



## BEHAVIORAL SCIENCES – 4<sup>th</sup> Year Psychiatry and Psychology

**Goals** The goal of the Behavioral Sciences program is to provide learning opportunities that will enable medical students to develop the basic knowledge and skills necessary to:

1. Recognize the patient's view of health, illness, and medical care from a broad perspective that includes the patient's:

Circumstances	Stage-of-life
Family	Social life
Culture	Community

2. Competently interview individuals and families
3. Identify the most common mental health disorders
4. Use ethical considerations in making medical decision making

**Objectives** Upon completion of this program the student will:

1. Demonstrate knowledge of :
  - a. The biopsychosocial and patient-centered perspective of health and illness.
  - b. Normal and abnormal psychosocial growth and development across the life cycle.
  - c. Common “family” configurations and stages of development.
  - d. The impact of acute and chronic illness and other stressors on patients and families.

### **Mental health and related psychosocial problems**

1. Demonstrate proficiency in recognizing and managing the following problems:
  - a. Disorders diagnosed in infancy through adolescence
  - b. Substance-related disorders
  - c. Mood disorders
  - d. Somatoform disorders
  - e. Eating disorders
  - f. Personality disorders
  - g. Bereavement
  - h. Cognitive disorders
  - i. Psychotic disorders
  - j. Anxiety disorders
  - k. Violence and abuse
  - l. Delirium
  - m. Chronic pain
  - n. Impulse control disorders
  - o. Factitious disorders
  - p. Sexual/gender identity disorders
  - q. Sleep disorders
  - r. Adjustment disorders

- s. Occupational problems
  - t. Problems that present as psychologic complaints
  - u. Psychological problems that present secondary to medical illness
  - v. With cases with interwoven psychosocial and medical problems
2. Demonstrate understanding of the influence of age, gender and other factors on diagnostic prevalence and treatment techniques, such as gender differences in eating disorders, geriatric dosing of psychopharmacologic agents.

### **Behavioral medicine**

1. Identify the following non-psychiatric behavioral issues that are important in medical care:
  - a. Educating patients
  - b. Managing patients with chronic pain
  - c. Managing stress.
  - d. Maximizing treatment adherence
  - e. Being the bearer of bad news
  - f. Helping patients cope with chronic illness
  - g. Helping care givers
  - h. Managing normal sexuality and reproduction issues
2. Demonstrate understanding of health behavior change and factors that maximize the following:
  - a. Increased preventive behaviors, such as seat-belt use and exercise
  - b. Decreased health risk behaviors, such smoking cessation and alcohol reduction
  - c. Treatment adherence such as diabetic protocols

### **Community Networking**

1. Identify and utilize community resources for mental health and other behavioral issues

### **Interpersonal Interactions and Counseling**

1. Upon completion of this program, medical students will demonstrate understanding of:
  - a. Factors in the clinician-patient relationship that influence treatment adherence, patient satisfaction, physician satisfaction, and malpractice suits.
  - b. Elements of effective patient-centered and family (multi-person) interviews

### **Ethical Considerations**

1. Identify the ethical and legal issues in primary care, including:
  - a. Informed consent
  - b. Patient autonomy
  - c. Reproductive rights
  - d. Confidentiality
  - e. Quality of life
  - f. Withdrawal of Life support

## **Interviewing individuals and families**

1. Demonstrate proficiency in interviewing individuals and families

## **Assessing and managing mental health and related issues**

1. Demonstrate proficiency in the performing the following techniques and procedures:
  - a. Using the mental status exam
  - b. Using consultants effectively including consents and effective communication
  - c. Initial management of mental health and related psychosocial crises, including:

Suicide	Acute psychosis
Drug overdose	Violence
Abuse	
  - d. Using psychopharmacologic agents appropriately in primary care
  - e. Advising patients about counseling and other non-pharmacologic techniques for common problems
  - f. Identifying lethality and psychiatric emergencies
  - g. The use of screening protocols to assist in identifying common mental health problems

## **Integrating Osteopathic Principles and Practice**

1. Acquire and demonstrate the ability to effectively treat patients in Behavioral Medicine to provide medical care that incorporates the osteopathic philosophy, patient empathy, awareness of behavioral issues, the incorporation of preventive medicine, and health promotion.
2. Incorporate patient centered care recognizing each patient is an individual.
3. Relate to the pathophysiology and/or medical illnesses with other systems recognizing the body acts as a whole of its components.