

Patient Centered Medicine - 1

Course Learning Objectives (LO) and Measurable Outcomes (O) - 2011:

SSOM Goal 1: Medical Knowledge

PCM-1 LO: Know, understand and demonstrate concepts of behavioral development and behavior change:

- O1: Describe different theories of stages of development including Erik Erickson's, Freud's and others
- O2: Recognize and identify different defense mechanisms including: transference, counter transference, denial, projection, regression, identification, repression, reaction formation, isolation of affect, intellectualization, displacement, turning against the self, undoing, sublimation, altruism, suppression, anticipation, humor
- O3: Perform a patient centered health and lifestyle history with special attention paid to modifiable risk factors and targets for behavioral change
- O4: Describe and apply the components of the Stages of Change Model: pre-contemplative, contemplative, preparation, action, maintenance and relapse prevention)
- O5: Discuss and use the 5 As model for promoting behavior change: Assess, Advise, Agree, Assist, Arrange
- O6: Describe the role of self-care for career and life satisfaction
- O7: Describe and discuss the link between physician self-care and effective patient care
- O8: Recognize warning signs and behaviors that may pose a risk for non-well being in self and colleagues
- O9: Describe, discuss and be able to utilize functional coping skills
- O10: Describe treatment options for the impaired physician
- O11: Describe the process of physician moral and professional development
- O12: Describe physician's role in modifying patient behavior

PCM-1 LO: Know and understand principles of health promotion and disease prevention:

- O1: Describe and apply USPSTF recommendations (A, B, C, D, I)
- O2: Describe USPSTF strength of overall evidence (good/fair/poor)

PCM-1 LO: Know and understand principles of Screening, Biostatistics and Epidemiology:

- O1: Define and calculate accuracy, reliability, Sensitivity, specificity, PPV, NPV, likelihood ratio, pre-test and post-test probability
- O2: Describe system of Levels of Evidence
- O3: Describe measures of central tendency
- O4: Define and interpret Odds ratios, Risk ratios, confidence intervals, incidence and prevalence

O5: Apply concepts of O1-4 to clinical scenarios

PCM-1 LO: Know and understand principles of Occupational Health:

O1: Describe health risks related to occupational exposures (asbestos, silica, noise, etc) and repetitive motions

O2: Recognize the role of the occupational health survey within the medical history

O3: Demonstrate an occupational health/exposure screening history

PCM-1 LO: Know and understand principles of Nutrition:

O1: Describe fundamental medical concepts of nutrition and physical activity: BMR, energy expenditures, role of macro and micronutrients in health and disease.

O2: Describe use of diet and activity history in promoting healthy lifestyles

O3: Demonstrate use and interpretation of personal diet and activity history

SSOM Goal 2: Interpersonal and Communication Skills

PCM-1 LO: Know, understand and demonstrate communication skills:

O1: Demonstrate effective identification and management of communication barriers

O2: Demonstrate effective exploration skills (open-to-closed cone of questioning, clarification, re-direction, summaries, transitions, surveying)

O3: Demonstrate effective facilitation skills (posture, eye contact, nods, uh-huh, repetition, silences)

O4: Demonstrate effective relationship skills (reflection, legitimatization, respect, support)

O5: Demonstrate the principles of effective feedback (Well timed, learner goes first, descriptive and nonjudgmental language, actions not actor, limit feedback quantity, use “I” when giving subjective feedback, give reinforcing and corrective feedback, be specific, calibrate, explain why, make a specific plan)

SSOM Goal 3: Professionalism, Moral Reasoning, and Ethical Judgment

PCM-1 LO: Know and understand concepts of medical professionalism:

O1: Define the term “medical professionalism”

O2: Recognize the “values” of medicine as a profession

O3: Discuss the “social contract” of medicine with society

O4: Identify the ethical role of the medical profession in society

O5: Explain how to value and use feedback in personal and professional development

O6: Recognize the elements and discuss the role of the physician component of the patient-physician relationship

PCM-1 LO: Know, Understand and utilize concepts of Service:

- O1: Demonstrate Reflection in personal and professional development
- O2: Discuss the obligation of service in the medical profession
- O3: Define social justice and discuss its role in medical professionalism
- O4: Define service learning and discuss its role in personal and professional development

PCM-1 LO: Know and understand concepts of medical ethics:

