Behavioral Medicine Curriculum Components

Educational Purpose

This Behavioral Medicine Curriculum in the Department of Internal Medicine was developed to enhance residents’ abilities to conduct a patient-centered interview, assess and treat psychosocial illnesses, provide brief behavioral counseling for behavioral change, and increase confidence in working with patients from a bio-psycho-social perspective. Didactic teaching, small groups, videotape reviews will be used to achieve the goals of this curriculum. In addition to the planned curriculum, residents will have the opportunity to discuss personalized, specific concerns relevant to behavioral medicine and difficult patient encounters. The curriculum will be taught by both behavioral and physician faculty. The curriculum will focus on equipping residents with a “Behavioral Medicine Toolbox”, comprised of various tools necessary for working with a variety of behavioral medicine encounters and patient interviews.

Curriculum Organization and Teaching Methods

1) Small Groups: Residents will participate in a small group twice a month for one month each year. Small groups will be taught by behavioral medicine faculty and interns, and will focus on videotape reviews. Groups may be comprised of 1st, 2nd, and 3rd year residents. You will receive an email prior to your scheduled small group, specifying the two seminar Mondays of that month.
   a. Videotape Review
   b. Discuss difficult patients and review strategies in patient care
   c. Provide and receive peer feedback
2) Noon Conference Series: Residents will receive a noon conference series focused on behavioral medicine content during their first and second year of residency throughout noon conferences.
3) Individual Videotape Reviews/Direct Observation and Feedback: Residents will need to review one patient encounter each year and sit down to receive individual feedback with either Dr. Bonnema or Dr. Leasure. Reviews can be done through video or direct observation. Specific feedback on milestone progress will be provided and goals for improvement will be set.

Goals:

1) To improve the residents’ ability to conduct a bio-psychosocial history and patient-centered interview.
2) To learn motivational interviewing techniques to illicit the patient’s story and develop skills for working with resistance and motivating behavior change.
3) To improve residents’ knowledge and confidence when treating depression, anxiety, somatic disorders, and working with patients with personality disorders.
4) To provide a forum for residents to discuss concerns related to treating patients with psychosocial problems or mental health illnesses.
5) To enhance the residents’ ability to self-evaluate their patient care skills and provide constructive feedback to peers.
Educational Content: Delivered Quarterly

- 1st Years Noon Conference Series
  - August: Bio-psychosocial interview and Structuring the Interview
  - October: Depression Assessment and Management Strategies
  - February: Basic Motivational Interviewing Skills
  - April: Chronic Pain Management

- 2nd Years Noon Conference Series
  - September: Review of basic behavioral medicine tools
  - January: Advanced motivational interviewing skills
  - March: Cognitive Behavioral Treatment skills and brief interventions
  - May: Trauma and Anxiety

Videotape Instructions

You will be using exam room 16 at Midtown Clinic to videotape. You have all been added as authorized users and will need to retrieve your username and password from Kristi Graybill. Please refer to the Midtown Video System User Guide for specific instructions. If you need assistance, please ask Dr. Kueny, or Joyce Frezell. The video system can only be accessed on designated computers with the appropriate software. The room in which the rotation is held will be equipped with the appropriate software to view videos. Please make sure to only view your own videos when in the system.

Videotape Review and Feedback Guidelines

- Small Groups
  - One small group each year (meets twice in one month).
  - Focused on interviewing skills and providing peer feedback.
  - An opportunity to apply the core content and discuss any challenges.
  - Each resident will ideally attend one a year (during EU, outpatient and Meth outpatient months).

- Individual video reviews with Dr. Bonnema and Dr. Leasure
  - Required to schedule one video review each year with either Dr. Bonnema or Dr. Leasure.
  - Review videotape encounter.
  - Build on goals developed in seminar, assess progress, and set new goals.

- Feedback Guidelines
  - You will be required to complete two videotape reviews in this rotation.
  - For each video, we will use self- and peer-evaluation to provide video feedback and set personal goals for the next video review.
  - If the video is longer than 10 minutes, please select a section of the video that you would like us to review.
  - The review process is set up to be nonthreatening, nonjudgmental, and learner centered.
  - You are expected to provide respectful and helpful feedback for each other and to keep the feedback confidential.
**Evaluation Tools**

The behavioral medicine curriculum will focus on resident achievement of specific developmental milestones necessary to meet the ACGME core competencies. Achievement of milestones will be evaluated by use of videotape review and feedback from the instructors. Feedback will be provided during group seminars and more specific feedback will be provided to you during your yearly individual review.

- Written Feedback and development of goals
- Milestones evaluation form