

## Introduction

Welcome to BIO 188. Our goal is to help you uncover those elements of medicine that are truly most compelling – the cognitive journey through problem-solving patient complaints and health care needs, and the very real emotional and spiritual journey that defines a life well lived through practicing the science and art of medicine. We will work with you to explore the connection that medical providers have to their patients, to each other, and to their communities. By the quarter’s end, you will have a much richer and deeper understanding about a life lived in medicine, and if this is a life for you. Our hope is that you will be able to better ask and answer the question, “What is practicing medicine really like, and is it right for me?”

You will explore the profession of medicine from a variety of angles. During this quarter, you will read some of the best writing about what it means to practice medicine. You will hear directly from guest speakers who work as medical practitioners, listening to their successes, their struggles, their view from the ground up about a life spent practicing medicine. You will also get a chance to work through patient cases yourselves, exploring what it means to think and act like a clinician.

## Course Structure

This course meets Mondays and Wednesdays from 6:30 – 8:30 in Physical Sciences Room 110. Classes will focus on lectures, class discussion of readings, and instructor and student led analysis and presentations of case studies in medicine. Classes will also feature guest speakers from the medical community – doctors and other providers all telling their stories.

## Readings

Class readings will be completed from three required texts: Better, by Atul Gwande, Becoming A Doctor, edited by Lee Gutkind, and Life on the Ground Floor: Letters from the Edge of Emergency Medicine by James Maskalyk. All readings will be assigned weekly, and will be available on Canvas. The notes and all other documents for this course are considered private content for this class only. Do not upload them to websites that collect course materials (e.g. Course Hero, etc.)

For Life on the Ground Floor please read 3 letters of the alphabet (chapters) each week.

We expect that students will be prepared to discuss each week’s readings at both the Monday and Wednesday class meetings.

## Course website

A course website for Biol188 is on Canvas. It includes this syllabus and links to assigned readings and additional course materials (e.g., suggested additional readings and multimedia files; found on the announcements page of the website).

### **BIO 188 Web Cast**

BIO 188 webcasts are available (audio only). The link is:

<https://opencast-player-1.lt.ucsc.edu:8443/admin-ng/login.html>

Username: biol-188-1

Password: healthy

Please remember that you are required to attend and sign-in to lectures. To make this class work, your participation is essential! Thus, feel free to use the webcasts to supplement your experience in the classroom--i.e., to go back and check on points that you missed or had a hard time understanding, but the webcasts are not a replacement for lecture attendance.

### **Pass criteria:**

- Attend at least 17 of the 19 class sessions. We will not hold class on Wednesday, July 4th. **Missing more than 2 classes without a valid medical or personal emergency excuse will result in a failing grade.**
- Complete three journal assignments. Journal prompts may relate to guest speakers and themes that arose in their presentations, readings, or may ask you to reflect on issues that arose from class presentations. Entries must be submitted to Turnitin.com by Friday at 5pm.
- Contribute to class discussions
- Complete a small group project where you will work through a patient case study. This will also include your classroom presentation of this case study. This will be assigned in class mid-quarter.

### **Assignments/Grading**

Your grade will be based on the following: attendance and participation in the weekly seminar (50%), completing selected short readings and three journal assignments (20%), one small group case study that you will present to the class (30%). There is no final exam for this class.

## **Journal assignments**

Every few weeks you will be given a short writing assignment which will be due by Friday at 5pm. These assignments will typically ask you to reflect on reading assignments, guest speaker presentations, or specific themes central to the class. These assignments must be uploaded to turnitin.com. The turnitin log in information is: Class: Biol188 - Summer 2018, Class Id: **18225945** Password: ATULGWANDE

**Drop Information - Drop - Monday, July 9th; Withdraw - Friday, July 27th**

## **Instructor Contact Information**

Grant Hartzog-contact for all administrative issues

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## **Class Schedule**

**Week #1**

**June 25th**

### **Course Introductions**

- Course goals, requirements and expectations
- Introduction to the readings/reading presentations
- Outline of the terrain - An overview of course themes
- Who practices medicine?
- Case Studies
- Small groups formed

