

March 24, 2014 - March 27, 2014
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:

- a. To review and practice counseling and management of nutrition-related conditions such as obesity and disordered eating as well as increase awareness of the quality of students' own eating behaviors.
- b. To review the neurobiological basis of addiction and treatment options and practice skills related to management of patients with substance misuse and its medical sequelae.
- c. To practice counseling skills to facilitate lifestyle and behavioral change in patients at the individual level as well as explore how system-level and policy-level interventions impact healthful behavior change.

HOMEWORK ASSIGNMENTS	
** All documents needed to complete these assignments are located on ALEX in the Interclerkship Intensive site. Click on "Resources" and then click on "Assignments."	
Due Date: March 25 th	<p><u>Obesity Treatment Workshop Assignment</u></p> <ol style="list-style-type: none"> a. Obesity modules. REQUIRED, Due before Obesity Workshop Mar 25th. <ol style="list-style-type: none"> a. www.newlifestyle.org/ b. Select upper right tab "For Students" c. Must complete 3 short modules listed below. (Required) <ol style="list-style-type: none"> i. Lifestyle Strategies for Weight Loss ii. Counseling Patient in Diet, Exercise & Weight Management iii. Obesity Bias & Stigmatization b. Read "Complications of Bariatric Surgery" on ALEX. (Required) c. Review "EDMB – My Weight Loss Goals & Action Plan" on ALEX. (Required) d. Review "How to Lose Weight" on ALEX. (Required) e. Read "JAMA Bariatric Review" article on ALEX. (Optional)
Due Date: March 25 th	<p><u>Eating Disorder Workshop Assignment</u></p> <ol style="list-style-type: none"> a. Review the Disordered Eating Clinical Correlation presentation (Required). b. Read "<i>The Role of the Pediatrician in Family-Based Treatment for Adolescent Eating Disorder: Opportunities and Challenges</i>" by Journal of Adolescent Health 53 (2013) 433-440. (Required) c. Read "<i>Medical Management of Acute Severe Anorexia Nervosa</i>" by Norrington et al from Arch Dis Child Educ Pract Ed 2012; 97: Pages 48-54. (Optional)
Due Date: March 26 th	<p><u>Bio-Ethics Assignments</u></p> <ol style="list-style-type: none"> a. If you have an interesting case of a non-compliant patient (or a patient who refuses to follow medical advice) from the ward, please come prepared with a brief case description for your Bio-Ethics session. (Optional)

	<ul style="list-style-type: none"> b. Cassel, C., <i>The Noncompliant Substance Abuser</i>, Hastings Center Report, Mar/Apr 1991, Vol. 21, Issue 2. Pages 1-4. c. Callahan D. , <i>“Obesity: Chasing an Elusive Epidemic,”</i> Hastings Center Report, Jan/Feb 2013, Pages 34-40. d. Keller A., <i>“Moral Reasoning in Clinical Ethics: A Stepwise Approach.”</i> (Review this Outline, previously distributed).
<p>Due Date: Mar 26th / Mar 27th</p>	<p><u>Addiction Workshop Assignment</u></p> <p>Please note that each SARET (Substance Abuse Research, Education and Training) module must be completed in preparation for the Addiction Workshop. Links to these modules may be found on the Interclerkship Intensive site on ALEX. Click on:</p> <ul style="list-style-type: none"> a. Click on the left hand menu “Compass SARET” in ALEX (Interclerkship Intensive Site). b. A window should pop up titled “SARET - Substance Abuse Research, Education and Training”. c. If you do not see that, click on the left menu “All Activities”, then SARET. d. A list of SARET modules on the right column should appear. e. Choose “SARET: Treatment Modalities” <ul style="list-style-type: none"> a. Treatment Modalities: The Treatment of Addiction REQUIRED, DUE Before Addiction Workshop Mar 26th/27th (45 minutes to complete). The intended purpose of this module is to provide an overview of addiction treatments, and illustrate how research is used to evaluate and improve treatment options. <ul style="list-style-type: none"> Objectives: <ul style="list-style-type: none"> a. Identify substance use disorders (SUDs) as chronic illnesses for which effective treatments exist b. List the different types of pharmacologic and behavioral treatments available to treat SUDs - with a focus on opiates c. Describe methods for testing therapies - with a focus on advantages and disadvantages of randomized control trials b. Epidemiology Module SUGGESTED, <ul style="list-style-type: none"> Objectives: <ul style="list-style-type: none"> a. Describe the prevalence and distribution of SA disorders in the population b. Identify sources of population data for substance abuse c. Argue for and against marijuana as a gateway drug

