

Psychosomatic Medicine Interest Group Report: University of Michigan

I. AUTHORS:

- A. Trainee coordinators:** Howard Liu, M.D., Joshua Bess, M.D.
B. Faculty advisors: Michelle Riba, M.D.; David Knesper, M.D.

II. ACTIVITIES

A. Weakest Link Psychosomatic Medicine Season: To increase the profile of psychosomatic medicine across the psychiatry department, we created an innovative Evidence-Based Medicine (EBM) game. Each month, we chose a clinical psychiatry question with a psychosomatic focus and e-mailed it to residents. Residents replied in abstract format with their interpretation of the literature. A prize of twenty five to fifty dollars for books or lunch was awarded to the best entry. This program was coordinated by a PGII psychiatry resident, Howard Liu, M.D., geriatric fellow, Lewis Krain, M.D., and faculty mentors Dr. Helen Kales, Dr. Michelle Riba, and Dr. Gregory Dalack.

B. Psychosomatic Medical Student Teaching Hour: We developed an interactive teaching format for 3rd year medical students rotating on psychiatry. This consisted of a clinical case presented by medical students, review of a journal article by residents, and discussion guided by a psychosomatic attending. We initially recruited two M3's Danielle Wroblewski and Garrett Sparks as co-leaders, but their clinical rotations interfered. Two psychiatry residents, Howard Liu and Joshua Bess, are now coordinating all meetings.

Date	Topic	Attendance
3/27/06	Treatment of agitation in demented patients	2 medical students, 4 residents, 1 fellow, 1 attending
4/24/06	Delirium diagnosis and rating scales	4 medical students, 5 residents
6/12/06	Delirium treatment	7 medical students, 4 residents, 1 attending

III. RECOGNITION

Our Weakest Link Project has been well received. Nationally, it was highlighted in the April 2006 issue of "Psychiatric News" (please see attached link for the article). It has also generated academic interest via poster presentations at the American Association of Directors of Psychiatric Residency Training Conference in March 2006 and the Silverman Conference at the University of Michigan in June 2006. It will be featured as an innovative educational program at the upcoming Association for Academic Psychiatry Conference in San Francisco in September 2006 and at the Institute on Psychiatric Services meeting in New York in October 2006.

IV. BUDGET: We received a total of \$500 at the start of the year

Date	Cost	Description
12/05	\$25.00	Book funds for Weakest Link contest winner
1/06	\$25.00	Book funds for Weakest Link contest winner
2/06	\$50.00	Lunch for Weakest Link contest winner
3/06	\$100.00	Lunch for Psychosomatic Medical Student Teaching Hour
4/06	\$120.89	Lunch for Psychosomatic Medical Student Teaching Hour
5/06	\$50.00	Lunch for Weakest Link contest winner
6/06	\$100.00	Lunch for Psychosomatic Medical Student Teaching Hour
6/06	\$25.00	Book funds for Weakest Link contest winner
Total Cost	\$495.89	
Balance	\$4.11	

V. FUTURE DIRECTIONS

With the future support of the APS, it is our hope that the Weakest Link and the Psychosomatic Medical Student Teaching Hour will continue into the next academic year. We are developing an educational survey for the Weakest Link project to determine its effectiveness and to make adjustments to increase resident participation. We have chosen several topics and speakers for future meetings of the Teaching Hour including "Legal issues in C/L psychiatry" with our hospital attorney, "Psychiatric Oncology" with Dr. Riba, and "Catatonia and Bedside Cognitive Tests" with Dr. Michael Taylor.

VI. SUGGESTIONS

We are very grateful for the funding and support from the APS. We would make the following suggestions:

A. Flexible format: for medical schools that have an existing psychiatry interest group, PMIG's may need to develop in creative ways. We think that the virtual community created by e-mail and the teaching hour on a C/L rotation would easily translate to other institutions.

B. Student interaction: we thought it was important to avoid lecturing students and to create an interactive forum. Both our EBM contest and teaching hour engage students in active conversations and identify motivated trainees for future mentorship.

C. Funding: Meeting attendance always improves with food, and it would be much easier to provide on a yearly basis with a starting grant of \$1000.

D. Virtual curriculum: not all medical programs have the benefit of having psychosomatic faculty, so it would be helpful to have a set of successful lectures or sample curriculums posted on the website. We would be happy to post a link to our Weakest Link contest for other sites to use with their residents.

VII. LINKS FOR THE WEB SITE

A. The Weakest Link Web Site: this web site features questions and winning responses from the first four rounds of our contest. It also features some editorials by University of Michigan psychiatry faculty with expertise in the topics.

<http://www.med.umich.edu/psych/education/evidence.htm>

B. Weakest Link Article: Here are links to the two articles about our project in the April 2006 edition of "Psychiatric News."

<http://pn.psychiatryonline.org/cgi/content/full/41/8/14>

<http://pn.psychiatryonline.org/cgi/content/full/41/8/14-a>