- O1: Describe sources of ethics authority -- AMA Code of Ethics, Presidential commissions, etc.
- O2: Define and explain the principles of bioethics (Autonomy, Justice, Beneficence, Non-maleficence) and apply them to clinical situations
- O3: Define and demonstrate application of the principle of Informed Consent
- O4: Illustrate ethical principles as applied to human subjects research
- O5: Define and discuss sexual boundaries in the physician-patient relationship
- O6: Discuss the impact of Jesuit heritage on medical training and patient care
- O7: Discuss the role of the Ethical and Religious Directives in Catholic health care
- O8: Discuss and Apply different theories of bioethical analysis (narrative, principal-based and virtue)
- O9: Perform ethical case analyses while applying the outcomes list above in this section

PCM-1 LO: Know, understand and demonstrate principles of Mentoring Program:

- O1: Recognize positive and negative attributes of mentors and apply them to your own medical formation
- O2: Describe the components of the health care team and the different roles of each member
- O3: Perform as an effective member of the health care team

PCM-1 LO: Know, understand and demonstrate principles of working with Standardized patients:

- O1: Demonstrate treating encounter with SP as if with a regular patient
- O2: Demonstrate valuing impression and feedback of standardized patient
- O3: Utilize SP feedback to improve clinical skills

SSOM Goal 4: Clinical Skills and Patient Care

PCM-1 LO: Know, understand and be able to utilize the Components of the Medical History:

- O1: Effectively elicit the following information from standardized and real patients:
 - Identifying data
 - Chief Complaint
 - History of Present Illness (two components: medical & patient perspective)

Characteristics of symptoms (location, radiation, quality, severity, timing, frequency, setting, aggravating/alleviating factors, associated symptoms)

Past Medical History

Childhood illnesses, immunizations, adult illnesses/hospitalizations, operations, injuries/accidents, obstetric history, transfusions

Current Health Status

Medications, allergies/drug reactions, health screenings, diet/sleep/exercise, tobacco/alcohol/drugs, CAM, preferences for end of life care (if appropriate)

Psychosocial History

Marital status, living arrangements, state of home, support, employment history, sexual history/function, significant life events, anxiety or stress

Family History

Current health of parents/siblings/children, history of significant illnesses, deaths

Review of Systems

Proper placement of pertinent historical data into History of Present Illness

PCM-1 LO: Know, understand and demonstrate medical interviewing skills:

- O1: Recognize and demonstrate an appropriate opening of medical interview
 - Initial greeting (verbal introduction, stating purpose of interview)
- O2: Recognize and demonstrate effective Information Gathering Skills”
 - Open-to-closed cone of questioning
 - Establishing a narrative thread
 - Negotiating priorities to be discussed
 - Redirection and/or interruption if necessary
 - Segment summary/clarification
 - Transition smoothly between segments of interview
- O3: Recognize and effectively demonstrate:
 - soliciting and answering questions clearly and appropriately
 - Delivering diagnostic and instructional statements in clear language, avoiding jargon
 - Checking for patient’s understanding
- O4: Recognize and demonstrate effective Facilitation skills which includes: Verbal and non-verbal skills (silence, reinforcing, eye contact, posture)
- O5: Recognize and demonstrate effective Relationship skills including:
 - Reflection/legitimatization, respect, support/partnership
- O6: Demonstrate correctly placing elements relating to CC in HPI
- O7: Demonstrate the condensation of appropriate elements of the medical interview into an efficiently readable written form

PCM-1 LO: Know, understand and demonstrate the components of the oral presentation of a medical history:

- O1: Describe the differences between a written history and an oral presentation

O2: Present a succinct and appropriate oral history to an attending physician

PCM-1 LO: Know, understand and demonstrate concepts of Sexual Health:

- O1: Recognize when and how to take a sexual history
- O2: Describe the role of sexuality in overall human health
- O3: Identify the difference between sexual dysfunction and paraphilias
- O4: Describe the normal sexual response curves in men and women and their use in counseling couples

PCM-1 LO: Know and understand principles of Intimate partner violence:

- O1: Describe the prevalence of IPV in society
- O2: Identify effects of IPV on health outcomes
- O3: Recognize warning signs of IPV in patients
- O4: Demonstrate when and how to screen for IPV (SAFE – stress/safety, afraid/abused, friends/family, emergency plan)

PCM-1 LO: Know and understand principles of Smoking Cessation:

- O1: Explain the role of tobacco use on individual and public health outcomes
- O2: Demonstrate Application of the 5 As and other tools to counsel and affect smoking cessation

PCM-1 LO: Know and understand principles of Substance Abuse:

