

INTERCLERKSHIP INTENSIVE 2: NUTRITION, ADDICTION AND BEHAVIORAL CHANGE
NYU School of Medicine - Office of Medical Education

September 23rd to 27th, 2013

DRAFT SYLLABUS

Please note that there may be minor scheduling changes, so check the Interclerkship Intensive site in ALEX daily for updates to the schedule and announcements.

Overall Objective of Interclerkship Intensive: To provide the students with a global health perspective of issues related to obesity and malnutrition including an awareness of the basic science and physiologic effects of these conditions and the clinical knowledge and skills needed to address both epidemics.

HOMEWORK ASSIGNMENTS

**** All documents needed to complete this assignment are located on ALEX in the Interclerkship Intensive site. Click on "Resources" and then click on "Assignments"**

Due Date: Sept 25th - 26th	<p><u>Web Modules</u></p> <p>We require that you complete web modules about micronutrients and 1-2 topics of your choice. These modules were developed by the University of North Carolina are of high quality. To access the modules, please go to www.nutritioninmedicine.org and follow the log instructions. Additional information is posted on ALEX.</p> <ul style="list-style-type: none"> a. Regular Web Courses <ul style="list-style-type: none"> i. Diabetes: Dietary Management ii. Nutrition for young children iii. Nutrition in pregnancy iv. Pediatric overweight: Etiology & Screening v. Pediatric overweight: Assessment & Intervention vi. Sports Nutrition: Health Effects vii. Metabolic Stress & Starvation viii. Dietary Supplements: Decision Making ix. Micronutrients Review - REQUIRED b. Short Modules (Listed on ALEX)
Due Date: September 23rd	<p><u>Wellness and Behavior Change Workshop Assignment</u></p> <ul style="list-style-type: none"> a. Read "Dairy & Fitday" Instructions on ALEX. Students will keep a food and beverage, sleep and activity diary for 3-7 days while on the wards. b. Students will name an online tool that patients can use to track their diet and activities c. View Dr. Jay nutrition & obesity counseling video, linked on ALEX.
Due Date: September 23rd	<p><u>Obesity Treatment Workshop Assignment</u></p> <ul style="list-style-type: none"> a. Read "Complications of Bariatric Surgery" on ALEX. b. Review "EDMB - My Weight Loss Goals & Action Plan" on ALEX. c. Review "How to Lose Weight" on ALEX. d. Read "JAMA Bariatric Review" article on ALEX.

	e. Read “Mayo Clinic Bariatric” article on ALEX.
Due Date: September 30th	<p><u>Student Self Reflection Exercise (e-Portfolio Assignment)</u></p> <p>The Self Reflection Exercise can be accessed in your Academic Portfolio. To do so, please:</p> <ol style="list-style-type: none"> Log on to ALEX. Click on 'ePortfolio' from the right-hand list of links on your 'My Workspace' site. On the left-hand navigation pane, under 'My Portfolios' click on ' Student Academic Portfolio.' This will take you to a page that displays the four core competencies. Click on the 'Professional Development' box. Find 'Add New Entry' and choose, 'Interclerkship Intensive II Self Reflection Exercise' from the drop down menu This will take you to the input screen. Please entitle this assignment: 'Your last name, Your first name – Self Reflection June 2013.'

TUESDAY, SEPTEMBER 24TH, 2013	
9:30A-9:45A All Students @ Farkas	<p><u>Introduction to Interclerkship Intensive – Melanie Jay, M.D., & Lucy Chang, M.D.</u></p> <p>Goal: To provide an overview of the week.</p> <p>Objectives: Students will:</p> <ol style="list-style-type: none"> Understand the overall objectives of this Interclerkship Intensive. Be shown where they can find further information about the course. Understand the expectations of the week including assignments, quizzes, grading.
9:45-10:30A All Students @ Farkas	<p><u>The Genetics and Physiology of Obesity – Fritz Francois, M.D.</u></p> <p>Objectives: Students will:</p> <ol style="list-style-type: none"> Review the hormonal regulation of appetite. Explore the role of genetics in obesity. Review the potential role of the gut microbiome in obesity.
10:45A-11:30A All Students @ Farkas	<p><u>Addiction Insight – John Rotrosen, M.D.</u></p> <p>Objectives:</p> <ol style="list-style-type: none"> To appreciate the scope and impact of addiction. To describe advances in diagnosis and treatment of addiction. To describe ongoing addiction research and treatment activities at NYU.
11:30A-12P All Students @ Farkas	<p><u>Ophthalmology Lecture - NYUSoM</u></p> <p>Goals and Objectives: Prep for Ophthalmology Session</p> <ol style="list-style-type: none"> Eyes, eyes and more eyes. Eye disease related to Malnutrition Eye disease related to Obesity
1P-2:30P Groups 1-14 @ Coles 101, 109, 107	<p><u>Treatment Option for Addiction Workshop – Joshua Lee, MD., Steven Ross, MD., Benjamin Cheney, MD., Soteri Polydorou, MD., Marc Gourevitch, MD. MPH.</u></p> <p>Objectives: Students will:</p> <ul style="list-style-type: none"> Objectives:

