Teaching the Art of Medicine: Integrating Behavioral Science, Mental Health and Professional Development into Residency Education

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Disclosures

• No disclosures relative to today’s presentation
Outline

• The need for behavioral science training
• Challenges within residency training
• Creation of a behavioral science curriculum
• Utility of balint and support groups
• Integration into didactic and clinical curriculums
• Self-Efficacy results

A Need for Training

• Mental Health Care and Family Medicine

• Longitudinal Curriculums
Challenges

Program Challenges

- Time
- Integration
- Fragmentation
- Resident Interest
- Resident Wellness
- Milestone Evaluations
Curriculum Development

• Resources
  – AAFP Curricular Guidelines
  – Milestone Evaluations
  – Resident Feedback

<table>
<thead>
<tr>
<th>Behavioral Science</th>
<th>Anxiety and Panic Disorders</th>
<th>Date</th>
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<tbody>
<tr>
<td>Mood disorders</td>
<td>Yearly</td>
<td></td>
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<tr>
<td>Bipolar disorder, schizophrenia</td>
<td>Cycle</td>
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<tr>
<td>Personality disorders, somatization disorder</td>
<td>Cycle</td>
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<tr>
<td>Eating disorders, OCD, Sleep Disorders</td>
<td>Cycle</td>
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<tr>
<td>ADHD – child and adult</td>
<td>Yearly</td>
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<tr>
<td>Substance Abuse, Addiction, Sleep disorders</td>
<td>Cycle</td>
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<tr>
<td>Domestic Abuse, Intimate Partner Abuse</td>
<td>Cycle</td>
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Teaching the Art of Medicine

• Balint Groups

• Support Groups

Curricular Integration

• Didactic Curriculum

• Clinical Simulation

• Clinical Encounters
Curricular Integration

- Balint Session
- Didactic Session
- Support Group
- Clinical Simulation
- Clinical Experience

Curriculum Evaluation

- Self-Efficacy Scales
- Milestone Evaluations
Cumulative Self-Efficacy Scores

PGY-3 Self-Efficacy Scores
PGY-2 Self-Efficacy Scores

Diagnosis and Management

Confidence Level (%)

Disorders

Mood  Anxiety  Psychotic  Personality  Addiction  Pain  Pediatric Behavior  Pediatric Psych

Baseline 12 Months

PGY-1 Self-Efficacy Scores

Diagnosis and Management

Confidence Level (%)

Disorders

Mood  Anxiety  Psychotic  Personality  Addiction  Pain  Pediatric Behavior  Pediatric Psych

Baseline 12 Months
Lessons Learned…

• Self-Efficacy Results
• Milestone Evaluations
• Significance of Balint Groups
• Impact of a Longitudinal Curriculum
• Future Endeavors

Questions?

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Please…

Complete the session evaluation.

Thank you.