Behavioral Medicine and Development Course- 2014- tentative

Lecture 1- Introduction to Course

Objectives:

Outcome 1: Define behavioral medicine and health psychology

O2: Differentiate between mind and brain

O3: Distinguish between symptom, disease and illness

O4: Contrast the biomedical model and the biopsychosocial model of medicine

O5: Recite the biopsychosocial variables that contribute to health, disease and illness

Lecture 2 – know and understand aspects of child development

Outcome 1: Name the major gross motor, fine motor, social and language developmental milestones in children up to age 5

2. Apply and restate the Piagetian Stages: sensorimotor, preoperational, concrete operational, and formal operations.

3. Identify how developmental screening in Primary Care Settings is used to identify children with developmental delays

4. Discuss the Erikson stages of trust vs. mistrust, autonomy vs. shame and doubt, initiative vs. guilt, identity vs. role confusion

Lecture 3- know and understand aspects of adolescent development

Outcome 1: define adolescence

O2: describe the developmental phenomena and lectures of the adolescent period of life

O3: recite the characteristics of each stage of adolescent development

O4: know the implication of development on health and risk behavior
05: discuss the implications of brain imaging findings related to timing of maturation of white matter and frontal lobe in the adolescent brain

06: explain key elements of health promotion in clinical practice.

Lecture 4: know and understand aspects of people who are older age

Outcome 1- discuss epidemiological aspects of aging in the US

O2- recite normal changes with aging

O3- explain adaptations to aging

O4- recite the most common medical problems of older patients

O5- discuss the epidemiology of end of life in the US: where, when, how

Lecture 5- know and understand aspects of gender on health and disease

Outcome 1: Review epidemiology and disparities between female and male health in US and World

O2- Discuss gender role and how it affects aspects of health

O2: Be able to explain major reasons for gender disparity, including socio-cultural

O3: Recognize female and male specific health issues across the life cycle

O4: Discuss role of gender in designing and delivering health care

Lecture 6- Know and understand normal sexuality and common variations

Outcome 1: describe the development of in humans

O2: discuss the role of sexuality in overall health

O3: identify the difference between sexual dysfunction and paraphilias

O4: describe the normal sexual response curves in men and women and their use in counseling couples

Lecture 7- Know and understand Gay, Lesbian, Bisexual and Transgender issues

Outcome 1: recite definitions of sexual orientation, gender identity, gay, lesbian, bisexual, transgender, transvestite.
02: discuss barriers to health care for LBGT people, including attitudes, training, and research
03: recite the most common risks to health for gay males
04: recite the most common risks to health for lesbian females
05: describe aspects of transgender health
06: recognize need for sensitivity in caring for LGBT patients, including use of proper language, what not to say and assume as well as exploration of caregiver’s attitudes

Lecture 8- know and understand the effects of social supports and family on health and disease

Outcome 1: discuss the physical, emotional, spiritual, financial resources provided by others, necessary for coping and recovery from illness
02: discuss the physician’s impact on patient’s well-being and outcomes; empathy and compassion
03: recite the known effects of marital status on health
04: explain characteristics of family function and impact of family dysfunction on health
05: discuss the known effects of faith upon health and illness

Lecture 9: Death and Dying

Objective 1: Identify individual differences impacting the death & dying experience
02: Understand common distressing reactions & coping responses to death & dying
03: Identify modifiable reasons for discrepancies between provider and patient knowledge about disease state & prognosis
04: Explain key factors necessary to effectively communicate difficult news to patients & to deal with patients’ emotions
05: Identify the role of “hope” in the death & dying process
06: Understand how providers can help to facilitate a “good death”
07: Recognize the importance of self-evaluation when working with dying patients
Lecture 10: Psychology of Patient Behavior

O1: Define medical psychology and identify its applications
O2: Discuss the importance of basic psychological knowledge for physicians
O3: Contrast historical theories about health and wellness with modern conceptions
O4: Discuss how patients interpret symptoms and how symptom attributions affect patients’ illness experience
O5: List some health behavior models
O6: Discuss attitude and social role

Lecture 11: Psychological Phenomenon that Arise in Patient Care

Outcome 1- recognize common defense mechanisms
O2- discuss transference/countertransference and its impact on dr/pt relationships
O3- Identify common manifestations of shame and understand how to respond to them
O4- be able to discuss ambivalence toward change and strategies to overcome it
O5- understanding validation strategies and how to apply them in patient care
O6- Utilize learning theory to analyze maladaptive behaviors and to generate solutions

