

Health and Psychology

Course Coordinator: Prof. Rael Strous MD

Course Objectives

1. To understand the biopsychosocial model of medicine and be capable of correctly applying principles and techniques of psychology to the field of medicine, to health maintenance and to illness.
2. In addition, we will discuss evidence of illness states being associated with psychological factors such as personality, stress and emotion, and we will explore the possible mechanisms that link these factors to health and disease.
3. In this course, we will examine the “mind-body connection” from various perspectives and will explore influence on health and illness of psychological factors such as personality, stress, and emotion. Each student will develop some expertise in a particular area of focus and will share this with the group at the end of the course in an informal presentation and discussion.
4. These objectives will be attained by students: (1) attendance at lectures and discussions, (2) exploring background reading material with tutors and lecturers, (3) presentation of one research project or activity relevant to the course.

Schedule:

Wed. 11:00-12:30

13:30-15:00

Credit – 3 credits

Topics

1. The Role of Psychology in the Health Care Profession
 - a. Introduction
 - b. What is the biopsychosocial model of illness?
 - c. How can and how does psychology contribute to health and management of illness?
 - d. A life-course perspective on physical and psychological health
 - e. Aging, health, and behavior
 - f. The integration of behavior and health
2. Appropriate Communication in the Health Care Professions
 - a. The art of listening
 - b. The practicalities of empathic communication
 - c. The importance of cultural sensitivity in health care
 - d. How to manage the “hateful patient”

3. Psychophysiological Disorders
 - a. The mind-body connection
 - b. The role of stress in illness states
 - c. The concept of placebo
4. Health Promotion
 - a. Approach to obesity and eating disorders
 - b. Approach to substance abuse
 - c. Smoking cessation as a true challenge and health imperative
 - d. Stress and stress management
 - e. Assessment and modification of coronary-prone behavior
 - f. Relapse prevention of chronic illness
5. Rehabilitation
 - a. Toward an integrative diathesis-stress model of chronic pain
 - b. Spinal cord injury
 - c. Mental health rehabilitation
6. Psychological Aspects of Various Disease States
 - a. The critical role of psychology in cancer management
 - b. Psychological aspects of chronic-maintenance hemodialysis patients
 - c. Diabetes mellitus: considerations of the influence of stress
 - d. Neurological illness, brain injury and the role of psychology
7. Ethics and Medicine
 - a. General principles of medical ethics
 - b. Jewish medical ethics
 - c. Ethical dilemmas in medicine from the cradle to the grave
8. The Future
 - a. Computer applications in behavioral medicine
 - b. The marketing of professional health-care services
 - c. Alternative medicine: does it have a place in 21st century medicine?

Course Requirements:

Participation

This course will often be conducted as a seminar. You are encouraged to speak in class; indeed your contributions (or lack of) will make all the difference in the learning experience. We will discuss questions relating to the syllabus material and any related issues. The course content will be presented around a case in the style of "case-based learning". If you do not have questions, questions will be presented to you. Participation is required in at least 80% of classes.

Examinations

There will be one exam given at the completion of the course. Questions will be in multiple choice format (MCQ).

Presentations

There will be one required presentation during the course. You may select from one of the following:

Presentation 1: The purpose of this exercise is for you to become familiar with the role psychology plays in medical practice. Your presentation will consist of the presentation of a case that you have encountered during the course and your meeting in the psychiatric or medical hospital. The case should be presented with the medical background, together with the importance of input from a psychological perspective and how attention to these issues may assist in the general management of the patient. Each session should take approximately 20 minutes to present.

Presentation 2: The purpose of this exercise is for you to gain an in-depth understanding of how a specific area of psychology may impact the practice of medicine. Your presentation will consist of a brief literature review of a specific area along with your own critique of what still remains to be done.

Exams will be based on both readings and class discussion. Students are responsible for assigned.

Grading System:

1. Attendance, class preparation and participation: 10%
2. Presentation: 20%
3. Cumulative Final Exam: 70%

Required Reading

Shimon M Glick . "The teaching of medical ethics to medical students". Ben-Gurion University of the Negev, Beer-Sheva, Israel- Journal of medical ethics 1994; 20: 239-243

Belliemi, Carlo Valerio, et al. "Analgesic effect of watching TV during venipuncture." Archives of disease in childhood 91.12 (2006): 1015-1017.

Cruz, Ivette, et al. "Anxiety and depression in cystic fibrosis." Seminars in respiratory and critical care medicine. Vol. 30. No. 05. Thieme Medical Publishers, 2009.

Fahrenkopf, Amy M., et al. "Rates of medication errors among depressed and burnt out residents: prospective cohort study." Bmj 336.7642 (2008): 488-491.

Fallowfield, L., et al. "Psychiatric morbidity and its recognition by doctors in patients with cancer." British journal of cancer 84.8 (2001): 1011.

Groves, James E. "Taking care of the hateful patient." The New England journal of medicine (1978).

Johnson, Suzanne Bennett, et al. "A longitudinal analysis of adherence and health status in childhood diabetes." Journal of Pediatric Psychology 17.5 (1992): 537-553.

Kazak, Anne E., et al. "Posttraumatic stress in survivors of childhood cancer and mothers: Development and validation of the Impact of Traumatic Stressors Interview Schedule (ITSIS)." Journal of Clinical Psychology in Medical Settings 8.4 (2001): 307-323.

Kiecolt-Glaser, Janice K., et al. "Hostile marital interactions, proinflammatory cytokine production, and wound healing." *Archives of general psychiatry* 62.12 (2005): 1377-1384.

Kleinman, Arthur, and Peter Benson. "Anthropology in the clinic: the problem of cultural competency and how to fix it." *PLoS medicine* 3.10 (2006): e294.

Kreicbergs, Ulrika, et al. "Talking about death with children who have severe malignant disease." *New England Journal of Medicine* 351.12 (2004): 1175-1186.

McEwen, Bruce S. "Stress, adaptation, and disease: Allostasis and allostatic load." *Annals of the New York Academy of Sciences* 840.1 (1998): 33-44.

Shanafelt, Tait D. "Finding meaning, balance, and personal satisfaction in the practice of oncology." *J Support Oncol* 3.2 (2005): 157-62.