NUTS AND BOLTS

- **WHEN**  Thursdays on block, 9-10:30am. We'll start 5 minutes late and have a 2 minute break in the middle (reduce Zoom fatigue)
- **WHERE**  Zoom with our own link
- **FORMAT**  is interactive. Didactics too but we will rely on group discussion, personal narratives, clinical anecdotes, and self reflection.
- **EVALUATION**  None. No grades or discussion w program leaders. Ask questions (person/chat) & interrupt with comments
- **MATERIALS**  Powerpoint slides, academic calendar, video information, our contact info, nd resources can all be found in BOX under “Behavioral Medicine”
- **CONTACT**  
  Gina Moreno-John: cell (415) 652-8299, pager (415) 443-6119, Voalte  
  Emma Samelson-Jones: office (415) 476-7518, pager (415) 443-0037

  *As this is interactive, please don’t use laptops or smart phones, or check emails or Apex during class.*

LEARNING OBJECTIVES

1. Teach communication skills to promote lasting behavior change in patients  
2. Discuss challenges ie hostile or sexually inappropriate patients  
3. Address common psych & behavioral issues ie mood disorders  
4. Understand social & cultural aspects of patient care ie SDOH  
5. Advance professional development AS WELL AS personal wellbeing  
6. Make all topics relevant to your clinical practice

IOM CORE CONTENT AREAS, SOCIAL AND BEHAVIORAL MEDICINE

**Core Area 1: Mind-Body Factors in Health and Disease.**
- Mental Illness: Depression and Anxiety Disorders  
- Mental Illness: Bipolar and Psychoses  
- Personality Disorders  
- Stress Management for Patients

**Core Area 2: Behavioral Health**
- Alcohol and Substance and Prescription Drug Abuse  
- Tobacco Use and Cessation  
- SBIRT and motivational interviewing (alcohol & drug examples here)  
- Medical Adherence
Core Area 3: Physician Identity and Role in Society
• Personal balance/wellness/avoid burnout (Also in Friday)
• Family of Origin – genogram exercise
• Social Justice/Activism
• Being MD in the family

Core Area 4: Physician and Patient Interactions
• Difficult patient encounters (includes personality disorders)
• DNR/DNI discussion for out-pt
• Medical Interpreters (if time)
• Process death and dying for out-pt MD (if time)
• Sexuality and Boundaries

Core Area 5: Social and Cultural Factors in Health and Disease
• Cross cultural communication/Cultural competence (race, ethnicity)
• Healthcare disparities/bias/discrimination (include SES)
• Health literacy
• Food insecurity
• Intimate Partner Violence
• Spirituality and Health (Chaplain)
• LGBT health (Ellen Haller)

Core Area 6: Health Care Systems, Health Policy, Economics: usually covered Wed mornings