

# **SOCIAL & BEHAVIORAL MEDICINE SEMINAR**

## **NUTS & BOLTS**

**WHEN:** The seminar is a 2-year course that meets Thursdays on block, **9:00am to 10:30am**. Topics are coordinated with other PC lectures so there is no overlap.

**WHERE:** First Floor Conference Room, #103.

**FORMAT:** Mixture of didactics, group discussion, and adult learning activities (role plays, experiential exercises, personal narratives, videos, and self-reflection).

**NEW:** “Outros” at the end of more reflective sessions. “Take home clinical pearls” to end of sessions.

**OTHER:** Since this is an interactive, small-group seminar, do not open lap tops, tablets, smart phones unless you are taking notes; do not check emails, text messages or Apex during class.

### **SPECIAL SESSIONS:**

- Videos – Video viewing of residents’ interactions with patients.
- Invited Presenters – we often invite guest lecturers to give us their unique perspective.
- End-of-Year Breakfast – at Sweet Maple (or a resident’s home if you volunteer!)

## **LEARNING OBJECTIVES**

1. To teach essential communication and interpersonal skills that can be used in an efficient, flexible, sensitive manner for lasting behavioral changes.
2. To further refine these communication skills for more challenging clinical scenarios including cross-cultural negotiation, medical adherence, substance abuse, and end-of-life care, etc.
3. To teach residents how to diagnose and treat common psychiatric and behavioral problems.
4. To enhance the understanding of the social, political and cultural aspects of medicine and how this impacts on the doctor-patient relationship and on their interaction with patients.
5. To assist with a lifelong process of personal and professional development that improves clinical care, emotional management skills, and personal well-being.
6. To make all topics in Behavioral Medicine relevant to 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