

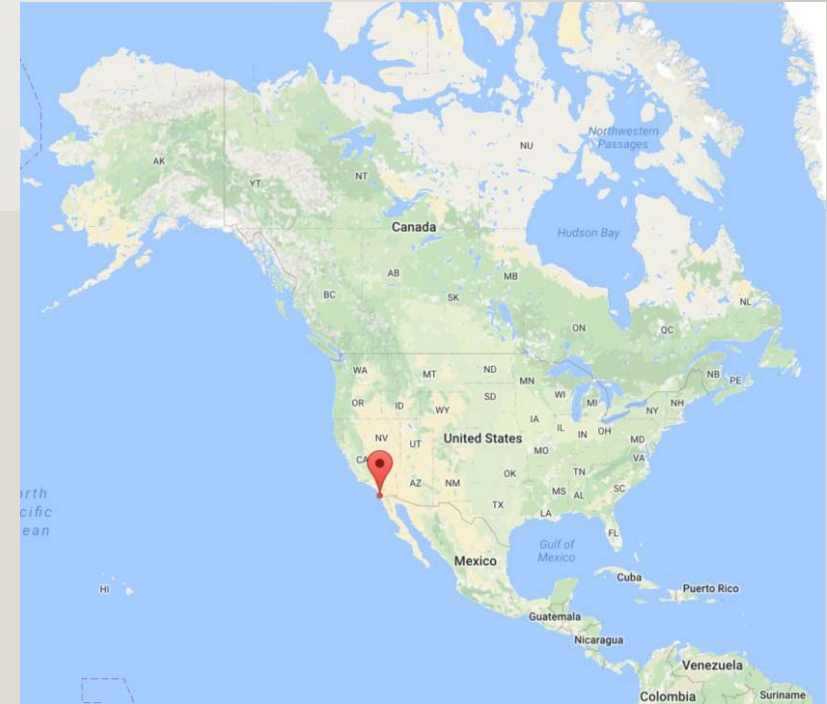
# EXPERIENCE IN UCSD GEROPSYCHIATRY CLERKSHIP

---

Ryo Sasaki, 6-yr Medical Student Mar 27 ~ Apr 23, 2017

# UCSD = University of California, San Diego

The 8th-largest city in the USA  
2nd-largest in California (after Los Angeles).



# UCSD MEDICAL CENTER



# UCSD School of Medicine (La Jolla)



# SENIOR BEHAVIORAL HEALTH INPATIENT UNIT (SBH-IP)

---

For **elderly** people with **psychiatric disorders** and/or **dementia**.

Usually for **acute phase** of care (length of stay: **within a month**).

## Admission Criteria

(1) Age  $\geq 65$  y.o or  $< 65$  y.o with dementia

(2) Primary problem is psychiatric

(3) Voluntary admission

(4) Compatible insurance

Many patients have Comorbid Medical Illness

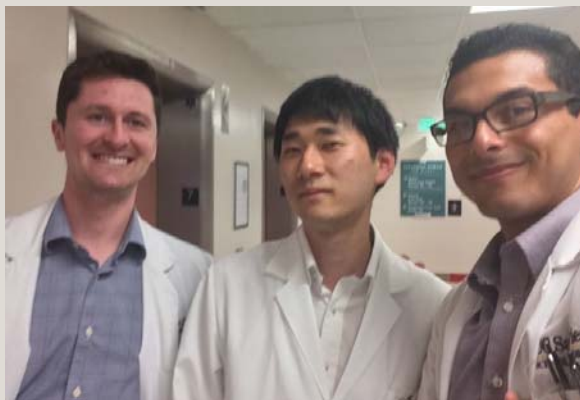
Not compliant to care  
-> sent to other psychiatry unit

