Behavioral Medicine and Development Course- 2012

Goal 1 – Know and understand aspects of child development

Outcome 1: Know the major gross motor, fine motor, social and language milestones to age 5

O 2: Apply and restate the Piagetian Stages: sensorimotor, preoperational, concrete operational, and formal operations

O 3: Discuss the Erikson stages of trust vs. mistrust, autonomy vs. shame and doubt, initiative vs. guilt, industry vs. inferiority, and identity vs. role confusion

O 4: Discuss social-emotional development in children

O 6: Understand methods of developmental screening in Primary Care settings

Goal 2- Know and understand aspects of adolescent development

Outcome 1: define adolescence

O 2: describe the developmental phenomena and goals of the adolescent period of life

O 3: recite the characteristics of each stage of adolescent development

O 4: know the implication of development on health and risk behavior

O 5: discuss the implications of brain imaging findings related to timing of maturation of white matter and frontal lobe in the adolescent brain

O 6: explain key elements of talking to teenagers in clinical practice.

Goal 3: Know and understand aspects of people who are older age, and aspects of death and dying

Outcome 1- discuss epidemiological aspects of aging in the US

O 2- recite normal changes with aging

O 3- explain adaptations to aging

O 4- recite the most common medical problems of older patients

O 5- discuss the epidemiology of end of life in the US: where, when, how

O 6 – discuss the dying process
Goal 4- Know and understand aspects of female gender on health and disease-

Outcome 1: Review epidemiology relating to female health in US and World

O2: Discuss biological and cultural reasons for gender specific health problems

O3: Be able to list most important female gender specific health issues across the life cycle

O4: Implications for optimal care of female patients

Goal 5- Know and understand aspects of female gender on health and disease male

Outcome 1: Review epidemiology relating to male health in US and World

O2: Discuss biological and cultural reasons for gender specific health problems

O3: Be able to list most important male gender specific health issues across the life cycle

O4: Implications for optimal care of male patients

Goal 6- Know and understand normal sexuality and common variations

Outcome 1: describe the development of in humans

O2: discuss the role of sexuality in overall 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

Goal 7- Know and understand Gay, Lesbian, Bisexual and Transgender issues

Outcome 1: recite definitions of sexual orientation, gender identity, gay, lesbian, bisexual, transgender, transvestite.

O2: discuss barriers to health care for LBGT people, including attitudes, training, and research

O3: recite the most common risks to health for gay males

O4: recite the most common risks to health for lesbian females
05: describe aspects of transgender health

06: recognize need for sensitivity in caring for LGBT patients, including use of proper language, what not to say and assume as well as exploration of caregiver’s attitudes

Goal 8- Know and understand the effects of social supports and family on health and disease

Outcome 1: discuss the physical, emotional, spiritual, financial resources provided by others, necessary for coping and recovery from illness

02: discuss the physician’s impact on patient’s well being and outcomes; empathy and compassion

03: recite the known effects of marital status on health

04: explain characteristics of family function and impact of family dysfunction on health

05: discuss the known effects of faith upon health and illness

Goal 9: Recognizing Psychologic/Psychiatric Issues in Adulthood: Expectations & Reactions

01- Discuss adult development based on theories of Freud and Erikson

02- Discuss other psychodynamic theories of human development

03- Discuss defense mechanisms utilized by people

04- Discuss common reactions to illness that affect the dr/pt relationship

Goal 10- Recognizing Psychiatric Problems in General Medical Care:

01- Identify high prevalence conditions that will commonly be seen in general medical patients: PTSD, Anxiety, Depression, SUDs

02- Discuss common methods of screening and diagnosis in primary care settings

03- Discuss models for psychiatric care of medical patients; liaison models, other models

04- Basic treatment principles and methods for diseases listed in 01.

