SOCIAL AND BEHAVIORAL MEDICINE SEMINAR:
A CORE CURRICULUM FOR PRIMARY CARE

WHAT: UCPC Social and Behavioral Medicine Seminar is a two year course that meets weekly for on-block residents. The topics are coordinated with other PC lectures so there is no overlap.

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

TOPICS COVERED: We use the Institute of Medicine’s Core Content Areas on social and behavioral sciences required for physician competence. See the list below to see topics we cover.

SPECIAL SESSIONS:
- Videos – Video viewing of residents takes place approximately once per month.
- 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 residents essential communication and interpersonal skills that helps residents obtain info from patients 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 and how to coordinate care with specialty providers such as psychotherapists and addictions counselors.

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.

CORE CONTENT AREAS FOR SOCIAL AND BEHAVIORAL MEDICINE

The following topics will be discussed during video sessions:
- professionalism
- medical interviewing skills
- empathy and building rapport
- clinical negotiation
- patient education
- emotional intelligence.
- chronic disease self management
- physician feelings, identity and self reflection
- medical interviewing skills
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
- (Unexplained Symptoms, Eating Disorders if time)

Core Area 2: Behavioral Health
- Alcohol and Substance and Prescription Drug Abuse
- Tobacco Use and Cessation
- SBIRT and motivational interviewing (alcohol & drug use)
- Medical Adherence

Core Area 3: Physician Identity and Role in Society
- Personal balance/wellness/avoid burnout
- Family of Origin – genogram exercise
- Social Justice/Activism
- Being MD in the family

Core Area 4: Physician and Patient Interactions
- Difficult patient encounters (include personality disorders)
- DNR/DNI discussion for out-pt
- Sexuality and Boundaries
- (Medical Interpreters, Process Death & Dying if time)

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
- Spirituality and Health (Chaplain)
- LGBT health (Ellen Haller)
- (Immigrant health, IPV if time)

Core Area 6: Health Care Systems, Health Policy and Economics: not covered in Social and Behavioral Medicine, covered Wednesday mornings

Updated 7/3/2014