

PSYCHIATRY

PSYC 718 PHYSICIAN WELLNESS MASTERY: THRIVING IN PRACTICE 4 Credit Hours

ELECTIVE

This elective is intended to expose the student to stress reduction techniques that are currently used in mental health and can be used in a variety of medical settings. Some of the practices include meditation, guided imagery, biofeedback, and breathing and movement. These are among the best known and most widely used of the complementary, alternative or integrative approaches to healthcare. These modalities will prepare students to understand the power of self-awareness and self-care and determine its applicability to the clinical setting. Medical school is recognized as a stressful life event. A recent study has shown that 50% of medical student's experience burnout and 10% have experienced suicidal ideation (Drybe et al. Burnout and suicidal ideation among U.S. medical students. *Ann Intern Med* 2008; 149:334-41.) This course is intended to provide the student an opportunity to understand the potential of stress reduction techniques as an integral part of whole-person care. It is not enough to hear about stress reduction and to read and comprehend the scientific basis for its efficacy. Rather, for students to appreciate their own capacities for self-awareness and self-care, students should experience and realize their own abilities. Rotations Offered: Each four weeks, except June, July, November, and December Site: UNMC Main Campus

Instructor: Dr. Steven Wengel, Dr. Priya Gearin, and Dr. Sarah Fischer

Typically Offered: FALL/SPR

Capacity: 10

Visiting Student Information: This course is NOT available to visiting students

PSYC 719 ADDICTION PSYCHIATRY 4 Credit Hours

ELECTIVE

Substance use disorders (SUDs) frequently co-occur with other psychiatric conditions and are increasingly prevalent among medically and surgically hospitalized patients. This elective experience provides students greater exposure to the subspecialty field of addiction psychiatry with particular focus on integrated treatment for patients with co-occurring SUDs and other psychiatric disorders. Students will participate in the assessment of patients with a variety of psychiatric diagnoses and co-occurring SUDs through consultation to primary medical and surgical teams in the hospital. Students will have the option of exposure to multiple levels of care including Intensive Outpatient (IOP) and outpatient clinics. Students will learn about performing detailed initial evaluations, diagnosing, and treating alcohol and opioid withdrawal in the context of psychiatric illness, initiating medications for addiction treatment, the use of psychosocial interventions and the principles of harm reduction. Students will also complete the self-paced buprenorphine-waiver course during this elective. This course is intended for M4s considering a career in psychiatry or primary care fields where SUDs are often diagnosed and managed, or as a refresher on management of SUDs prior to internship for any specialty.

Instructor: Drs. Balasanova, Karre, Zoucha, Franzen, and Zachman.

Contact: Sarah Kepple sarah.kepple@unmc.edu 402-552-6235 PYH 4006 Zip 5575

Typically Offered: Each four weeks

Capacity: 2.

Visiting Student Information: Visiting Students are not to contact faculty or clinical departments prior to acceptance through VSLO. Doing so is considered a professional breach and may disqualify the student from being offered a rotation.

PSYC 720 PSYCHIATRIC EMERGENCY SERVICES ROTATION SUB-INTERNSHIP 4 Credit Hours

ELECTIVE

This psychiatric emergency services elective allows the student to build upon the foundation of clinical skills established during the third year psychiatry clerkship. The student will be involved in the assessment and treatment of adult patients in acute crisis presenting to the PES. Students will be expected to work at a level similar to that of an intern / resident under the supervision of faculty. Students may attend case conferences and Grand Rounds and participate in self-directed learning.

Prerequisite: Phase 2 Psychiatry Clerkship

Instructor: Dr. Ashish Sharma

Contact: David Bell; dbell@unmc.edu; 402-552-9691.

Typically Offered: Each four weeks.

Capacity: 3

Visiting Student Information: This course is not available to visiting students.

PSYC 723 ADULT INPATIENT PSYCHIATRY SUB-INTERNSHIP 4 Credit Hours

ELECTIVE

This inpatient elective allows the student to build upon the foundation of clinical skills established during the third year psychiatry clerkship. The student will be involved in the assessment and treatment of adult patients with mental illness requiring inpatient stabilization at Lasting Hope Recovery Center. Students will be expected to work at a level similar to that of an intern / resident under the supervision of faculty. Students may attend case conferences and Grand Rounds and participate in self-directed learning. Students selecting LHRC site will be required to complete a urine drug screen (at no cost to the student) and additional onboarding procedures.

Instructor: Dr. Thomsen

Contact: Liz Sorenson; psychmededu@unmc.edu; 402-559-8280; PYH Rm 4013 (Zip 5575).

Typically Offered: Each four weeks.

Capacity: 2.

Visiting Student Information: This course is NOT available to visiting students.

