

# Medicine & Behavior I

Florida State University College of Medicine  
Course Syllabus  
Fall 2009



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## **Summary of Goals and Objectives:**

Medicine and Behavior 201 (BMS 6821) addresses the psychological and social basis of patient and physician behavior and the influence of these factors on health, illness, and the practice of medicine. The emphasis of the course is on better understanding of the psychological and social context of physicians' and patients' lives. Medicine and Behavior I covers basic behavioral science content as it relates to the individual, family, and community. The goal of this course is to have students apply these fundamental behavioral science principles to clinical situations for more effective and patient-centered delivery of health care. A variety of instructional methods are used to achieve these goals, including large group presentations, small group activities and discussions, videos, expert panels, and clinical demonstrations with standardized patients.

## **Course Objectives**

1. Apply psychodynamic, behavioral, and social theories in the description and analysis of patient behaviors.
2. Apply developmental concepts across the lifespan to patient care.
3. Recognize the role of family systems, community context, and cultural influences including spirituality on patient presentations, interpretations of illness, and adherence to treatment.
4. Recognize functional and dysfunctional family processes and how this impacts disease and illness onset, course and management.
5. Identify the stages of behavior change and apply these to patient education and basic counseling around prevention, health maintenance and disease management.
6. Review health issues facing immigrants and examine the challenges to care of immigrants patients, including patient and provider factors, to develop treatment interventions.
7. Discuss the use of the integrated care model for behavioral and mental health issues in a primary care setting.
8. Identify psychological instruments in the measurement of human behavior and cognition and apply to clinical situations.
9. Identify psychopathological diagnosis according to DSM IV and consider appropriate treatment modalities.

This course contributes to the learning of the following objectives for the FSUCOM:

### **Knowledge**

- Demonstrate the ability to use basic biobehavioral and clinical science principles to analyze and solve problems related to the diagnosis, treatment, and prevention of disease.
- Demonstrate the ability to employ a comprehensive, multidisciplinary approach to the care of patients that integrates biomedical and psychosocial considerations.
- Recognize the implications of cultural, social, economic, legal, and historical contexts for patient care.
- Describe and discuss the implications of basic ethical principles, including confidentiality, informed consent, truth telling, and justice, for the care of patients.
- Describe strategies to support life long learning via both print and electronic sources to assist in making diagnostic and treatment decisions (e.g., practice guidelines) and to remain current with advances in medical knowledge and practice (e.g., medical information data bases).

## **Skills**

- Demonstrate the ability to elicit accurate comprehensive and focused medical histories by employing techniques that facilitate the patient's sharing of information.
- Demonstrate the ability to evaluate the patient's medical problems and to formulate accurate hypotheses to serve as the basis for making diagnostic and treatment decisions.
- Demonstrate the ability to formulate and implement a plan of care for both the prevention and treatment of disease and the relief of symptoms and suffering.
- Demonstrate the ability to educate patients about their health problems and to motivate them to adopt health promoting behaviors.
- Demonstrate the ability to build rapport and to employ active listening and relationship enhancing behaviors (e.g., empathic responding).
- Demonstrate the effective use of pharmacotherapeutic agents and other therapeutic modalities, while teaching patients the importance of preventative medicine, health promotion, and wellness.
- Demonstrate the ability to acquire new information and data and to critically appraise its validity and applicability to one's professional decisions, including the application of information systems technologies for support of clinical decision-making.
- Demonstrate the ability to organize, record, research, present, critique, and manage clinical information.
- Demonstrate the ability to work effectively as part of a health care team, with appreciation for the multiple contributions of other health care professionals and agencies to the health of the individual and the health of the community.

## **Attitudes/Behaviors**

- Exhibit appropriate value for the sensitive nature of the doctor/patient relationship and the importance of compassionate communication and active listening, with attention to the patient's familial, cultural, and spiritual circumstances.
- Demonstrate professionalism and high ethical standards in all aspects of medical practice, specifically competence, honesty, integrity, compassion, respect for others, professional responsibility and social responsibility.
- Exhibit a capacity for self-evaluation, moral reflection and ethical reasoning to form the basis for a self-directed, lifelong engagement in the responsible, committed, compassionate practice of medicine.
- Demonstrate awareness of the unique health care needs of ethnically diverse populations and communities.
- Demonstrate a respect for the roles of other healthcare providers and of the need to collaborate with others in caring for individual patients and in promoting public health and community service.