<p>2:30P-4P Groups 15-27 @ Coles 101, 109, 107</p>	<p>By the end of this session students will be able to:</p> <ul style="list-style-type: none"> ○ Describe the criteria for opioid and other drug dependence diagnoses ○ Assess individual patients for general drug and alcohol treatment readiness ○ Describe to patients the basic treatment options for opioid and other drug dependence, including: detoxification, residential vs. outpatient settings, methadone, buprenorphine and naltrexone maintenance, counseling approaches, and 12-step involvement ○ Describe the expected effectiveness of the above interventions
<p>1P-2:30P Groups 15-27 @ Coles 302, 304, 305</p> <p>2:30P-4P Groups 1-14 @ Coles 302, 304, 305</p>	<p>Obesity Treatment Workshop – Andrew Boxer, Holly Lofton and Michelle McMacken</p> <p>Objectives: Students will be able to:</p> <ol style="list-style-type: none"> a. Formulate a treatment plan for an obese patient and describe the predicted medical BENEFITS of these various plans (dietary, medical, and surgical). b. Assess a patients’ lifestyle. c. Assist patient in setting lifestyle behavior change goals. d. Understand the role of medications in weight loss and weight gain. e. State the indications and referral criteria for bariatric surgery. f. Describe the most common bariatric surgery procedures.

WEDNESDAY, SEPTEMBER 25TH, 2013	
<p>8A-12P Groups 19-27 @ NYSim</p>	<p><u>OSCE Sessions - Students on groups should report to the NYSim Center on the 3rd floor of Bellevue Hospital, Building D.</u></p> <p>Objective: The student will use knowledge and skills acquired during the plenary sessions, workshops and reading assignments to assess and manage inpatient/outpatient nutrition-related issues, using mannequin simulation and OSCEs.</p> <p><u>Mannequin Simulations - Students should report to the Simulation Center on the 3rd floor of Bellevue, Building D.</u></p> <p>Objective: Students will be able to practice two case scenarios with the mannequin simulations. The cases will be an Outbreak Cholera in Haiti and Parenteral re-feeding in ICU.</p>
<p>9:30A-10:30A Groups 1-9, 10-18 @ Coles 109 or Coles 201-212</p> <p>2:30P-3:30P Groups 19-27 @ Coles 109 or Coles 201-212</p>	<p><u>Global Bio-Ethics - Allen Keller, M.D. (MUST EDIT GOALS AND OBJECTIVE)</u></p> <p>Objective: This is a jaw-dropping talk by Dr. Keller</p> <ol style="list-style-type: none"> a. A globalized international dynamic talk on ethics. b. Analysis approach to health due to major influence of socioeconomic status and other upstream factors, and the primary role of public health initiatives. c. A review of major ethical issues and framework is outlined to help guide students in their work.
<p>10:30A-12P Groups 1-9</p>	<p><u>Tobacco Workshop - Scott Sherman, MD., Donna Shelley, MD., David Stevens, MD., Susan Urban, MD., Lois Katz, MD., Paul Krebs, MD.</u></p>

<p>@ Coles 109</p> <p>1P-2:30P</p> <p>Groups 19-27</p> <p>@ Coles 109</p>	<ul style="list-style-type: none"> • Objectives: <ul style="list-style-type: none"> By the end of this session students will be able to: <ul style="list-style-type: none"> ○ Review the evidence and costs of tobacco control ○ Describe the costs and benefits of tobacco control from the perspective of a Hospital VP of quality, an HR benefits manager, and a surgeon ○ Develop and discuss a business plan for tobacco control in various settings
<p>10:30A-12P</p> <p>Groups 10-18</p> <p>@ Coles 101</p> <p>1P-2:30P</p> <p>Groups 1-9</p> <p>@ Coles 101</p>	<p><u>Eating Disorder Workshop - Melissa Nishawala, M.D.</u></p> <p>Objective:</p> <ol style="list-style-type: none"> a. Diagnose eating disorder, assess severity of disease <ol style="list-style-type: none"> i. Assess use of laxatives, thyroid medications, insulin & stimulants. ii. Be able to ask questions in ROS. iii. Know DSM V criteria. b. Understanding the associated medical co-morbidities <ol style="list-style-type: none"> i. Hypokalemia, other electrolytes abnormalities, immune suppression, even cognitive impairments. c. Understanding common psychiatric co-morbidities <ol style="list-style-type: none"> i. Suicidality - most common cause of death in anorexics. ii. Anxiet, OCD, Bulimia associated with mood d/o iii. Alochol abuse d. Able to determine treatment modalities <ol style="list-style-type: none"> i. Spectrum from outpatient ii. Common issue associated with refeeding syndrome - magnesium & phos depletion, edema. e. How to form & be an effective member of the interdisciplinary treatment team <ol style="list-style-type: none"> i. How to communicate effectively in a team of psychiatrist, psychologist, therapist, PMD, dietitian - sate common goals “What the weight should” and needs to be consist, avoid someone telling patient “How did you gain 40 lbs in such a short period of time?” ii. Be aware of splitting.
<p>2:30P-3:30P</p> <p>Groups 1-9</p>	<p><u>Web Modules</u></p> <p>We require that you complete web modules about micronutrients and 1-2 topics of your choice. These modules were developed by the University of North Carolina are of high quality. To access the modules, please go to www.nutritioninmedicine.org and follow the log instructions. Additional information is posted on ALEX.</p>

