

APS PMIG End-term Report Form

July 2007

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Number of PMIG meetings in the second term: 4

The constellation of the groups has changed a little from the first term. We had some more psychology students attending the case history taking groups. So in most of the groups half of the participants are medical, the other half psychology students.

Since we only had two meetings in the first term, the groups met 4 times in the second half of the academic year. At the first meeting Prof. Herrmann-Lingen and the co-leaders planned what kind of meetings they would hold during this term and what they would be using the given money for.

Prof. Herrmann-Lingen gave a lecture on Psychooncology on the second meeting, which about 25 students (including co-leaders) attended. Afterwards we talked about how patients suffering from cancer deal with this medical condition and how we, as ongoing physicians, could handle the steady presence of death on an oncology ward. One of the students shared his one year experience of working in a hospice and how nurses, doctors and he dealt with this situation.

At the third meeting everybody met at the clinic, where the about 30 attendees were split up into two groups. They had two different psychophysiological demonstrations, one at a time. At the first one, two medical students of higher terms showed and demonstrated us part of their dissertation projects. One of the participants was connected to a biosignal monitor, which registered different body parameters like heart rate, blood pressure and cardiac output. The two experimenters simulated different situations like relaxation and stress. We could see how the physiological parameters changed and talked about how the two students proceed with 'normal' patients and how they analyze data.

After a lunch break the groups switched and a member of the psychosomatic staff gave us an introduction into the fundamentals of biofeedback. Different students were connected to a biofeedback machine that showed the stages of stress the participant was in, in form of a line on a screen. The participant was asked to imagine him- or herself in a glass-elevator and watched a video of an accelerating lift. Furthermore he or she was asked to try to relax and by that hold the line at a constantly low level. Another mechanism of this biofeedback machine was that it registered the trapezius muscle activity and the student could hear a high tone, showing the muscle was tense or a low tone when it was relaxed. Once more the participant could try to relax as much as possible, watch the results on the screen and hear the tone.

At the last meeting the students talked about the whole year of case history taking. The participants had the opportunity to let the co-leaders know what they especially liked during the year and could bring in suggestions for improvement. Afterwards we had a barbecue and talked about plans for the case history taking groups of next year. The co-leaders used up the first 500 \$ and spent more during the second term. We would ask you to transfer the other 500 \$. Account owner: Florian Stoll, International Bank Account Number: DE54 5335 0000 3011 1181 00 SWIFT Bank Identification Code: HELADEF1MAR

If it doesn't work, you can once more use Prof. Dr. Herrman-Lingen's credit card account.

The case history taking groups will use the left over money of this term (about 150 \$) for another psychosomatic meeting next year.

Inge Westien