

General Internal Medicine Review Course

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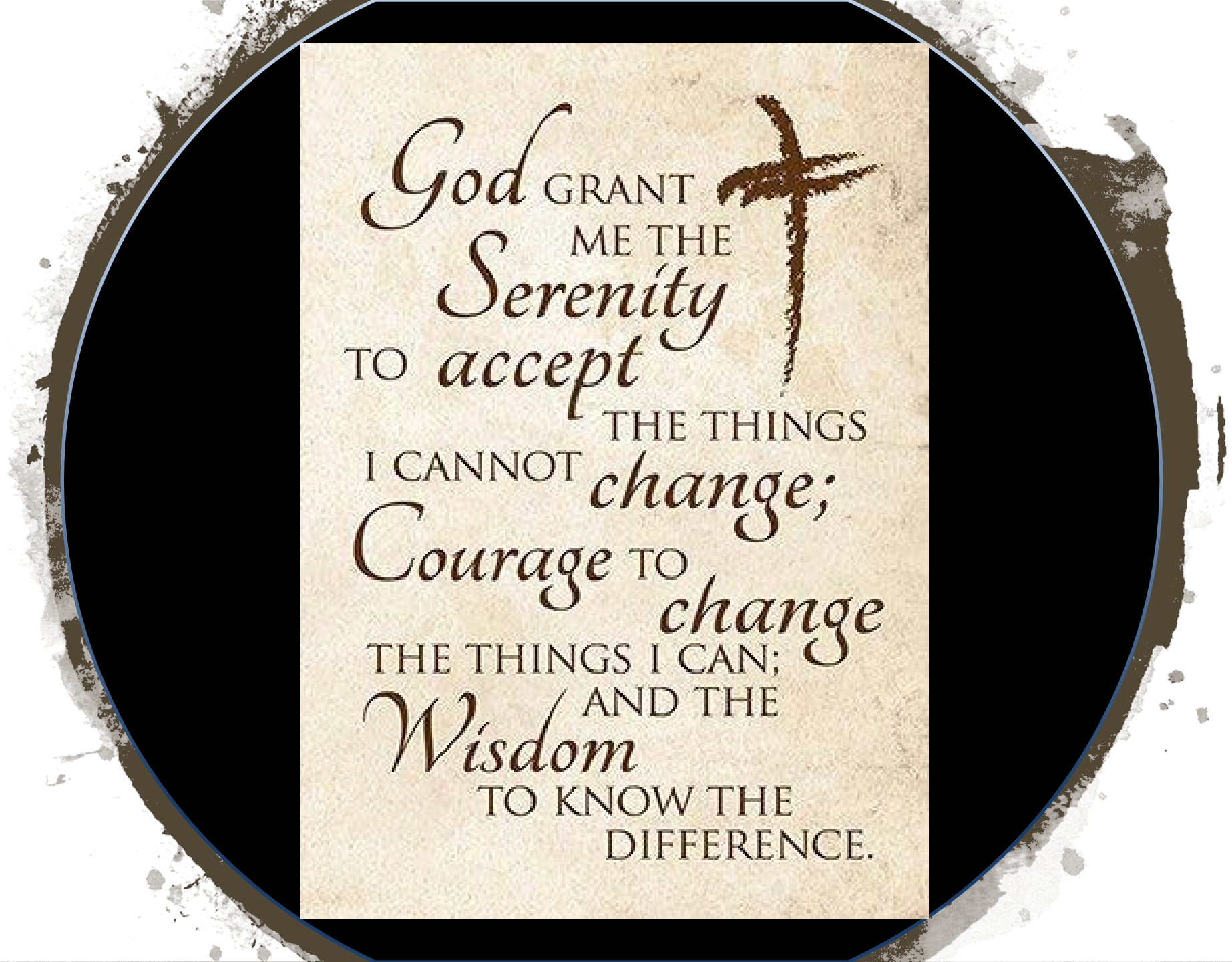
Mental Health and whole-person care

- Type A personality – more cardiovascular disease
- Depression & insomnia: worsens every chronic disease we know of
- There is a mind-body connection
 - Immune system
 - Marital status
 - Social support
 - Emotional distress can cause physical symptoms
- Relationships and religion rank high on most people's list of things that help them cope with chronic illnesses / give meaning to life

Mental Health

If you don't ask, you won't know

- Ask: how have you been coping lately
- Notice: you seem more down today
- Prompt: many people in your situation naturally get depressed / anxious
- Empathize: it must be very difficult for you in this situation
- Engage: identify what brings meaning and joy in their life
- Respond: make a plan for a better future



God GRANT
ME THE
Serenity
TO *accept*
THE THINGS
I CANNOT *change;*
Courage TO
change
THE THINGS I CAN;
Wisdom AND THE
TO KNOW THE
DIFFERENCE.

Mental Health

- Competing priorities
- Balance in life
- Lead by example
- Spectrum of dysfunction
- Stress
- Decompensated stress
- Situational dysfunction
- Personality disorders
- Psychiatric disorders
- Psychosis

Whole Person Care

- What is it?
- How do you provide it?

Whole Person Care

- Concept: Healthy living
- Goals: Achieve best healthy living possible by a combination of intentional prevention and treatment
- Aspects of a person's health
 - Physical
 - Mental & Emotional
 - Spiritual
- Mechanism: Caring, Empathy, Therapeutic Relationship

Whole person care

- “Physician, heal thy self”

Worship thoughts

- Rest as a requirement – the 4th commandment
- Healing as a ministry – Jesus healing on Sabbath and the Ox in the ditch
- The role of grace - Justification versus sanctification
- Performance expectation – parable of the talents & Pauline writings
- The greatest of these is Love – greatest commandment?
Faith/Hope/Love
- Clothed in humility – “Sometimes we commit our greatest sins when we are right” Randy Roberts

Group Activity

Traffic Jam – critical thinking group activity

- <http://www.mrgym.com/Cooperatives/TrafficJam.htm>

Communication – blind drawing group activity

- Divide into groups of 2, give one person a simple drawing, give the other a blank paper; have them stand back to back and the one with the drawing tells the other how to make the same drawing (no peaking)
- <https://blog.cake.hr/top-50-team-building-games-employees-love-play/>

Ethics – Biblical Principles

- Jesus was asked what is the most important Biblical Principle what did he say?
- *Mark 12:28-31 28 One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, “Of all the commandments, which is the most important?” 29 “The most important one,” answered Jesus, “is this: ‘Hear, O Israel: The Lord our God, the Lord is one. 30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ 31 The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”*

So...What Really Matters?



LOVE

“...by this will all men know that you are my disciples, if you have love one for another.”