THURSDAY, SEPTEMBER 26TH, 2013

<p>8A-12P</p> <p>Groups 1-9</p> <p>@ NYSim</p>	<p><u>Mannequin Simulations and OSCEs – Students should report to the Simulation Center on the 3rd floor of Bellevue, Building D.</u></p> <p>Objective: The student will use knowledge and skills acquired during the plenary sessions, workshops and reading assignments to assess and manage inpatient/outpatient nutrition-related issues, using mannequin simulation and OSCEs.</p>
---	---

<p>9:30A-10:30A Groups 10-18 & Groups 19-27</p>	<p><u>Web Modules</u> We require that you complete web modules about micronutrients and 1-2 topics of your choice. These modules were developed by the University of North Carolina are of high quality. To access the modules, please go to www.nutritioninmedicine.org and follow the log instructions. Additional information is posted on ALEX.</p>
<p>9:30A-10:30A Groups 19-27 @ Coles 109 or Coles 201-212</p>	<p><u>Global Bio-Ethics - Allen Keller, M.D. (MUST EDIT GOALS AND OBJECTIVE)</u> Objective: This is a jaw-dropping talk by Dr. Keller</p> <ol style="list-style-type: none"> a. A globalized international dynamic talk on ethics. b. Analysis approach to health due to major influence of socioeconomic status and other upstream factors, and the primary role of public health initiatives. c. A review of major ethical issues and framework is outlined to help guide students in their work.
<p>10:30A-12P Groups 10-18 @ Coles 109</p>	<p><u>Tobacco Workshop - Scott Sherman, MD., Donna Shelley, MD., David Stevens, MD., Susan Urban, MD., Lois Katz, MD., Paul Krebs, MD.</u></p> <ul style="list-style-type: none"> • Objectives: By the end of this session students will be able to: <ul style="list-style-type: none"> ○ Review the evidence and costs of tobacco control ○ Describe the costs and benefits of tobacco control from the perspective of a Hospital VP of quality, an HR benefits manager, and a surgeon a. Develop and discuss a business plan for tobacco control in various settings
<p>10:30A-12P Groups 19-27 @ Coles 101</p>	<p><u>Eating Disorder Workshop - Melissa Nishawala, M.D.</u> Objective:</p> <ol style="list-style-type: none"> a. Diagnose eating disorder, assess severity of disease <ol style="list-style-type: none"> i. Assess use of laxatives, thyroid medications, insulin & stimulants. ii. Be able to ask questions in ROS. iii. Know DSM V criteria. b. Understanding the associated medical co-morbidities <ol style="list-style-type: none"> i. Hypokalemia, other electrolytes abnormalities, immune suppression, even cognitive impairments. c. Understanding common psychiatric co-morbidities <ol style="list-style-type: none"> i. Suicidality - most common cause of death in anorexics. ii. Anxiet, OCD, Bulimia associated with mood d/o iii. Alochol abuse d. Able to determine treatment modalities <ol style="list-style-type: none"> i. Spectrum from outpatient ii. Common issue associated with refeeding syndrome - magnesium & phos depletion, edema. e. How to form & be an effective member of the interdisciplinary treatment team <ol style="list-style-type: none"> i. How to communicate effectively in a team of psychiatrist, psychologist, therapist, PMD, dietitian - sate common goals “What

	<p>the weight should” and needs to be consist, avoid someone telling patient “How did you gain 40 lbs in such a short period of time?’</p> <p>f. Be aware of splitting.</p>
<p>1P-2:30P Groups 1-14 @ Coles 301-305</p> <p>2:30P-4P Groups 15-27 @ Coles 301-305</p>	<p><u>Wellness and Behavior Change Workshop – Sarah Moore, M.D.</u> <u>Other Faculty: Antoinette Schoenthaler, Damara Gutnick, Melanie Jay, Jordan Plumhoff, and Andrew Chang</u></p> <p>Objectives:</p> <ol style="list-style-type: none"> To reflect on their own personal struggles to make changes in their lifestyle. To improve their counseling skills in regards to lifestyle behavior change. To understand the spirit of motivations interviewing (MI) as an example of patient centered counseling. To review some basic skills of Motivational Interviewing (MI).
<p>1:15P-2:15P Groups 15-27 @ Farkas Aud</p> <p>2:45P-3:45P Groups 1-14 @ Farkas Aud</p>	<p><u>Public Policy and Obesity – Brian Elbel, Prof.</u></p> <p>Objectives:</p> <ol style="list-style-type: none"> Students will describe the social, political and environmental issues contributing to obesity nationally. Students will appreciate how public health, research and policy decisions may impact the obesity epidemic.
<p>4P-5P All Students @ Farkas Aud</p>	<p><u>Wrap Up - Melanie Jay, M.D., Lucy Chang, M.D.</u></p>