Mind-Body Seminar Series
Professional Enrichment Course
2021-2022

Course Dates: September 2021—April 2022
Noon-1PM

Class Year: MS2

Course Director: Alex J. Israel, MD
Attending Physician,
Medical Student Education
Department of Psychiatry
Contact Information: Alex J. Israel, MD
israelaj@upmc.edu

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 professional enrichment course 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 course 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 professional enrichment course will be open to all students, not
exclusive to those who register.

Objectives:
• Show medical students how the basic science of medicine can inform the
  understanding and management of mental health conditions
• Help medical students appreciate the relevance and value of psychiatry in
  medicine

Requirements:
• Attend at least 3 out of 5 scheduled course sessions
• Participate actively in class discussions
• Complete course evaluations
COURSE OUTLINE:
MS-2 Mind-Body Seminar Series

Course Director:
Alex Israel, MD
Attending Physician
Dept. of Psychiatry (Consultation-Liaison)
Western Psychiatric Hospital

Participating Faculty:

Amy O’Donnell, MD
Co-Chair, Mind Body Seminar Series
PGY-2 Resident, General Adult Psychiatry

Izzy Kratzer, MD
Co-Chair, Mind Body Seminar Series
PGY-2 Resident, Child Psychiatry

Location:
All sessions will be held virtually from 12:00-12:55pm (links to be emailed prior to session)

Dates & Corresponding Courses:

Wednesday, September 8th 2021 – Cardiology
Wednesday, October 20th 2021 – Pulmonary
Tuesday, November 16th 2021 – Gastroenterology
Wednesday, January 25th 2022 – Endocrinology
Tuesday, February 15th 2022 – 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 myocardi- 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 Compre- hensive 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:**

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)