Goal 11- Sleep and Its Disorders

01- normal sleep

02- basic sleep physiology

03- Known effects of sleep deprivation

04- survey of most common sleep disorders
05- basic discussion of diagnostic methods

**Goal 12—Obesity—know and understand obesity and weight control**

01- Know the prevalence of overweight and obesity across the life cycle
02- Know the definitions of overweight and obesity utilizing NHLBI guidelines for adults and the AAP Expert Panel for children
03- Discuss the multifactorial etiology of obesity
04- Discuss the homeostatic process of weight control
05- Discuss the known consequences of obesity
06- Know the current evidence based treatments for obesity

**Goal 13—Know and understand the effects of stress on health and illness**

Outcome 1: Define stress, coping and related terms

02: Discuss the basic physiology of the stress reaction

03 Discuss stress appraisal and other mediating factors between stress and health

04: List some illnesses where stress can exacerbate or cause the disease process

05: Describe known affects of stress on cardiovascular disease, cancer and autoimmune processes

06: Describe the types of somatoform illnesses that patients present with

07: Recite the various techniques utilized to help patients cope and reduce the effect of stress

**Goal 14—Know and Understand Psychosocial aspects of Chronic illness**

01- Discuss epidemiology of chronic illness in children and adults

02- explain common psychological reactions to chronic illness and discuss the challenges for people living with chronic illness

03- Discuss chronic care models for health care

04- Understand the concept of medical home
Goal 15 - Know and understand Developmental Disabilities

Outcome 1: define impairment, disability and handicap

02. Recite the definitions of developmental disabilities, including cognitive impairment, fragile X, spina bifida, fetal alcohol syndrome, cerebral palsy, autistic spectrum disorders

03. Demonstrate knowledge of epidemiology of common causes of developmental disabilities

04. Be able to discuss the common causes of developmental disabilities including genetic, environmental and toxic and screening tests for these causes

05. Describe challenges faced by individuals with developmental disabilities and their families

06 List resources available to individuals and families affected by developmental disabilities

Goal 16- Know and understand psychosocial aspects of Pain

  O1- recite the epidemiology of pain in children and adults
  O2- discuss psychological aspects of acute and chronic pain
  O3- explain common pain behaviors in patients
  O4- recite common methods of rating patient’s pain
  O4- differentiate between types of clinical pain syndromes: cancer pain, chronic back pain, arthritis, fibromyalgia
  O5- discuss the goals of treating patients with pain
  O6- discuss the non-pharmacologic (behavioral) treatment methods for pain

Goal 17- Psychosocial aspects of Substance Use Disorders

  O1- discuss the epidemiology of substance use and substance use disorders across the age spectrum
  O2- explain discuss common behaviors associated with substance use that are likely to be observed by physicians
  O3- basic aspects of the pathophysiology of addiction
O4- recite general stages of substance use disorders including problem use, abuse and dependence

O5- discuss basic aspects of most common drugs of abuse and addiction

O6- discuss some treatments for substance use disorders

Goal 18- Know and understand Violence across life cycle

O1- discuss epidemiology of child abuse and neglect in the US and other areas of the world

O2 – recite physicians’ responsibilities in recognizing and ameliorating child abuse and neglect

O3- discuss the problem of bullying in children and youth

O4- discuss the problem of acquaintance violence in young people and how to detect in practice

O3 – discuss the problem of intimate partner violence in the population

O4 – recite screening techniques for intimate partner violence and methods for amelioration

O5- discuss aspects of elder mistreatment and the physician’s role in detecting and ameliorating

Interpersonal and Communication Skills

Goal 1 – Know the basic principles of effective interpersonal communication, and the skills and attitudes that allow effective interaction with peers, faculty and support staff: Students will:

01: demonstrate in group discussions a willingness to learn about and discuss aspects of one’s own sensitivity to substance users, patients with chronic disabilities, sexual orientation and various racial and ethnic groups

02: Facilitate the learning of other students by interacting and asking questions.

03: Provide timely, honest, appropriately-written feedback about the course when requested.
Professionalism

Goal 1- Demonstrate a combination of knowledge, skills, attitudes and behaviors necessary to function as a respected member of a learning team in both small groups and large group settings

- 01- Converse appropriately and behave with personal integrity in all course activities and in interactions with peers, family and faculty
- 02- Recognize and accept own limitations in knowledge and clinical skills and commit to continuously improving them

Social and Community Context of Health Care

Goal 1- Demonstrate an understanding of how patient’s development, gender, membership in sexual, ethnic or racial minorities, and presence of chronic disease or disability influences health and health care in our society

- 01- Know how membership in an ethnic, racial, sexual, or disabled minority affects presentation of illness and health care
- 02- Demonstrate clear understanding of the influence of culture on health care delivery through completion and discussion of written reflections based upon lectures and reading
- 03- Identify resources outside of medical care important to the care of individuals with disabilities and with various types of minority membership that utilize resources needed to flourish