Mind-Body Seminar Series
Mini-Elective
2016-2017

Course Dates: September 2016—February 2017
          Noon-1pm

Class Year: MS2

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

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Description: This longitudinal seminar series focuses on psychosomatic medicine, the inter-
connections 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:
- Demonstrate to 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 three out of five 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:

Kimberly Clinebell, MD
PGY-5 Resident, Child & Adolescent Psychiatry
Chief Resident for Education

Nicole Bates, MD
PGY-3 Resident, General Adult Psychiatry
Vice Chair, Academic Administrator Clinician Educator (AACE) Track

Abigail Besch, MD
Co-Chair, Mind Body Seminar Series
PGY-2 Resident, Child and Adolescent Psychiatry

Alex Israel, MD
Co-Chair, Mind Body Seminar Series
PGY-2 Resident, General Adult Psychiatry

Location:
All sessions Scaife Hall, Rooms 502&503 unless otherwise stated
12:00-12:55pm

Dates & Corresponding Courses:
Tuesday, September 13th 2015 - Cardiology
Tuesday, October 25th 2015 - Pulmonary
Tuesday, December 6th 2015 - Gastroenterology
Tuesday, January 24th 2016 - Endocrinology
Tuesday, February 7th 2016 – Reproductive Biology

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 in 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:

**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.

**Endocrinology:**
Hormonal impact on emotional and behavioral changes can cause significant symptoms and impairment. Psychiatric symptoms can even be the first sign of an endocrinologic disorder. Hyper or hypothyroidism, adrenal dysfunction, pituitary hyperplasia are some examples of areas to be explored during this topic.

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:**
