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Mind-Body Seminar Series

Professional Enrichment Course

2020-2021

Course Dates: September 2020—April 2021
Noon-1pm

Class Year: MS2

Course Director: Alex J. Israel, MD
Attending Physician, dent Education
Department of Psychiatry

Contact Information: Alex J. Israel, MD
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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 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 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 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 Institute and Clinic

Participating Faculty:

Meghan Keil, MD

Co-Chair, Mind Body Seminar Series

PGY-2 Resident, General Adult Psychiatry

Peter Schartel, MD

Co-Chair, Mind Body Seminar Series

PGY-2 Resident, General Adult 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 23th 2020 – Cardiology

Wednesday, November 4th 2020 – Pulmonary

Wednesday, December 9th 2020 – Gastroenterology

Wednesday, January 27th 2021 – Endocrinology

Tuesday, February 23rd 2021 – 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.

Relationship among mental stress-induced ischemia and ischemia during daily life and during exercise: the Psychophysiological Investigations of Myocardial Ischemia (PIMI) study. Stone PH, Krantz DS, McMahon 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 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*.

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:

Bergink, V et al. “Prevalence of autoimmune thyroid dysfunction in postpartum psychosis”. *The British Journal of Psychiatry*, 198(4), 264-268.

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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:

Chapter 55 in Cunningham FG, Leveno KJ, et al (eds). *Williams Obstetrics* (23rd edition)(McGraw Hill: New York, 2010). <http://www.accessmedicine.com/content.aspx?aID=6047678>

Optional Series Reading:

Sadock BJ, Sadock VA, and Ruiz P (eds). Kaplan & Sadock’s *Comprehensive Textbook of Psychiatry* (9th edition). See Chapter 24: Psychosomatic Medicine (Lippincott: Philadelphia, 2009). Access through HSLs e-books.

Levenson JL (ed). *The American Psychiatric Publishing textbook of psychosomatic medicine* (American Psychiatric Publishing: Washington, DC, 2005).
Falk Library - [q WM 90 A512 2005](#)

Wyszynski AA and Wyszynski B (eds). *Manual of psychiatric care for the medically ill* (American Psychiatric Publishing: Washington, DC, 2005).
Falk Library - [WM 400 W995m 2005](#)