## **Course Requirements:**

### **1. Attendance**

You are encouraged to attend and actively participate in all classes. Participation is an integral part of the learning process in this course. The FSUCOM attendance policy will be followed (see Student Handbook). "Students will be accountable and personally responsible for attending all educational activities that fall within the following categories: small groups, team-based learning sessions, labs, clinical experiences, written or oral examinations and other evaluative periods (e.g. quizzes, practical exams), and computer sessions. Attendance is mandatory when outside speakers or patients have been arranged. Otherwise, attendance at lectures is encouraged, but not mandatory."

By reading the assigned material prior to class, you will be able to more actively engage in the learning process. Panel members and group facilitators will assume that you are familiar with the topic being covered. Assignments covering the assigned reading materials and class discussion will be given throughout the semester. In-class presentations as well as the readings and handouts will provide material for the exams.

- *Excused absence* – You are responsible for the material covered. A legitimate excused absence requires that you meet with the course director individually within one week of returning to the COM to discuss the material and make up any missed quizzes, assignments or exams. *Planned* excused absences need to have the online form “Advance Request for Absence from Educational Activity(ies)” completed prior to the absence and arrangements for make-up work need to be made with the course director prior to the absence.
- *Unexcused absence* – You are responsible for the material covered. A grade of “0” will be given on any assignment or exam missed during an unexcused absence.

## 2. Assignments

Assignment grades are based on individual assignments and assignments for small group activities. Assignments turned in late will result in a grade decrease of one point. Instructions for specific assignments are available on Bb.

Assignments are due for the following units and are worth 4 points each:

1. Psychodynamic Theory in Medical Practice
2. Learning Theory and Behavior Change
3. Child & Adolescent Pathology
4. Variations in Families
5. Addictions – AA visit

A 3-4 page Treatment Plan paper based on an assigned case is due on the last day of class and is worth 10 points

## 3. Exams

Exams will consist of multiple choice items. Exams are given according to the Year 2 integrated exam schedule. Between 20-25 items from this course are on each exam. Exam materials cover readings, handouts, presentations and class discussions. Specific topic objectives are presented for each unit.

### **Grading:**

**Exams:** 70% (4 exams of equal weight)

Exam 1	9-4-09
Exam 2	10-2-09
Exam 3	10-30-09
Exam 4	12-8-09

**Assignments** 30% (5 assignments worth 4 pts each and 1 Tx Plan paper worth 10 pts)

*Breaches in professional behavior as described in the FSUCOM Student Handbook may result in a reduced grade for an assignment, exam or the course (including 0 or F) consistent with the FSU Academic Honor Policy.*

### **Grading Scale**

A = >90%  
B+ = 87-89.9%  
B = 80-86.9%

C+ = 77-79.9%  
C = 70-76.9%  
D = 65-69.9%  
F = <64.9%

### **Professional Behavior:**

#### **Dress Code:**

On occasion during the semester, guests from outside of the FSUCOM community (including standardized patients, agency personnel and patients) may be present and participate in the session. You will be notified beforehand when this is scheduled. Business casual dress attire is required on those days.

#### **Confidentiality:**

Any personal material discussed in class by panel members, patients, faculty and students is confidential and should not be discussed outside of class.

#### **Blackboard site:**

The syllabus, class presentations, assignments, reading materials and announcements are regularly posted on the Blackboard site. It is the student's responsibility to stay up to date by checking the Blackboard site for information. Since emails to the class will be sent from Blackboard, it is *your* responsibility to have your ACNS account forwarded to your MED account. The class Bb site is the official calendar for the class. When there is a conflict with other FSUCOM calendars, always use the Bb calendar.

#### **Required Readings:**

Fadem, B. *Behavioral Science in Medicine*. Philadelphia: Lippincott, 2004.

(Also available as e-book from our Library) <http://med.fsu.edu/library/Ebooks/ebooks.aspx>

Lo, B. *Resolving Ethical Dilemmas: A Guide for Clinicians* (4<sup>th</sup> edition), Philadelphia: Lippincott, 2009.

Book chapters and other readings assigned from other sources will be available on Blackboard.

### **Academic Honor Code:**

Students are expected to uphold the Academic Honor Code published in the Florida State University Bulletin and the Student Handbook: *The Academic Honor System of the Florida State University is based on the premise that each student has the responsibility (1) to uphold the highest standards of academic integrity in the student's own work, (2) to refuse to tolerate violations of academic integrity in the University community, and (3) to foster a high sense of integrity and social responsibility on the part of the University community.*

### **Students with Disabilities (ADA Statement):**

The Florida State University adheres to Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 (ADA) in prohibiting discrimination against any qualified person with a disability. Students with specific questions regarding the FSU policies governing students with disabilities may contact the Student Disability Resource Center.

