

# Behavioral Medicine Resident Education and a Format for Curriculum Modification

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## Introduction

- Greater than 70% of patients seen in primary care visits present with a psychosocial comorbidity.
- The most common patient psychosocial problems include mood disorders (31.0%), anxiety disorders (19.0%), somatoform disorders (18.0%), and alcohol abuse/dependence (10.1%).
- Primary care patients with psychosocial conditions have greater healthcare utilization than those without.
- Many medical residencies lack adequate psychosocial education opportunities.
- Behavioral medicine education is required to better prepare residents for clinical practice.

## Objectives

Outline an approach to providing behavioral medicine education

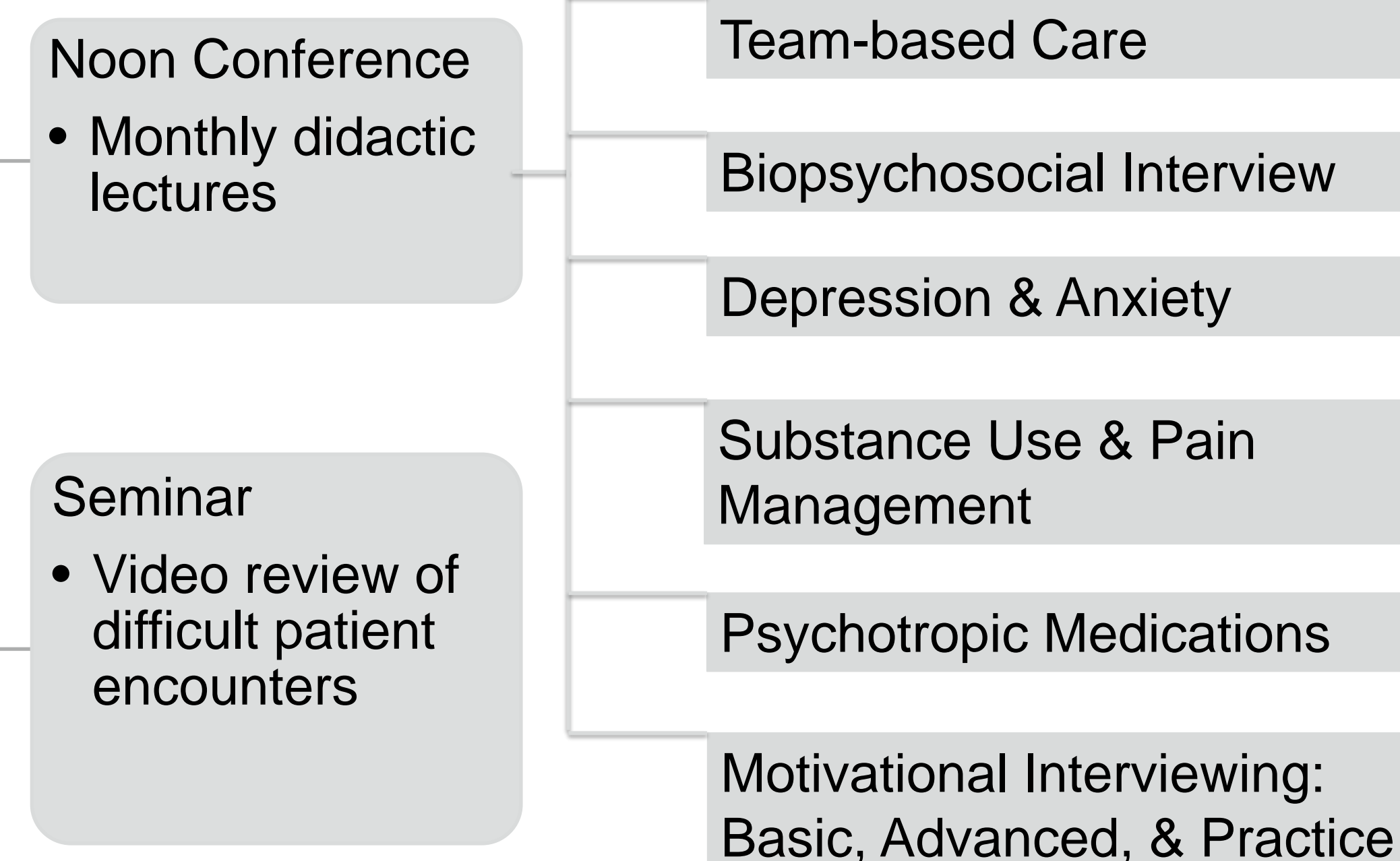
Report and describe the benefits of including behavioral medicine education in an internal medicine residency program