<p>Due Date: March 26th - 27th</p>	<p>OSCE Prep Assignments - Please review the following:</p> <ul style="list-style-type: none"> a. Obesity Counseling – Student Instructions (Required) b. Obesity OSCE Primer (Required) c. Modified 5 A’s for Obesity Counseling (Required) d. Vallis M., Piccinini-Vallis H., Sharma A., Freedhoff Y. “Modified 5 A’s-Minimal intervention for obesity counseling in primary care,” Canadian Family Physician 2013;59; Pages 27-31. (Optional) e. View Dr. Jay’s video on “Nutrition & Obesity Counseling” by clicking on the link in ALEX. – (Optional)
<p>Due Date: March 26th/27th</p>	<p>There is an App for That! Assignment Read: (Optional)</p> <ul style="list-style-type: none"> a. <i>Medical Student Appraisal – Searching on Smartphones</i> Case Report; Special Topic: Medical Student Technology Appraisal Series: Searching on Smartphones S. Khalifian , T. Markman, P. Sampognaro, S. Mitchell, S. Weeks, J. Dattilo, Johns Hopkins University, School of Medicine, Baltimore, Maryland, United States: ACI 2013 4 1: 53-60
<p>Due Date: March 27th</p>	<p>Wellness and Behavior Change Workshop Assignment (BRING YOUR DAIRY TO THE WORKSHOP) Read “Diary” Instructions on ALEX. You will keep a food and beverage, sleep and activity diary for 3-7 days while on the wards. (Required)</p>
<p>Due Date: March 27th</p>	<p>e-Portfolio - Create Learning and Personal Health Goals (BRING YOUR LAPTOP COMPUTER) You will be asked to access your e-Portfolio during the ICI Wrap Up. Assignment post on ALEX.</p>
<p>Due Date: March 30th</p>	<p>Nutrition in Medicine Web Modules These modules were developed by the University of North Carolina and 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. Web Modules (Instruction on ALEX) <ul style="list-style-type: none"> i. Pediatric overweight: Etiology & Screening - REQUIRED <ol style="list-style-type: none"> 1. Please focus on first section entitled “Screening Criteria”. ii. Two modules of your choice. <p>** We also highly recommend the Micronutrients Review as preparation for the USMLE Step 1 Exam (listed as either “Micronutrients Review” or “Foundation Review: Micronutrients”).</p>

TUESDAY, MARCH 25TH, 2014

<p>9:00A-9:15A All Students @ Farkas</p>	<p>Introduction to Interclerkship Intensive – Melanie Jay, M.D., M.S. & Lucy Chang, M.D., M.S Objectives:</p> <ul style="list-style-type: none"> a. Review the overall objectives of this Interclerkship Intensive. b. Demonstrate where to find further information about the course.
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	c. State the expectations of the week including assignments and grading.
9:15-10:15A All Students @ Farkas	<u>The Genetics and Physiology of Obesity – Ilseung Cho, M.D.</u> Objectives: At the end of the lecture, students will be able to: a. Review the hormonal regulation of appetite. b. Explore the role of genetics in obesity. c. Review the potential role of the gut microbiome in obesity.
10:30A-11:15A All Students @ Farkas	<u>Key Nutrition Concepts from Womb to Tomb – Lisa Sasson, M.S., RD.</u> Objectives: At the end of this lecture, students will be able to: a. Recognize the key nutritional concepts of humans in the maternal, infant, child, adolescent, adult and older adult stages of life. b. Identify practical dietary health promotion strategies throughout the lifecycle.
11:15-12:00P All Students @ Farkas	<u>Nutrition and Chronic Diseases: The Public Health Context - Niyati Parekh, Ph.D., RD.</u> Objectives: At the end of the lecture, students will be able to: a. Appreciate the scope of public health nutrition, especially in the context of chronic disease. b. Discuss the relationships between diet, obesity, insulin resistance and cancer.
1P-2:30P Groups A-C @ Coles 101, 109, 107 2:30P-4P Groups D-F @ Coles 101, 109, 107	<u>Eating Disorder Workshop - Melissa Nishawala, M.D., Sara Weekly, M.D., Kathryn Fort, M.D., Molly McCarthy, M.D., Lisa Kotler, MD., Andrea Vazzana, Ph.D.,</u> Objectives: At the end of the workshop, students will be able to: a. Diagnose eating disorders and assess severity of disease through effective history taking and the use of DSM-5 criteria. b. Recognize the associated medical co-morbidities such as hypokalemia and issues related to re-feeding syndrome (depletion of magnesium and phosphorus.) c. Recognize common psychiatric co-morbidities such as, substance abuse, mood disorders and suicidality. d. Determine treatment modalities from outpatient treatment to hospitalization. e. Understand formation of interdisciplinary treatment model and how to be an effective member of the team.
1P-2:30P Groups D-F @ Alumni A 2:30P-4P Groups A-C @ Alumni A	<u>Obesity Treatment Workshop – Holly Lofton, M.D., Mary Jo Messito, M.D., and Deborah Chua, M.D.</u> Objectives: At the end of the workshop, students will be able to: a. Formulate a treatment plan for an obese patient and describe the predicted medical risk and 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, MARCH 26TH, 2014

