

Patient Centered Medicine 1 – Course Overview and Objectives

Welcome to Rutgers Robert Wood Johnson Medical School and the Patient Centered Medicine (PCM) course!

PCM 1 is a foundational course for first year medical students and the only course that spans the entire academic year. Its overarching goal is:

- *Students will learn how to integrate and apply the basic, clinical, and health systems sciences by providing patient-centered care to diverse populations and communities in collaborative settings.*

THIS IS THE COURSE WHERE YOU'LL BEGIN TO LEARN ALL ASPECTS OF BEING A PHYSICIAN AND THE CENTRALITY OF THE PATIENT-DOCTOR RELATIONSHIP IN OUR COMPLEX AND EVOLVING HEALTH CARE AND SERVICE DELIVERY SYSTEM!



The What, Where, When and How...

WHAT:

PCM is a **longitudinal** course that covers numerous topics central to the practice of medicine. Here is an outline of the four major course themes:

- **Professionalism/Humanism**
 - Getting to know fellow colleagues through a small group setting and being mentored by a faculty facilitator
 - Sharing summer reflections, sharing perspectives on required readings and presentations, writing Narrative pieces, working through Empathy exercises, developing Humanism
 - Maintaining wellness and purpose and building self-care and resilience
 - Clinical Ethics – General concepts; understanding geriatric & pediatric ethics through cases

- **Doctoring Skills**

- Interviewing skills – Developing Rapport; Communication skills; Constructing a full medical interview; learning how to conduct focused interviews and preventive visits; Asking sensitive questions
- Physical Exam skills – Draping and preparing the patient; taking Vitals; introduction to the following focused exams: *Musculoskeletal, Abdomen, Cardiovascular, Pulmonary*. Practicing these exams on fellow students as well as with Standardized Patients. Testing and receiving feedback on these skills through Objective Structured Clinical Exams (OSCE's)
- Writing a focused Clinical Note
- Using Evidence Based Medicine

- **Diverse Populations**

- Learning to care for people from diverse backgrounds including but not limited to:
Differently-Abled/Disabilities, Immigrants/Migrants, Veterans/Warriors, Using Interpreters, Health Literacy, Spiritual Health, Understanding different Cultures, Faiths, Traditions, Gender and LGBTQ+, Occupational and Environmental Health, Healthy Aging (Geriatrics) and Childhood Trauma (Peds)

- **Health Systems Delivery/Health Systems Science**

- Interdisciplinary Teamwork, Patient Safety, Quality Improvement
- Complementary, Alternative, and Integrative Medicine.
- Improving Community, Population and Public health.
- Socioeconomic Determinants of Health, Diverse Patients and Disparity, Understanding our own biases, Health Equity.

Much of this content is vital in the care of the patient as well as significantly tested by the USMLE Step 1 and Step 2 national board exams.

In summary, Patient Centered Medicine 1 is an exciting and vibrant course that targets many of the human aspects of medicine. **We encourage you to come with your 4Cs – *Curiosity, Competence, Critical Thinking, and Compassion*.** By the end of the course, you will be amazed and gratified to see how much you have grown both professionally and personally on your journey to becoming a physician.

HOW:

Students will learn this material through lectures, webinars, small group activities, self-directed learning, written reflections, standardized patient encounters and participation in “off-site” visits at hospitals, outpatient practices, and community agencies. You will continue to learn these and other topics related to Patient Centered Medicine throughout your 4 years.

SMALL GROUPS: The entire first year class will be divided into 13 small groups. Through your small group, you will have an opportunity to develop a close working relationship with a physician faculty facilitator as well as join your fellow student colleagues in becoming a “learning community.”

WHEN/WHERE:

PCM 1 generally meets on Wednesday afternoons from 1-4:30pm.

The **first class will be July 29, 2020** – you will meet your small groups and share your summer assignments.

You will then have a focused Leadership and Communication PCM Block for **3 full days: Aug 3-5, 2020**.

Subsequently, PCM will resume on Wednesday Sept 23 and continue almost every Wednesday afternoon for the entire academic year - either online or at the Medical School in Piscataway. Most classes will start with a large group session (likely Webinar), followed by small group sessions with your facilitators.

Given the current pandemic restrictions, all coursework will be conducted virtually for the first several months. Further in the academic year, small groups will likely be in person – especially to help you learn and practice physical exam skills. Standardized patient encounters will also begin virtually and transition to in-person encounters further in the year. Thank you in advance to all the faculty facilitators and students for your flexibility this year as we work together to optimize the safety and learning of all our first year students.

What have previous students said about PCM?

WHY Patient Centered Medicine Matters

"We all entered medical school to become doctors. Without Patient Centered Medicine, we might know a lot about science and disease, but we would be ill-prepared to treat any patients who are people too."

"My mom had a doctor who she saw for a series of procedures that required anesthesia. One day, my mom was all dressed up with make-up on, and when I asked her where she was going, she told me she had a clinic appointment with this doctor. I must have given her a funny look, because she explained: 'He only ever sees me in a gown, when I'm about to have a procedure, as a patient, and it is important to me that he sees me as a person.' This is why Patient Centered Medicine is important -- no matter what kind of doctor you want to be."

Patient interactions

"No matter how much patient contact you've already had, there are parts of this course that will force you out of your comfort zone and you won't know what to do or say. PCM introduces you to a range of patients early on: I met patients in hospice, teenagers with cerebral palsy, and parent-advocates of a terminally ill child. I firmly believe that being repeatedly exposed to unfamiliar situations and patients has improved my ability to listen closely because, now that I am more comfortable, I spend less time worrying about what I will say and if I'm formulating an appropriate response."

Interprofessional topics

"PCM doesn't just teach you empathy; it provides you with a set of skills to act on that empathy and convey it to patients. Learning about religious diversity taught me a lot about how to better understand patients and demonstrate empathy. During a group hospice offsite, we learned about a transportable Hindu temple on wheels that was often brought into patients' rooms. Also, in a small group session I heard from a Chaplain at Robert Wood Johnson University Hospital who told us about her services and skill set. Now, I imagine that when I'm on clinical rotations in 3rd and 4th year and I ask patients if they want their religion to play a role in their care, I will know about the available resources and actually be able to translate my empathetic feelings into actions."

Written Reflections

"Reflections were a great learning experience for me. During clinic visits, I noted challenges encountered in patient interactions as well as ethical dilemmas and then contemplated these experiences further while writing. The feedback I received from my facilitator helped me get a better understanding of what I could have done in each situation and illuminated issues I hadn't considered. My compiled reflection portfolio now serves as a reminder of how much I've learned and will also help me reflect on my medical school experience as a whole when I begin writing residency applications."

Humanism and Personal Growth

"Whereas most of the content heavy material is the brain within medicine, PCM is truly the heart. Convening weekly for PCM forced me to take a step back from the pressures of medical school and engage in the essential humanism aspects of medicine. It was a time where my most meaningful learning would take place. Personally, I deeply enjoyed the chance to participate and learn in small groups, which encouraged lasting friendships amongst my classmates. Moments like learning about Josie King's story will stay with me throughout my training. Learning how to face the many challenges in healthcare from my PCM facilitator was a profoundly inspiring experience. PCM is a time where you will plant the seeds for self-growth as a compassionate and nuanced physician that will sprout for the remainders of your careers. The choice to passionately invest in this worthwhile effort is yours to make."