Lecture 12- Sleep and Its Disorders

O1- normal sleep
O2- basic sleep physiology
O3- Known effects of sleep deprivation
O4- basic discussion of diagnostic methods
O5- brief discussion of common sleep disorders

Lecture 13- Obesity -know and understand obesity and weight control

01- Define the prevalence of overweight and obesity across the life cycle
02- Describe the definitions of overweight and obesity utilizing the NHLBI guidelines for adults and the AAP Expert Panel for children
03- Analyze the multifactorial etiology of obesity
04- Outline the homeostatic process of weight control
05- Review the known consequences of obesity
06- Understand and utilize the current evidence based treatments for obesity

Lecture 14—Know and Understand Psychosocial aspects of Chronic illness

O1- Discuss epidemiology of chronic illness in children and adults

O2- Explain common psychological reactions to chronic illness and discuss the challenges for people living with chronic illness

O3- Discuss chronic care models for health care

O4- Understand the concept of medical home

Lecture 15- Know and understand the effects of stress on health and illness

Outcome 1: Define stress, coping and related terms

02: Discuss the basic physiology of the stress reaction

03 Discuss stress appraisal and other mediating factors between stress and health

04: List some illnesses where stress can exacerbate or cause the disease process

05: Describe known effects of stress on cardiovascular disease, cancer and autoimmune processes

06: Describe the types of somatoform illnesses that patients present with

07: Recite the various techniques utilized to help patients cope and reduce the effect of stress

Lecture 16- Disparities in Health Outcomes

Outcome 1: Define disparities in healthcare

2- Give examples of healthcare disparities
3- Describe a conceptual framework for access to care
4- Assess potential sources of disparities in care
5- Describe interventions to eliminate socioeconomic disparities in healthcare

**Lecture 17- - know and understand psychosocial aspects of Pain**

- **O1-** recite the epidemiology of pain in children and adults
- **O2-** discuss psychological aspects of acute and chronic pain
- **O3-** explain common pain behaviors in patients
- **O4-** recite common methods of rating patient’s pain
- **O4-** differentiate between types of clinical pain syndromes: cancer pain, chronic back pain, arthritis, fibromyalgia
- **O5-** discuss the lectures of treating patients with pain
- **O6-** discuss the non-pharmacologic (behavioral) treatment methods for pain

**Lecture 18- Psychosocial aspects of Substance Use Disorders**

- **O1-** discuss the epidemiology of substance use and substance use disorders across the age spectrum
- **O2-** explain discuss common behaviors associated with substance use that are likely to be observed by physicians
- **O3-** basic aspects of the pathophysiology of addiction
- **O4-** recite general stages of substance use disorders including problem use, abuse and dependence
- **O5-** discuss basic aspects of most common drugs of abuse and addiction
- **O6-** discuss some treatments for substance use disorders
Lecture 19- know and understand Violence across life cycle

O1- discuss epidemiology of child abuse and neglect in the US and other areas of the world
O2 – recite physicians’ responsibilities in recognizing and ameliorating child abuse and neglect
O3- discuss the problem of bullying in children and youth
O4- discuss the problem of acquaintance violence in young people and how to detect in practice
O3 – discuss the problem of intimate partner violence in the population
O4 – recite screening techniques for intimate partner violence and methods for amelioration
O5- discuss aspects of elder mistreatment and the physician’s role in detecting and ameliorating

Interpersonal and Communication Skills

Goal – Know the basic principles of effective interpersonal communication, and the skills and attitudes that allow effective interaction with peers, faculty and support staff: Students will:

01: demonstrate in group discussions a willingness to learn about and discuss aspects of one’s own sensitivity to substance users, patients with chronic disabilities, sexual orientation and various racial and ethnic groups

02: Facilitate the learning of other students by interacting and asking questions.

03: Provide timely, honest, appropriately- written feedback about the course when requested.

Professionalism

Goal - Demonstrate a combination of knowledge, skills, attitudes and behaviors necessary to function as a respected member of a learning team in both small groups and large group settings
01- Converse appropriately and behave with personal integrity in all course activities and in interactions with peers, family and faculty
02- Recognize and accept own limitations in knowledge and clinical skills and commit to continuously improving them

Social and Community Context of Health care

Goal - Demonstrate an understanding of how patient’s development, gender, membership in sexual, ethnic or racial minorities, and presence of chronic disease or disability influences health and health care in our society

01- Know how membership in an ethnic, racial, sexual, or disabled minority affects presentation of illness and health care
02- Demonstrate clear understanding of the influence of culture on health care delivery through completion and discussion of written reflections based upon lectures and reading
03- Identify resources outside of medical care important to the care of individuals with disabilities and with various types of minority membership that utilize resources needed to flourish