8A-12P Groups E-F @ NYSim	SIMULATION ACTIVITIES: <u>Students in groups listed on the left should report to the Simulation Center on the 3rd floor of Bellevue Hospital, Building D.</u> <u>OSCE – Ruth Crowe, M.D., Rob Caldwell, M.D., Rani Nandiwada, M.D., Mary-Jo Messito, M.D.</u>
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<p>1P-5P Groups A-B @NYSim</p>	<p>Objective: At the end of the OSCE, students will be able to:</p> <ol style="list-style-type: none"> a. 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. <p><u>Mannequin Simulations - Paul Kim, M.D., Brad Green, M.D., Demian Szyld, M.D., Abraham Khan, M.D., Kelly Medwid, M.D., Gerald Villanueva, M.D., Nicholas Gavin, M.D., Silas Smith, M.D., Daniel Egan, M.D., Lisa Malter, M.D., Leonard Penacerrada, M.D., Sophie Balzora, M.D., Charles Okamura, M.D., Lea Ann Chen, M.D., Grigory Gurvits, M.D., Pia Chatterjee, M.D., Seth Gross, M.D., Ambrose Wong, M.D., Melissa Rosen, M.D.</u></p> <p>Objective: At the end of the simulation, students will be able to:</p> <ol style="list-style-type: none"> a. Apply lessons learned during ICI and integrate with POM and clerkship clinical care curriculum. b. Students will diagnose and manage patients with complications of addictive behavior. <p><u>US Guided Peripheral Vascular Access Workshop - Uche Blackstock, M.D.</u></p> <p>Objective: At the end of the workshop, students will be able to:</p> <ol style="list-style-type: none"> a. Describe the indications for ultrasound guided peripheral vascular access placement. b. Differentiate between the sonographic appearance of arteries and veins. c. Utilize compression, Color Doppler and Pulse Wave Doppler to distinguish between arteries and veins. d. Demonstrate the technique for successful cannulation on peripheral vascular trainers using ultrasound guidance.
<p>9:00A-10:30A Groups C-D @ Coles 301, 302, 303, 304</p> <p>2:30P-4:00P Groups E-F @ Coles 301, 302, 303, 304</p>	<p><u>Bio-Ethics - Allen Keller, M.D.</u></p> <p>Goal: Students will be able to identify ethical issues they have, or are likely to encounter in caring for patients with behaviors negatively impacting on their health (such as obesity and addiction).</p> <p>Objectives:</p> <ol style="list-style-type: none"> a. Apply a stepwise approach to clinical ethics problem-solving in the context noted above. b. Discuss other ethical issues you have encountered recently on the wards and how they were (or should have been) addressed.
<p>9:00A-10:00A Groups A-B @ Coles 109</p> <p>1:00P-2:00P Groups C-D @ Coles 109</p>	<p><u>There is an App for That! - Joseph Nicholson, MLIS., MPH., CPH.</u></p> <p>Goals: Inform students of clinical information tools (mobile tools) that are accessible at the bedside for clinical/point of care information.</p> <p>Objectives: Following this session students will be able to:</p> <ol style="list-style-type: none"> 1. Describe where and how to find tools for patient care including: <ol style="list-style-type: none"> a. diagnostic algorithms b. differential diagnosis c. drug information d. patient education materials 2. Name downloadable apps that can be used offline and mobile sites that can be

	<p>used at the point of care.</p> <p>3. Utilize Clinical Queries to focus primary literature searches on RCTs.</p>
<p>10:30A-12P Groups C-D @ Coles 301, 302</p> <p>1P-2:30P Groups E-F @ Coles 301, 302</p>	<p>Addiction Workshop – Joshua Lee, MD., Stephen Ross, M.D., Ellie Patterson, M.D., Babak Tofighi, M.D., Polydrou Soteri, MD., Joe Nissenfeld, M.D.</p> <p>Objectives: At the end of the workshop, students will be able to:</p> <ol 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 dependencies, 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>10A-12P Groups A-B @ Coles 101, 107</p> <p>2P-4P Groups C-D @ Coles 101, 107</p>	<p>Myers Briggs - Office of Students Affairs</p> <p>Goals: To gain a greater awareness of self and others, and the role of one's preferred working style in delivering patient care and working on an interdisciplinary team.</p> <p>Objectives: Following this sessions students will be able to use the Myers Briggs Assessment to help promote:</p> <ol style="list-style-type: none"> Self understanding and development Career development and exploration Organization development Team building