PSYC 725 CHILD AND ADOLESCENT PSYCHIATRY 4 Credit Hours

ELECTIVE

This elective provides the student greater exposure to the subspecialty of child and adolescent psychiatry. Students will directly participate with faculty and therapists in outpatient management of youth. Students will participate in the assessment of children and adolescents with a variety of psychiatric diagnoses by interviewing both patients and their caregivers, as well as forming differential diagnoses and bio-psychosocial treatment plans. Time is allotted to attend weekly didactics with the current child and adolescent psychiatry fellows. This elective is recommended for those considering career fields involving the treatment of children and adolescents (such as pediatrics and family medicine) and for those who would like to explore child and adolescent psychiatry as a career. Techniques in the medical interview of youth will be practiced.

Instructor: Drs. Edwards, Gih, Hwang, Liu, Sharma, and West.

Contact: Liz Sorenson; psychmededu@unmc.edu; 402-559-8280; PYH Rm 4013 (Zip 5575)

Typically Offered: Each four weeks EXCEPT October.

Capacity: 1

Visiting Student Information: Visiting Students are not to contact faculty or clinical departments prior to acceptance through VSLO. Doing so is considered a professional breach and may disqualify the student from being offered a rotation.

**PSYC 727 PSYCHIATRY THROUGH THE LIFESPAN 4 Credit Hours
ELECTIVE**

This outpatient psychiatry elective provides an interactive exposure to a diversity of patient populations with mental illness. The student will rotate through week-long experiences in children and adolescent psychiatry, women's health / perinatal care, adult psychiatry and geriatric psychiatry. Patient care will primarily occur in the outpatient setting. Treatment therapies will include psychotherapeutic and psychopharmacological modalities. Students will have the opportunity to work with faculty and therapists in evaluating and treating patients. This elective allows the student an opportunity to expanding their psychiatric knowledge and skills, and may appeal to students entering primary care. Contact: Liz Sorenson; psychmededu@unmc.edu; 402-559-8280; PYH Rm 4013 (Zip 5575)

Typically Offered: Each four weeks EXCEPT December.

Capacity: 1

Visiting Student Information: Visiting Students are not to contact faculty or clinical departments prior to acceptance through VSLO. Doing so is considered a professional breach and may disqualify the student from being offered a rotation.

**PSYC 728 COMMUNITY MENTAL HEALTH 4 Credit Hours
ELECTIVE**

Douglas County Community Mental Health Center provides high quality, comprehensive mental health care for the under-served population of Douglas County. Students will have the opportunity to participate in inpatient care, day treatment and outpatient clinic. Our emphasis is on teaching through direct patient care. Students will be active members of the treatment team and their direct involvement in the treatment planning will be encouraged and expected. Students will develop advanced clinical skill in diagnosis and psychopharmacology through direct involvement in their care. This elective is helpful for students who have interest in psychiatry and desire to work with people in the community who have chronic mental illness.

Instructor: Dr. Rashmi Ojha

Contact: Liz Sorenson; psychmededu@unmc.edu; 402-559-8280; PYH Rm 4013 (Zip 5575)

Typically Offered: Each four weeks

Capacity: 1

Visiting Student Information: This course is NOT available to visiting students.

**PSYC 740 CONSULTATION LIAISON PSYCHIATRY SUB-INTERNSHIP 4
Credit Hours
ELECTIVE**

This elective provides exposure to medically ill patients with emotional / psychiatric problems with teaching emphasis on psychiatric diagnostic issues, acute treatment plans, short-term intervention techniques and supportive therapies. Readings, self-directed learning, daily rounds, case conferences and liaison with other medical staff in the emergency room and general hospital setting are all part of this elective. Students will be expected to participate in patient care at a level similar to an intern under the supervision of staff.

Instructor: Dr. Sharma

Contact: Liz Sorenson; psychmededu@unmc.edu; 402-559-8280; PYH Rm 4013 (Zip 5575)

Typically Offered: Each four weeks

Capacity: 2

Visiting Student Information: This course is NOT available to visiting students.

**PSYC 760 OFF CAMPUS ELECTIVE 4 Credit Hours
ELECTIVE**

Off-Campus electives may be taken to broaden ones' knowledge of psychiatry generally or to acquire types of experience not available here. Transcultural electives are encouraged. For suggestions concerning possible off-campus electives, contact Dr. Raml. An Off-Campus Elective Application Form must be submitted for this experience. (See Off-Campus Elective Application procedures.)

Prerequisite: Off-Campus Approval form completed

Contact: Liz Sorenson; psychmededu@unmc.edu; 402-559-8280; PYH Rm 4013 (Zip 5575)

Typically Offered: Each four weeks

Capacity: By arrangement with M4 Director and Program Coordinator.

Visiting Student Information: This course is NOT available to visiting students.