Mind-Body Seminar Series
Mini-Elective
2017-2018

Course Dates: September 2017—February 2018
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 vari-
ous 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 semi-
nar 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 Intro-
duction 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 reg-
ister.

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:

MS-II Mind-Body Seminar Series

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

Participating Faculty:

Nina Beizer, MD
Co-Chair, Mind Body Seminar Series
PGY-2 Resident, General Adult
Psychiatry

Elyse Watson, 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 19th 2017 - Cardiology
Monday, October 30th 2017 - Pulmonary
Monday, December 4th 2017 - Gastroenterology
Monday, January 29th 2018 – Endocrinology
Monday, February 19th 2018 – 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 psychi-
atric treatments can improve cardiac outcomes? How to test for cardiac susceptibility in psychiatric disor-
ders? 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 Com-
prehensive Textbook of Psychiatry.

Relationship among mental stress-induced ischemia and ischemia during daily life and during exercise:
the Psychophysiologic Investigations of Myocardial Ischemia (PIMI) study. Stone PH, Krantz DS, McMah-
on RP ... Sheps DS. J Am Coll Cardiol. 1999 May;33(6):1476-84.

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 cov-
er obstructive sleep apnea here.

Suggested readings:
Moran MG. Respiratory Disorders. Chapter 24.5 (Vol 2) in Kaplan and Sadock’s Comprehensive Text-
book 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.

**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:**


Falk Library - q WM 90 A512 2005


Falk Library - WM 400 W995m 2005