- O1: List common drugs of abuse
- O2: Describe and Demonstrate use of CAGE questions (cut down, anger, guilty, eye opener) for alcohol abuse screening
- O3: List warning signs and symptoms addiction
- O4: Describe personal and social consequences of addiction
- O5: Define the terms addiction, substance use, abuse, physiological dependence, Psychological dependence
- O6: Describe a general model for intervention and treatment

PCM-1 LO: Know and understand principles of Challenging Patient-Physician Interactions (topics and relationships):

- O1: Describe and utilize principles of challenging patient interview and apply techniques to create an effective interview (gentle assumptions, seed resistance, core beliefs)

PCM-1 LO: Know, understand and demonstrate the following general clinical skills:

- O1: Describe anatomical relationships within the thorax, abdomen, head and neck, and musculoskeletal systems
- O2: Demonstrate appropriate examination of the thorax, abdomen, head and neck, cardiac, pulmonary and musculoskeletal systems
- O3: Describe scientific basis of and demonstrate the proper use of stethoscope, otoscope,

and sphygmomanometer

PCM-1 LO: Demonstrate the following specific clinical skills:

O1: wash hands before and after, attend to patient's modesty by limiting exposures when appropriate)

Demonstrate examination of the thorax

O2: Locate and identify: suprasternal notch, angle of Louis, spinous processes of C7 and T1, midsternal line, midclavicular line, anterior axillary line, and posterior axillary line

O3: Locate and identify the surface markings of the lungs, fissures and lobes, trachea and major bronchi, heart and great vessels

O4: Test for respiratory expansion/excursion and feel for tactile fremitus

O5: Demonstrate percussion and know the different normal percussion notes and characteristics

O6: Identify normal breath sounds and their characteristics. Describe adventitious sounds

O7: Identify by palpation the carotid, brachial radial and ulnar arteries

O8: Locate on the chest wall the 'base of the heart,' the cardiac apex/apical impulse and the area of the right ventricle

O9: Recognize normal heart sounds S1 and S2 and understand their physiologic mechanism

O10: Recognize abnormal heart sounds S3 and S4 and understand their pathologic mechanism

O11: Recognize splitting patterns of S2 and their clinical settings

O12: Recognize and explain the mechanism behind common lung sounds: vesicular, broncho-vesicular and bronchial breath sounds, wheezes, rales, rhonchi, stridor, pleural rubs

Demonstrate examination of the abdomen

O13: Demonstrate anatomy/clinical relations of the major landmarks of the abdominal wall: costal margin, xiphoid process, midline, rectus abdominus, umbilicus, symphysis pubis, pubic tubercle, anterior superior iliac spine, inguinal ligament, iliac crest

O14: Identify and locate surface markings of the four abdominal quadrants

O15: Identify surface markings/area of liver, spleen, bladder, colon, appendix, stomach, pancreas, kidneys, aorta, renal arteries, iliac arteries and femoral arteries

O16: Demonstrate the basic techniques of examination of the abdomen: inspection, auscultation, percussion and palpation

Demonstrate examination of the head and neck

O17: Locate and identify: parotid and submandibular salivary glands, superficial temporal artery, papillae of ducts of submandibular glands (Wharton's ducts), opening of the parotid gland, hard and soft palate, anterior and posterior pillars, tonsils and uvula

O18: Locate and identify the trapezius muscle, the anterior triangle of the neck, posterior triangle of the neck, external jugular vein, and external carotid artery

Locate and identify the hyoid bone, thyroid cartilage, cricoid cartilage, thyroid gland and

sternal notch

O19: Locate and identify structures making up the external ear, external auditory canal.

O20: Visualize the tympanic membrane

O21: Identify the following groups of lymph nodes: pre-auricular and post-auricular, occipital, submaxillary, submental, superficial cervical, posterior cervical, supraclavicular

Demonstrate examination of the musculoskeletal system

Hand/Wrist

O22: Inspect and palpate nails, palms, skin, and joints of each

O23: Demonstrate active and passive range of motion at: distal interphalangeal joints, proximal interphalangeal joints, metacarpophalangeal joints, wrist joint

O24: Locate, inspect and palpate the: thenar and hypothenar eminences, radial and ulnar styloids, anatomical snuff box, extensor carpi ulnaris tendon

Elbow

O25: Inspect and palpate skin and elbow joint for landmarks and deformities

O26: Inspect and demonstrate passive and active range of motion of the elbow

O27: Locate, inspect and palpate the following structures: medial and lateral epicondyles, olecranon, radial head and elbow joint

Shoulder

O28: Inspect and palpate skin, shoulder and periscapular regions

O29: Inspect and demonstrate active and passive range of motion of the glenohumeral joint