**June 27th**

- **Clinical Case Studies** - discussion and presentations
- Career Options/Pathways in Medicine

## **Week #2**

### **July 2nd - Guest Speaker**

- **Sharon Gehringer, PA-C, Homeless Persons Health Project**

### **July 4th - NO CLASS**

## **Week #3**

### **July 9th**

- **Guest Speaker - Dr. Suzanne Ware, Family Practice, PAMF**

### **July 11th**

#### **The Big View – Health Care in America**

- A view from the trenches – health care in America.
- The politics of health care – hierarchy vs. democracy, trends in health care in the U.S.
- The power and the poverty of “western medicine”
- The context in which practitioners practice
- Top controversies and challenges in western medicine in the 21<sup>st</sup> century
- Evidenced based medicine – show me the money!

## **Week #4**

### **July 16th**

- **Guest Speaker - Jaclyn Cimino, Child Life Specialist, LPCH**

### **July 18th**

#### **A Life in Medicine/An Approach to Medicine**

- Day in the life
- Practicing medicine as a way of life.
- The human side of medicine – people taking care of people.
- The split lives of clinicians – technicians vs. experts vs. humanists
- Democracy vs. hierarchy
- Managing risk
- Encouraging creativity

- The team

## **Week #5**

### **July 23rd**

#### **Patients and Providers**

- How patients see providers
- How providers see patients
- Self determination
- Expert opinion
- Medical decision making
- **Case study assignments handed out**

### **July 25th**

- **Guest Speaker - Dr, David Sofen - PAMF**

## **Week #6**

### **July 30th**

#### **The Art and Science of Clinical Thinking**

- Gathering patient data
- Diagnosis
- Treatment plans
- “Anatomy of a case” – fever of unknown origin
- Thinking and mis-thinking in Medicine

### **August 1st**

**Guest Speaker - Ruwan Ragapakse, Stanford Healthcare**

## **Week #7**

### **August 6th**

**Every Patient Tells a Story**

- Being a patient
- Listening to patients
- Gathering histories – open a closed ended approaches
- A review of systems
- Empathetic approaches to managing patients
- Bridging the gap between patients and the complexities of medicine

### **August 8th**

- **Guest Speaker TBA**

### **Week #8**

### **August 13**

### **Physical Exams, Objective Data Gathering in Medicine**

- The limits and possibilities of objective data gathering – labs, imaging, and more
- Laying on of hands – what our eyes, ears, noses, and touch tell us about our patients

### **August 15th**

- **Case Presentation Preparation**

### **Week #9**

### **August 20th**

- **Guest Speaker - TBA**

### **August 22nd - Case Presentations**

### **Week #10**

### **August 27th**

- **Case Presentations**

### **August 29th**

- Course Wrap up and Review

## **Bibliography**

Readings for the course will be posted on the class website as PDF files, and will be drawn from Better by Atul Gwande, and Becoming a Doctor, edited by Lee Gutkind. You will also be expected to read Life on the Ground Floor: Letters from the Edge of Emergency Medicine by James Maskalyk.

- Becoming a Doctor; edited by Lee Gutkind; WW Norton and Company; 2010
- Life on the Ground Floor; James Maskalyk; 2017
- Better; Atul Gwande; Picador; 2007
- Complications; Atul Gwande; Picador; 2002
- Every Patient Tells a Story; Lisa Sanders; Broadway Books; 2009
- How Doctors Think; Jerome Groopman; Houghton Mifflin; 2007
- The Checklist Manifesto; Atul Gwande; Picador; 2009
- Your Medical Mind; Jerome Groopman and Pamela Hartzband; Penguin Group; 2011
- Writer MD; edited by Leah Kaminsky; Vintage Books; 2012

- Selected newspaper articles, medical study synopses, etc.