BIOL188: A Life in Medicine  
Syllabus, Fall 2017

Introduction
Welcome to BIO 188. My 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. I 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. My 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 114. Monday classes will focus on lectures, class discussion of readings, and instructor and student led analysis and presentations of case studies in medicine. Wednesdays will feature guest speakers from the medical community – doctors and other providers all telling their stories.

Class readings will be completed from two required texts: Better, by Atul Gwande, and Becoming A Doctor, edited by Lee Gutkind. Selected short readings will also 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.)
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).

Class requirements
You must:

1. Attend at least 17 of the 19 class sessions in order to pass the class. Missing more than two classes without a valid medical or personal emergency excuse will result in a failing grade. Preparing for big exams in other courses does not count!

2. Complete three journal assignments. Journal entries will generally be reflections on the guest speakers from the previous week, but will also include questions I will pose to you in class. Entries must be submitted to Turnitin.com by Sunday at midnight.

3. Contribute to class discussions.

4. 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 on Monday, October 30th.

Assignments/Grading
Your grade will be based on the following: attendance and participation in the weekly seminar (50%), completing selected short readings and four journal assignments (30%), one small group case study that you will present to the class (20%). 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.

Class Schedule

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<th>Date</th>
<th>Class Activities</th>
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<tr>
<td>October 2nd</td>
<td>Course Introductions</td>
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<td>Course goals, requirements and expectations</td>
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<td>Outline of the terrain - An overview of course themes</td>
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<td>Who practices medicine?</td>
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<td>Readings Presentation Format</td>
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<td>Clinical Case Studies – small group work</td>
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<td>October 4th</td>
<td>Clinical case studies</td>
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<td>Clinical Case Study Presentations</td>
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<td>October 9th</td>
<td>The Big View – Health Care in America</td>
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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 21st century
Evidenced based medicine – show me the money!
Classroom Debate -

Week #1 Readings Presentations

October 11th  Guest Speaker #1 – Sharon Gehringer PA-C, Homeless Persons Health Project

October 16th  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 #2 Readings Presentations

October 18th  Guest Speaker #2 – Dr. Bani Singh, UCSF Family Practice Residency Program

Journal Assignment #1—Due Sunday, October 22nd

October 23rd  Patients and Providers
How patients see providers
How providers see patients
Self-determination
Expert opinion
Medical decision-making
Case study assignments handed out

Week #3 Readings Presentations

October 25th  Guest Speaker #3 – Dr. David Sofen - PAMF

October 30th  The Art and Science of Clinical Thinking
In-class midterm exam
Gathering patient data
Diagnosis
Treatment plans
“Anatomy of a case” – fever of unknown origin
Thinking and mis-thinking in Medicine

Week #4 Readings Presentations

November 1st
Guest Speaker #4 – TBA

November 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

Week #5 Readings Presentations

November 8th
Guest Speaker #5 – Dr. Brinda Krishnan, Santa Cruz County Mental Health Services

Journal Assignment #2 – Due Sunday, November 12

November 13th
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

Week #6 readings presentation

November 15th
Guest Speaker #6 – Annie Morrison, Medical Social Worker, O’Connor Hospital, San Jose

November 20th
Case Studies in Medicine- Putting It All Together
Case study presentation preparation

Week #7 readings presentation

November 22nd
NO CLASS

November 27th
Case Studies in Medicine- Putting It All Together
Case study presentations

November 29th

Guest Speaker #7 – Shawn Cramer, Speech Pathologist, and Brad Cramer, EMS Program Manager

Journal Assignment #3—Due Sunday, December 3rd

December 4th

Case Studies in Medicine- Putting It All Together

Case study presentations

December 6th

Reflections on major themes in the class
Small group reading review
Global issues in health care
Course summary and wrap-up

Bibliography

Readings for the course will be posted on the class website as PDF files, and will be drawn from the two class texts, Better by Atul Gwande, and Becoming a Doctor, edited by Lee Gutkind. Students should be prepared discuss readings for that week in class. Selections from the following books will be used:

Becoming a Doctor; edited by Lee Gutkind; WW Norton and Company; 2010

Six Months in Sudan; James Maskalyk; 2007

Better; Atul Gwande; Picador; 2007

Complications; Atul Gwande; Picado; 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.