O30: Locate, inspect and palpate the: sternoclavicular joint, clavicle, acromioclavicular joint, spine of the scapula, coracoid process, greater and lesser tuberosities of the humerus, tendon of the long head of the biceps

Spine

O31: Inspect the posterior neck, thoracic and lumbar spines, including skin

O32: Inspect and demonstrate the range of motion of the cervical spine

O33: Inspect and palpate the cervical spinous processes and paraspinal muscles and upper

trapezius

O34: Locate the spinous process of c7

O35: Inspect and demonstrate the range of motion of the thoracic and lumbar spines

O36: Palpate the ribs, musculature and spinous processes

Hip and pelvis

O37: Observe gait

O38: Inspect and evaluate skin for landmarks and deformities

O39: Inspect and demonstrate range of motion of the hip

O40: Locate, inspect and palpate the greater trochanter of the femur, trochanteric bursa, anterior superior iliac spine, posterior superior iliac spines and sacroiliac joint

Knee and Leg

O41: Inspect and evaluate skin for landmarks and deformities

O42: Inspect and demonstrate active and passive range of motion of the knee joint

O43: Locate, inspect and palpate the following: quadriceps tendon, patella, patellar tendon, tibial tubercle, medial collateral ligament, lateral collateral ligament, iliotibial band, medial and lateral femoral condyles, tibia, fibula, joint line

Ankle and Foot

O44: Inspect the skin for landmarks and deformities

O45: Inspect and demonstrate the passive and active range of motion of the following joints: tibiotalar, talocalcaneal, transverse tarsal joint

O46: Locate, inspect and palpate the following structures: Achilles tendon, medial and lateral malleoli, fifth metatarsal, first metatarsophalangeal joint, plantar fascia

SSOM Goal 5: Lifelong Learning, Problem Solving, and Personal Growth

PCM-1 LO: Know and understand concepts for Medical Information Searches:

O1: Demonstrate the use of multiple search tools to seek medical information (Pubmed, Ovid, Google Scholar, Cochrane)

O2: Discuss and then demonstrate the development of an effective search strategy

O3: Use the above skills to answer a relevant clinical question

PCM-1 LO: Know, understand and utilize concepts of Spirituality

O1: Describe and discuss the difference between Spirituality and Religion

O2: Describe and discuss the role of spirituality in caring for patients and physician well-being

O3: Discuss the role of chaplains and ancillary providers in meeting patients' spiritual needs

O4: Demonstrate taking a spiritual history and adequately assess for patients' spiritual needs

O5: Explain and demonstrate the use of the FICA spiritual screening tool (faith, importance, community, address in care)

SSOM Goal 6: Social and Community Context of Health Care

PCM-1 LO: Know and understand major principles of "Patient Centered Medicine":

O1: Explain principles of Access to care

O2: Identify benefits of patient engagement in care

O3: Describe Information systems that insure high quality

O4: Describe, identify and discuss Care coordination

O5: Explain what is meant by Care integration and team based care

O6: Recognize how to utilize Patient feedback

O7: Describe publicly available information about quality

PCM-1 LO: Know and understand principles of Social Determinants of Health:

O1: Identify key social determinants of health (gender, race, SES and others)

O2: Describe health outcome disparities and its causes (biological and social)

PCM-1 LO: Know and understand principles of the US Health Care system:

- O1: Identify what sources contribute to US health care financing
- O2: Define key insurance terms such as co-pay, co-insurance, deductible, HMO, PPO, etc
- O3: Identify differences between Medicare and Medicaid
- O4: Describe how PPO insurance works in practical application
- O5: Describe the role of the uninsured in the financing of the US health care system

PCM-1 LO: Know and understand principles of Global health:

- O1: Identify global determinants of health
- O2: Identify the population groups globally that are at increased risk of poor health
- O3: Describe the global inequalities of major health indicators

PCM-1 LO: Know and understand the principles of the Electronic Health Record:

- O1: Recognize the impact of the use of the EHR on physician patient relationship and interactions
- O2: Describe and demonstrate ways to minimize impact of the EHR on the physician patient relationship

PCM-1 LO: Know and understand principles of Integrative Medicine:

- O1: Describe alternate systems of medical practice (Ayurvedic, traditional Chinese, Homeopathic)
- O2: Define the terms complementary, alternative, integrative medicine
- O3: Identify principles of acupuncture, homeopathy, medical hypnosis and their use in conventional medicine

PCM-1 LO: Know and understand principles of Cultural Humility:

- O1: Define culture, race and ethnicity
- O2: Describe the physician's role in respecting cultural beliefs in healthcare