Mind-Body Seminar Series
Mini-Elective
2014-2015

Course Dates: August 2014—March 2015
Noon—1:00 PM

Maximum Students: 10

Class Year: MS2

Course Director: Jason Rosenstock, MD
Director, Medical Student Education
Department of Psychiatry

Contact Information: 412-246-6495
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Description:
This longitudinal seminar series focuses on psychosomatic medicine, the interconnections between “mind” and “body” that affect the care of patients in various medical specialties. Scheduled in conjunction with the Organ Systems block, this mini-elective highlights behavioral and psychiatric aspects of core medical disciplines like cardiology, nephrology, and endocrinology. Each seminar will be led by psychiatry residents and faculty who will present relevant topics informally and invite discussion about clinical challenges in mind-body medicine, particularly how what we know and learn about the basic science of illness translates into the assessment and management of real patients. This elective builds on first-year courses (especially Behavioral Medicine and Introduction to Psychiatry) and better prepares students for clinical encounters in third-year.

Readings will be suggested but not required; handouts or other materials may be distributed at sessions.

This mini-elective will be open to all students, not exclusive to those who register.

Objectives:
• Show medical students how mental health and physical health issues are interconnected
• Help medical students appreciate the relevance of psychiatry in all medical specialties

Requirements:
• Attend at least four out of six scheduled course sessions
• Participate actively in class discussions
• Complete course evaluations
Course Outline
Mind-Body Seminar Series

Course Director:
Jason Rosenstock, MD
Associate Professor of Psychiatry
Director, Medical Student Education
Western Psychiatric Institute and Clinic

Participating Faculty:

Anne Penner, MD
PGY-5 Fellow, Child & Adolescent Psychiatry
Chief Resident for Education

Wynne Lundblad, MD
PGY-3, Resident, Child/Adolescent Psychiatry
Vice Chair, Academic Administrator Clinician Educator (AACE) Track

Dan Fishman, MD
Co-Chair, Mind Body Seminar Series
PGY-2 Resident, General Psychiatry

Elizabeth Still, MD
Co-Chair, Mind Body Seminar Series
PGY-2 Resident, Child/Adolescent Psychiatry

Matthew F. Muldoon, MD, MPH
Assistant Professor of Medicine
Director of Clinical Studies, Behavioral Physiology Laboratory

Location:
All sessions
Scaife Hall, Rooms 422 A&B
12:00-12:55pm

Dates & Corresponding Courses:
Tuesday, September 23th 2014 - Cardiology
Tuesday, October 28st 2014 - Pulmonary
Tuesday, November 18th 2014 - Gastroenterology
Tuesday, January 13th 2015 – Skin/MSK
Tuesday, February 17th 2015 - Reproduction

Sample Session Topics:

Cardiology:
The heart and brain are intimately connected; stress will be a key issue here, particularly as it relates to myocardial infarction and cardiomyopathy. Certain other questions will also be addressed: What psychiatric treatments can improve cardiac outcomes? How to test for cardiac susceptibility to psychiatric disorders? The controversies around coronary artery disease and "Type A" personality may also be explored.

Suggested readings:
Shapiro PA and Wulsin LR. Cardiovascular Disorders. Chapter 24.2 (Vol 2) in Kaplan and Sadock’s Comprehensive Textbook of Psychiatry.

**Pulmonary:**

Patients with schizophrenia smoke at rates exceeding the general population, by a factor of three. Does nicotine “help” such patients in some way? Other issues in pulmonary medicine revolve around pediatric asthma, adherence, and personality. How do you get COPD patients to stop smoking? We may also cover obstructive sleep apnea here.

**Suggested readings:**
Moran MG. Respiratory Disorders. Chapter 24.5 (Vol 2) in *Kaplan and Sadock’s Comprehensive Textbook of Psychiatry*.

**Gastroenterology:**

Irritable bowel syndrome—is it a GI condition, or a psychiatric condition? Why is it that patients with inflammatory bowel disease suffer depression and anxiety at higher rates than the general population. Obesity management requires a combination of biological and psychosocial interventions, which may be discussed here. The controversy around “stress” and peptic ulcer disease may also be covered.

**Suggested readings:**
Creed F. Gastrointestinal Disorders. Chapter 24.3 (Vol 2) in *Kaplan and Sadock’s Comprehensive Textbook of Psychiatry*.

**Skin/MSK:**

The mind and the body are irrevocably tied together and when one is impacted, so is the second. The association between withdrawal or psychosis and some types of tactile sensations may be explored. May also look into the stigma associated with dermatologic diseases and associated psychiatric illnesses.

**Suggested readings:**

**Reproduction**

Key issues this month will revolve around women’s behavioral health, particularly risks and management of psychiatric illness during and after pregnancy. Attachment issues and care for dependent children highlight key mind-body issues of the post-partum period. We may also explore the existence of “involutional melancholia” (perimenopausal depression) and how to manage it.

**Suggested readings:**

**Optional Series Reading:**

Falk Library - [q WM 90 A512 2005](http://www.accessmedicine.com/content.aspx?aID=6047678)

Falk Library - [WM 400 W995m 2005](http://www.accessmedicine.com/content.aspx?aID=6047678)