

**SOCIAL AND BEHAVIORAL MEDICINE**  
**2020-2021**

**NUTS AND BOLTS**

- **WHEN** Thursdays on block, 9-10:30am. We'll start 5 minutes late and have a 2 minute break in the middle (reduce Zoom fatigue)
- **WHERE** Zoom with our own link
- **FORMAT** is interactive. Didactics too but we will rely on group discussion, personal narratives, clinical anecdotes, and self reflection.
- **EVALUATION** None. No grades or discussion w program leaders. Ask questions (person/chat) & interrupt with comments
- **MATERIALS** Powerpoint slides, academic calendar, video information, our contact info, nd resources can all be found in BOX under "Behavioral Medicine"
- **CONTACT**  
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*As this is interactive, please don't use laptops or smart phones,  
or check emails or Apex during class.*

**LEARNING OBJECTIVES**

1. Teach communication skills to promote lasting behavior change in patients
2. Discuss challenges ie hostile or sexually inappropriate patients
3. Address common psych & behavioral issues ie mood disorders
4. Understand social & cultural aspects of patient care ie SDOH
5. Advance professional development AS WELL AS personal wellbeing
6. Make all topics relevant to your clinical practice

**IOM CORE CONTENT AREAS, SOCIAL AND BEHAVIORAL MEDICINE**

**Core Area 1: Mind-Body Factors in Health and Disease.**

- Mental Illness: Depression and Anxiety Disorders
- Mental Illness: Bipolar and Psychoses
- Personality Disorders
- Stress Management for Patients

**Core Area 2: Behavioral Health**

- Alcohol and Substance and Prescription Drug Abuse
- Tobacco Use and Cessation
- SBIRT and motivational interviewing (alcohol & drug examples here)
- Medical Adherence

**Core Area 3: Physician Identity and Role in Society**

- Personal balance/wellness/avoid burnout (Also in Friday)
- Family of Origin – genogram exercise
- Social Justice/Activism
- Being MD in the family

**Core Area 4: Physician and Patient Interactions**

- Difficult patient encounters (includes personality disorders)
- DNR/DNI discussion for out-pt
- Medical Interpreters (if time)
- Process death and dying for out-pt MD (if time)
- Sexuality and Boundaries

**Core Area 5: Social and Cultural Factors in Health and Disease**

- Cross cultural communication/Cultural competence (race, ethnicity)
- Healthcare disparities/bias/discrimination (include SES)
- Health literacy
- Food insecurity
- Intimate Partner Violence
- Spirituality and Health (Chaplain)
- LGBT health (Ellen Haller)

**Core Area 6: Health Care Systems, Health Policy, Economics:** usually covered Wed mornings