Need Private Insurance  
in addition to Medicare

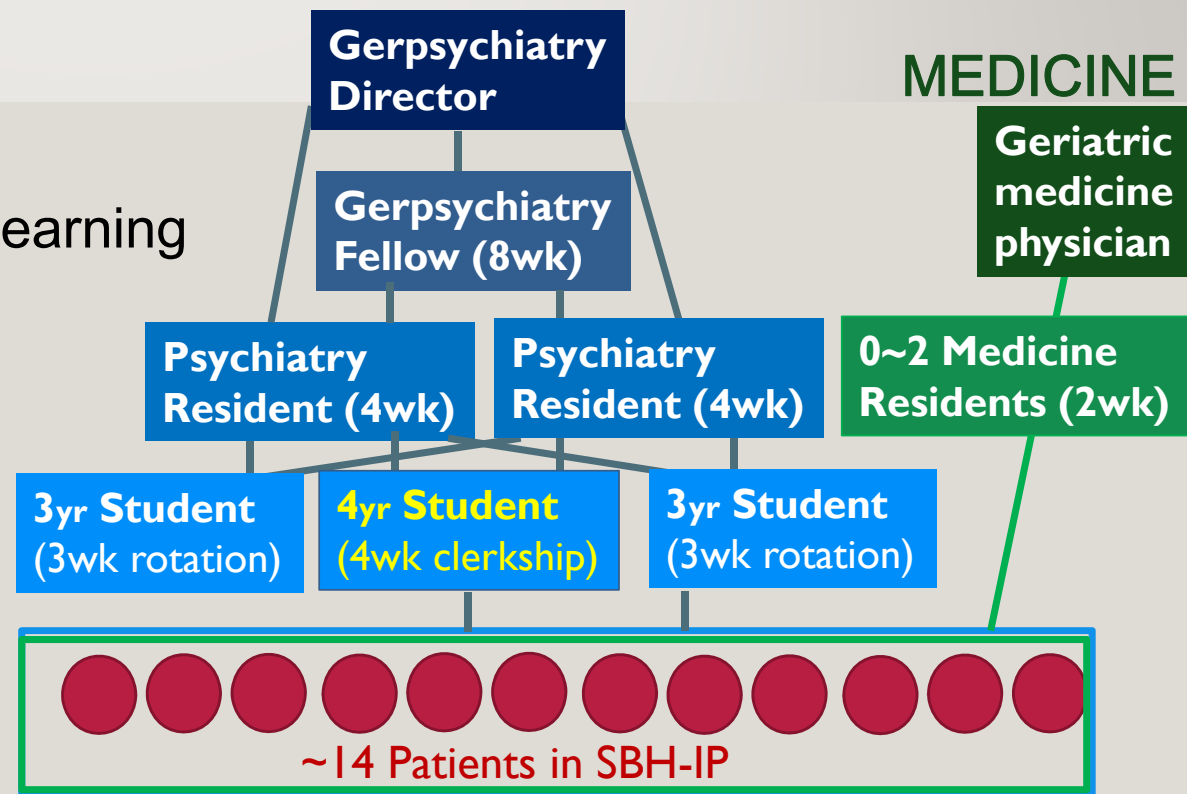
# DOCTORS AND STUDENTS IN SBH-IP UNIT

SBH-IP is a **small unit** that is **independent** from other psychiatry divisions

Most of the members are working / learning in SBH for a short term (2~8wk)



## PSYCHIATRIST team



# FACILITY OF SBH-IP HOME-LIKE, SENIOR-FRIENDLY ENVIRONMENT

Light brighter than other wards  
(to maintain Circadian rhythm)



Bedrooms: 14 PRIVATE rooms.

Built-in medical gasses  
inside for respiratory issues



Sensors inside bed notice  
attempt of waking up (= risk of fall)



# EXPERIENCE IN THE CLERKSHIP


Follow 3 patients at the same time

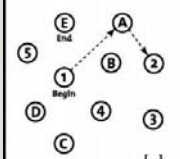
- Interview and Evaluation
- Cognitive Examination (using Montreal Cognitive Assessment (MOCA))
- Cognitive Psychotherapy (using original booklet for elderlies)
- Electronic Medical Records
- Presentation of Cases

MONTREAL COGNITIVE ASSESSMENT (MOCA)

NAME: \_\_\_\_\_ Education: \_\_\_\_\_ Date of birth: \_\_\_\_\_  
Sex: \_\_\_\_\_ DATE: \_\_\_\_\_


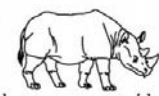

**VISUOSPATIAL / EXECUTIVE**

Copy cube  Draw CLOCK (Ten past eleven) (3 points)