Highlight the additions residents requested to be included in future iterations of the behavioral medicine curriculum

## Methods

- Data collection spanned from September, 2014 until September, 2016
- Participants/Setting
  - Internal medicine residency with 76 residents
- Surveys
  - Residents completed surveys following didactic lectures and video reviews focused on behavioral medicine-related topics.
  - Surveys contained four questions which were designed to identify:
    1. Strengths of the curriculum (Open ended question)
    2. Areas that need improvement (Open ended question)
    3. "Usefulness" (Likert Scale 1-10 with 10 being "very useful")
    4. Additional comments
  - Researchers utilized thematic analysis to develop themes and sub-themes
  - Descriptive statistics were used to identify the frequency of responses

## Behavioral Medicine Curriculum



Survey results used for curriculum modification

## Results: Noon Conference

### Useful Skills and Topics

Goal setting	28%
Structuring patient encounters	26.5%
Self-care	12.5%
Chronic pain	7.8%
Relaxation	7.8%
Patient provider relationship	6.25%
Whole patient care	6.25%
Teach back	4.7%

### Requested Skills and Topics

Strategies for patient conversation	37.5%
Pain management	16.7%
Practice and examples	16.7%
Relaxation strategies	12.5%
Resident wellness	8.3%
Medication adherence	8.3%

## Results: Behavioral Medicine Seminar

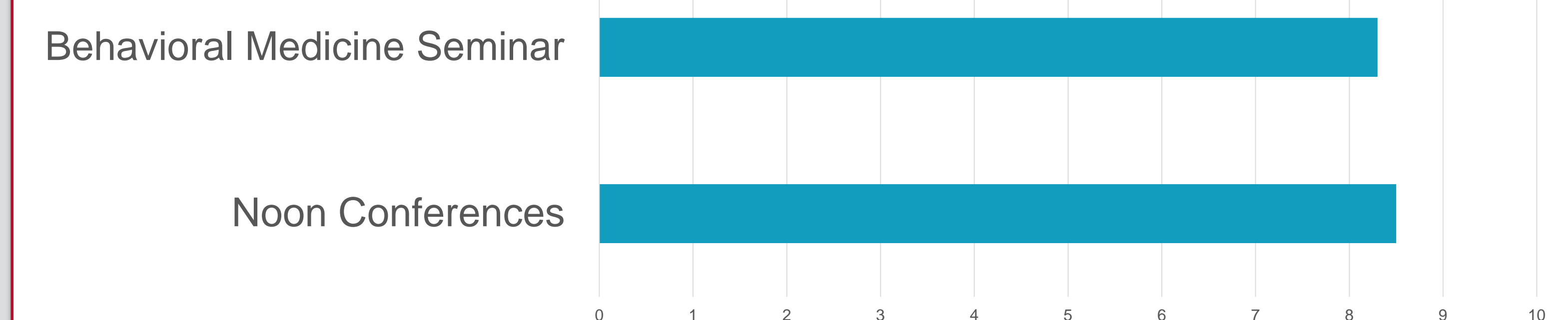
### Useful Skills and Topics

Strategies for patient communication	52.6%
Patient-centered approaches	23.7%
Facilitating difficult interactions	10.5%
Motivational interviewing	7.9%
Self-growth	5.3%

### Requested Skills and Topics

Motivation enhancement	55.2%
Patient social support	20.7%
Mental health	17.2%
Pain management	6.9%

### Resident Rated Usefulness



## Conclusion

- Results indicated that residents found knowledge gained through the behavioral medicine education curriculum was very useful for their clinical practice.
- Residents frequently reported goal setting, structuring patient encounters, learning strategies for patient communication, and patient-centered approaches as particularly beneficial.
- Residency programs interested in enhancing residents' behavioral medicine-related knowledge and skills may benefit from developing a behavioral medicine education curriculum that includes continual program evaluation and modification based on resident feedback.