS (European Credit Transfer System), will award a Diploma from the Universidade NOVA de Lisboa.

Successful candidates are then able to progress to the Master's degree with the award of a further 60 ECTS (European Credit Transfer System).

Timetable

The dates of the residential sessions are:

- 5-9 February 2018
- 21-25 May 2018
- 19-23 November 2018

Structure/Curriculum and Credits

1st Year	
Curricular Units	ECTS Credits
Assessment and intervention in common mental health problems	10
Management of common mental health problems in primary care	15
Mental health across the life course	15
Service redesign	12
Basic elements of research methodology and statistics	8
2nd Year	
Curricular Units	ECTS Credits
Dissertation or work project or professional work placement	60

FACULTY

Course Coordination



Professor Miguel Xavier is Full Professor of Psychiatry and the current President of the Scientific Board at NMS|FCM-UNL. He holds a position of Senior Consultant at the Hospital São Francisco Xavier, in Lisbon, with a long track-record of collaboration with Primary Care. He has been involved in collaboration with WHO, namely for the areas of mental health services evaluation and implementation of policies. Besides his academic work, he is a member of the National Program for Mental Health, a task-force from the General Directorate of Health, responsible for implementing the National Mental Health Plan in Portugal.



Professor Gabriel Ivbijaro MBE is Visiting Professor to the NMS|FCM-UNL. Professor Ivbijaro's publications include Integrating Mental Health into Primary Care: A Global Perspective (2008) and The Companion to Primary Care Mental Health (2012). Professor Ivbijaro is a practising family doctor and a specialist in primary care integration and population mental health whose contribution to the National Health Service (NHS) in the United Kingdom was recognised by the Queen in 2012. He is an International Distinguished Fellow of the American Psychiatric Association (APA), a member of the American College of Psychiatrists and a Fellow of the World Organization of Family Doctors (Wonca). He is Chair of the World Dignity Project designed to fight mental health stigma.



NOVA Medical School Faculty

Professor Miguel Xavier

Professor Gabriel Ivbijaro

Professor J. M. Caldas de Almeida

Professor Isabel Santos

Professor Henk Parmentier

Professor Lucja Kolkiewicz

Professor M. Gonçalves Pereira

Professor Bruno Heleno

Professor Bernardo Corrêa

Professor José Mendes Nunes

Professor Luis Pisco

Professor Miguel Talina

Professor Teresa Ventura

Dr. Daniel Pinto

Dr. David Rodrigues

Dr. Georgina Maia

Dr. Nuno Basílio

International Faculty

Professor Sir David Goldberg

Emeritus Professor Institute of Psychiatry, London, UK

Dr. Ben Wright

East London NHS Foundation Trust, London, UK

Professor Todd Edwards

University of San Diego, USA

Professor Michelle B. Riba

Department of Psychiatry, University, University of Michigan, USA

Professor Allan Tasman

Schwab Endowed Chair in Social, Community and Family Psychiatry, University of Louisville, Kentucky, USA

Professor Tawfik A. M. Khoja

Family Doctor, Saudi Arabia

Professor Igor Svab

Department of Family Medicine, University of Ljubljana, Slovenia

Professor Sandra Fortes

University of Rio de Janeiro State, Brazil

Professor Norman H. Rasmussen

Department of Family Medicine and Psychology, Mayo Clinic & Mayo College of Medicine, USA

Professor Christos Lionis

School of Medicine, University of Crete, Greece

Professor Steve Iliffe

University College, London

General Information

Duration

4 semesters

1st year: 60 ECTS; 2nd year: 60 ECTS

Dates for Residential Sessions (1st year)

05-09 February 2018; 21-25 May 2018; 19-23 November 2018

Entry Requirements

- Holders of a Bachelor degree or legally equivalent qualification in the field of Medicine, Nursing, Psychology, Social Sciences;
- Currently working in a clinical or social care setting;
- Knowledge of English is mandatory.

Prescribing rights will be based on the national legislation underpinning the individual participants professional code of conduct.

Enrollment deadline

31 October 2017

Admission procedures

The duly completed admission form may be submitted until 31 October 2017, together with:

- a) Certified copy of graduate/postgraduate degree;
- b) *Curriculum vitae*;
- c) A written statement of purpose of no more than 250 words;
- d) Letter from sponsoring organization (if applicable).

Please see complete information in the [Notice of Application](#)

Selection criteria

- a) Classification in academic degrees, according to the European scale of comparability;
- b) Global assessment of the CV;
- c) An interview of the candidate can be made by the Scientific Board of the programme (by phone, if the candidates live abroad).

Please see complete information in the [Notice of Application](#)

Vacancies

The Course will run with a minimum of 20 and a maximum of 35 students.

Fees

(the fees don't cover the costs of travel and accommodation)

Application Fees: €51

Registration Fees: €35

Insurance: €14

Tuition Fees: €2500 (per year)

Please see complete information in the [Notice of Application](#)

The ECTS credits obtained in the Masters Programme may be credited to the NMS|FCM-UNL Ph.D. Programme and other recognized University programmes, when applicable.



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