End  Begin

Contour Numbers Hands

**NAMING**

**MEMORY** Read list of words, subject must repeat them. Do 3 trials. Do a recall after 5 minutes.

	FACE	VELVET	CHURCH	DANBY	RED	No. points
1st trial						
2nd trial						

**ATTENTION** Read list of digits (5 digit) seq. Subject has to repeat them in the forward order [ ] 2 1 8 5 4  
Subject has to repeat them in the backward order [ ] 7 4 2

Read list of letters. The subject must tap with his hand at each letter A. No points if 0 errors  
The cat always hid under the couch where dogs were in the room. [ ]

Serial 7 subtraction starting at 100 [ ] 93 [ ] 86 [ ] 79 [ ] 72 [ ] 65

4 or 3 correct subtractions: 3 pts, 2 or 1 correct: 2 pts, 0 correct: 1 pt, 0 correct: 0 pt

**LANGUAGE** Repeat: I only know that John is the one to help today. [ ]  
The cat always hid under the couch where dogs were in the room. [ ] (N 3 n words)

Fluency / Name maximum number of words in one minute that begin with the letter F [ ]

**ABSTRACTION** Similarity between e.g. banana - orange = fruit [ ] train - bicycle [ ] watch - roller

**DELAYED RECALL** How to recall words WITH NO CLUE

	FACE	VELVET	CHURCH	DANBY	RED	Points for UNCLUED recall only
1st trial						
2nd trial						

Optional Category cue Multiple choice cue

**ORIENTATION** [ ] Date [ ] Month [ ] Year [ ] Day [ ] Place [ ] City

© J. Newcombe MD Version 7.0 www.mocatest.org Normal > 26 / 30

Administered by: \_\_\_\_\_ TOTAL Add 1 point if < 12 yr old: \_\_\_\_\_/30

# EXAMPLE OF WEEKLY SCHED

Active inter-professional communication, well organized by professor.  
 ->Seamless multidisciplinary care

	Mon	Tue	Wed 0730-	Thu	Fri 0730-
815-845	Community meeting		Join ECT Inter-professional meeting	Community meeting	Join ECT Inter-professional meeting
900 or 930-	Inter-professional meeting				
1130-1230	lunch/rest	lunch/rest	lunch/rest	1230-1300 lunch	lunch/rest
1230-	Patient interview, Cognitive exam, Cognitive therapy, Medical record			move by shuttle bus	
				1400-1600 Outpatient Clinic	
4~5PM- (40min)	Case discussion in director's office				
1750- -1830	Cognitive psychotherapy with director & resident		Cognitive psychotherapy with director & resident		





We discussed many interesting cases in the Conference Room  
But I cannot share the great experience because of privacy issues



## What I was impressed: Student-Doctor relationship

Good knowledge, skills, and attitudes of students are required to achieve this relationship



- Doctors give students' roles in the treatment team.
- Students gather information by calling previous medical facilities and family members.
- Residents ask students to tell their opinion first, or students proactively tell their opinion when they discuss cases.
- Medical record written by students are shared and quoted by medical care providers.

Difference that allow ideal relationship between students and doctors:

---

(1) **Age of medical students (different education system)**

4-yr undergraduate course prior to medical school

(Age of 3<sup>rd</sup>-yr medical student in US = age of 1<sup>st</sup> -yr junior resident in Japan)

(2) **Education program (prior to clinical rotation)**

**Many active learning opportunities** (e.g., Problem-Based Learning)

(3) **Examination system**

- They study hard to pass USMLE STEP-1 in high score, BEFORE starting clinical rotation.

- Evaluation in Bed Side Learning is also important when applying Residency.

-> Concentrate their energy on Bed-Side Learning.



# MESSAGE TO FUTURE ELECTIVE STUDENTS

---

- Clerkship in UCSD is really inspiring and fun!!
- The better English Skills and Medical Knowledge you have, the more you will learn from the Clerkship.



It's FUN to stay in California!!



# ACKNOWLEDGEMENT

I appreciate all the staffs, doctors, and medical students in UCSD and YCU who kindly supported my visit, especially Ms.Ami Ishii, Prof. Masahiko Inamori, Yasuo Hirayasu, Tomio Inoue, and Prof. Daniel Swell, the director of SBH.



This program was supported by GUSHINKAI and KOUENKAI, School of Medicine, Yokohama City University

**Thank you for listening!!**