Students who wish to have accommodations based on their disability **must inform the course director within the first week of class** that they will be using accommodations.

Students with disabilities who wish accommodations based on a disability must notify the College of Medicine Office of Student Affairs and register with the FSU Student Disability Resource Center (SDRC). In order to register with the SDRC the student must provide the Center with the required documentation. A definitive diagnosis of disability must be stated in the documentation. Details regarding the required documentation for each disability can be found at the SDRC website [www.fsu.edu/~staffair/dean/StudentDisability](http://www.fsu.edu/~staffair/dean/StudentDisability)

## Medicine & Behavior 201 Schedule Fall 2009

Unit	Hrs	Topic	Activity	Faculty	Reading
1 8/12	1 10-11	Introduction to Behavior & Health	Lg Grp	Reyes	IOM
2 8/19	2 10-12	Psychodynamic Theory in Medical Practice	Lg Grp **	Dutton	BSM Ch 8
3 8/26	2 10-12	Learning Theory & Promoting Behavior Change	Lg Grp Sm Grp **	Dutton	BSM Ch 9 MMVUP Ch 7
4 9/2	2 10-12	Behavioral & Psychological Assessment of Medical Pts	Lg Grp	Reyes	BSM Ch 10
<b>9/4 EXAM 1</b>					
5 9/9	2 10-12	Child Development & Developmental Disorders	Lg grp Videos	Wetherby	BSM Ch 1,2 Lo Ch ,DSM
6 9/10	1 10-11	Child & Adolescent Psychopathology	Sm Grp **	Reyes	DSM
7 9/15	1 11-12	Adults, Families, & Health	Lg Grp	McBane	BSM Ch 3, 4
8 9/16	2 10-12	Variations in Families	Panel **	McBane Reyes	BSHC Ch 18 MMVUP Ch 19
9 9/23	2 10-12	Domestic Violence- Intimate Partner Violence	Lg Grp SP -Demo	Harrison Reyes	MMVUP Ch 30
10 9/30	10-11	Child Abuse	Video	Reyes	BSM Ch 22
<b>10/2 EXAM 2</b>					
11 10/7	2 10-12	MSE; DSM; Personality Disorders (Managing Difficult Pts)	Lg Grp SP Demo	Reyes Manusov	DSM BSM Ch 24
12 10/13	2 10-12	Addictions	Lg Grp **	Davies	BSM Ch 23
13 10/14	2 10-12	Anxiety & Mood Disorders	Sm Grp - SP	Reyes	DSM BSM Ch 13, 15
14 10/21	2 10-12	Psychotic Disorders	Camtasia	Venable / Reyes	BSM Ch 12
15 10/28	2 10-12	Eating Disorders	Lg Grp Movie	Reyes	BSM Ch 17
<b>10/30 EXAM 3</b>					
16 11/4	2 10-12	Immigrant Mental Health	Sm Grp	Manusov Reyes	MMVUP Ch 25
17 11/10	2 10-12	Spirituality in Medicine	Lg Grp	Reyes	FSM Ch 6
18 11/17	2 10-12	Behavioral Medicine Interventions in Primary Care SUSSAI	SP Demo	Manusov Reyes	PIT Ch 4, 5
19 12/3	2	No regular class meeting – assignment due	Tx Plan Paper **		
<b>12/8 EXAM 4</b>					

\*\*Assignment due for this unit

*BSM – Behavioral Science in Medicine – Required book (also available as e-book in our library) <http://med.fsu.edu/library/Ebooks/ebooks.aspx>*

*BSHC - The Behavioral Sciences in Healthcare (Available on Blackboard)*

*BM – Behavior & Medicine (Available on Blackboard)*

*FSM – Faith, Spirituality & Medicine (Available on Blackboard)*

*IOM – Health & Behavior, IOM 2001 Report (Available on Blackboard)*

*Lo – Resolving Ethical Dilemmas (also available as e-book in our library)*

*MMVUP – Medical Management of Vulnerable & Underserved Populations (Available on Bb)*

*PIT- The Fifteen Minute Hour: Practical Therapeutic Interventions in Primary Care (Available on Blackboard)*