



## **Transforming Learning in psychiatry: Application in real world**



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In one of the Postgraduate teaching programs, resident presented journal article on Psychiatric illness and life style modifications. Psychiatric disorders are prevalent worldwide and have a profound impact on individuals, families, and society. Traditional treatments for these conditions often involve pharmacological interventions and psychotherapy. However, in recent years, there has been growing recognition of the role of lifestyle modifications in managing and preventing psychiatric disorders. Lifestyle modifications refer to changes in an individual's daily routine, habits, and behaviour to promote overall well-being. These modifications can have a significant impact on patients with psychiatric disorders, improving their symptoms, functioning, and overall mental health. Exercise: Regular physical activity has been consistently shown to improve mental health in patients with psychiatric disorders. Exercise releases endorphins, which are natural mood boosters.

Moreover, exercise promotes better sleep patterns, reduces stress levels, and improves overall self-esteem and cognitive functioning.

Interestingly the post graduates all of them, including the presenter were not aware of any information related to exercise/regular walk among psychiatry patients reporting to tertiary care general hospital. Hence an assignment was given to look at information from real world, where they are learning. With informed consent they evaluated the patients and family members who reported to Psychiatry department at our hospital. In one day they evaluated all psychiatry patients, 44.4% of patients were males and 55.6% were females. Among them, only 37.5% of in-patients and 28.8% of outpatients were doing or carrying out exercise/walk as compared to 44.4% of family members.

This focus on learning from real world has great significance. It is important to train undergraduates and postgraduates about application of knowledge gained in real world and there by consider need of lifestyle modifications to improve quality of life in management of patients with psychiatric illness along with pharmacotherapy and psychotherapy.