THURSDAY, MARCH 27TH, 2014

<p>8A-12P Groups C-D @ NYSim</p>	<p>SIMULATION ACTIVITIES: <u>Students in groups listed on the left should report to the Simulation Center on the 3rd floor of Bellevue Hospital, Building D.</u></p> <p><u>OSCE – Ruth Crowe, M.D., Rob Caldwell, M.D., Rani Nandiwada, M.D., Mary-Jo Messito, M.D.</u></p> <p>Objective: At the end of the OSCE, students will be able to:</p> <ol style="list-style-type: none"> 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. <p><u>Mannequin Simulations - Paul Kim, M.D., Brad Green, M.D., Demian Szyld, M.D., Abraham Khan, M.D., Kelly Medwid, M.D., Gerald Villanueva, M.D., Nicholas Gavin, M.D., Silas Smith, M.D., Daniel Egan, M.D., Lisa Malter, M.D., Leonard Penacerrada, M.D., Sophie Balzora, M.D., Charles Okamura, M.D., Lea Ann Chen, M.D., Grigory Gurvits, M.D., Pia Chatterjee, M.D., Seth Gross, M.D., Ambrose Wong, M.D., Melissa Rosen, M.D.</u></p> <p>Objective: At the end of the simulation, students will be able to:</p> <ol style="list-style-type: none"> Apply lessons learned during ICI and integrate with POM and clerkship clinical care curriculum. Students will diagnose and manage patients with complications of addictive
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	<p>behavior.</p> <p>US Guided Peripheral Vascular Access Workshop - Uche Blackstock, M.D.</p> <p>Objective: At the end of the workshop, students will be able to:</p> <ol style="list-style-type: none"> a. Describe the indications for ultrasound guided peripheral vascular access placement. b. Differentiate between the sonographic appearance of arteries and veins. c. Utilize compression, Color Doppler and Pulse Wave Doppler to distinguish between arteries and veins. d. Demonstrate the technique for successful cannulation on peripheral vascular trainers using ultrasound guidance.
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<p>9:00A-10:00A Groups E-F @ Coles 109</p>	<p>There is an App for That! - Joseph Nicholson, MLIS., MPH., CPH.</p> <p>Goals: Inform students of clinical information tools (mobile tools) that are accessible at the bedside for clinical/point of care information.</p> <p>Objectives: Following this session students will be able to:</p> <ol style="list-style-type: none"> 1. Describe where and how to find tools for patient care including: <ol style="list-style-type: none"> 1. diagnostic algorithms 2. differential diagnosis 3. drug information 4. patient education materials 2. Name downloadable apps that can be used offline and mobile sites that can be used at the point of care. 3. Utilize Clinical Queries to focus primary literature searches on RCTs.
<p>10:30A-12P Groups A-B @ Coles 301, 302</p>	<p>Addiction Workshop – Joshua Lee, MD., Stephen Ross, M.D., Ellie Patterson, M.D., Babak Tofighi, M.D., Polydrou Soteri, MD., Joe Nissenfeld, M.D.</p> <p>Objectives: At the end of the workshop, students will be able to:</p> <ol style="list-style-type: none"> a. Describe the criteria for opioid and other drug dependence diagnoses b. Assess individual patients for general drug and alcohol treatment readiness c. Describe to patients the basic treatment options for opioid and other drug dependencies, including: detoxification, residential vs. outpatient settings, methadone, buprenorphine and naltrexone maintenance, counseling approaches, and 12-step involvement. d. Describe the expected effectiveness of the above interventions.

<p>10A-12P Groups E-F @ Coles 101, 107</p>	<p><u>Myers Briggs - Office of Students Affairs (Lisa Manigo)</u> Goals: To gain a greater awareness of self and others, and the role of one’s preferred working style in delivering patient care and working on an interdisciplinary team.</p> <p>Objectives: Following this sessions students will be able to use the Myers Briggs Assessment to help promote:</p> <ol style="list-style-type: none"> Self understanding and development Career development and exploration Organization development Team building
<p>1P-2:30P Groups A-C @ Coles 301, 302, 303</p> <p>2:30P-4P Groups D-F @ Coles 301, 302, 303</p>	<p><u>Wellness and Behavior Change Workshop – Sapana Shah, M.D., Sarah Moore, M.D., Damara Gutnick, M.D.</u> Objectives: At the end of the workshop, students will be able to:</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 D-F @ Coles 109</p> <p>2:45P-3:45P Groups A-C @ Coles 109</p>	<p><u>Public Policy and Obesity – Brian Elbel, Ph.D.</u> Objectives: At the end of the workshop, students will be able to:</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</p>	<p><u>Wrap Up - Melanie Jay, M.D., Lucy Chang, M.D. (BRING YOUR LAPTOP COMPUTER, iPad will not work on the evaluation and e-Portfolio)</u></p> <ol style="list-style-type: none"> Complete online course evaluation and self-reflection in your e-Portfolio Suggestions and Comments Healthy Snacks