Courses

FAMMED 199. Undergraduate Directed Reading and Research in Family and Community Medicine. 1-18 Unit.
Students undertake investigations sponsored by individual faculty members. Prerequisite: consent of instructor.

FAMMED 210. The Healer's Art. 1 Unit.
Explores the human dimensions of medicine, creating a firm foundation for meeting the challenging demands of medical training and practice. Based on curriculum developed by Dr. Rachel Naomi Remen at UCSF. (For details/evaluations see http://ishiprograms.org/programs-medical_educators.html). Medical students and faculty participate together in an innovative discovery model process that enables an in-depth sharing of experience, beliefs, aspirations and personal truths. Topics include deep listening, presence, acceptance, loss, grief, healing, relationship, encounters with awe and mystery, finding meaning, service, and self-care practices. No papers/exams. May be repeated for credit.

FAMMED 213. Medical Tai Chi. 1 Unit.
Tai chi is a recognized form of complimentary and alternative medicine. Class is intended to promote student health and well-being and to decrease stress, depression, and anxiety through tai chi practice. Course focuses on weekly practice and analysis of the literature/research regarding health benefits of tai chi.

FAMMED 219. Mind-Body Medicine. 1 Unit.
A small group (8-10) of medical students experientially exploring of the interconnections among human capacities such as thought, emotion, belief, attitudes, and physical health. Review and practice of specific skills (including mindfulness exercises, meditation, imagery, visualization, body awareness, autogenics, and biofeedback) to enhance self-awareness, self-expression, and stress management. Readings relevant to mind-body medicine made available. Anticipated benefits to class participants include discovering and mobilizing their capacity to participate in valuable and proven methods of self knowledge and stress reduction, while dealing with the frustrations and alienation that many students experience in medical school and beyond.

FAMMED 241. Assistantship in Family and Community Medicine. 6-12 Units.
An in-depth experience with a family physician preceptor following the first year of the pre-clinical curriculum. The student applies during the first year to participate in the summer following completion. Application is through the Center for Family and Community Medicine (avjohn@stanford.edu). Placements with family physicians’ practices throughout California.

FAMMED 243. Introduction to Integrative Medicine. 1 Unit.
Presentations by local, national, and international experts in various modalities of integrative medicine commonly used by patients in the US, including mind-body medicine (biofeedback, clinical hypnosis, meditation, yoga); traditional whole systems of medicine (traditional Chinese medicine, Ayurveda); biological therapies (botanical medicine, supplements, herbal medicine); manipulative therapies (chiropractic, massage); and acupuncture. Lectures focus on evidence supporting the potential value of various treatment modalities and explanations of both the traditional and proposed scientific mechanisms of actions. Most classes include an experiential portion.

FAMMED 244. Ethnicity and Medicine. 1-3 Unit.
Weekly lecture series. Examines the linguistic, social class, and cultural factors that impact patient care. Presentations promote culturally sensitive health care services and review contemporary research issues involving minority and underserved populations. Topics include health care inequities and medical practices of African Americans, Asians, Latinos, Native Americans, immigrants, and refugees in both urban and rural settings. 1 unit requires weekly lecture attendance, completion of required readings, completion of response questions; 2 units requires weekly lecture attendance and discussion session, completion of required readings and weekly response questions; additional requirement for 3 units (HUMBIO only) is completion of a significant term paper Only students taking the course for 3 units may request a letter grade.

FAMMED 245. Women and Health Care. 1 Unit.
Lecture series. Topics of interest to women as health care consumers and providers. The historical role of women in health care; current and future changes.

FAMMED 250. Interprofessional Management of Population Health with Advanced Computer Technology. 3 Units.
The Interprofessional Management of Population Health with Advanced Computer Technology (IMPACT) Program is designed for MD students who wish to have a sustained early clinical experience during the pre-clerkship years by being part of a primary health care team. Using the EPIC electronic medical record system, the team identifies and targets patients who are overdue for recommended preventive services. Focus is on training students to use health coaching, motivational interviewing, and shared decision-making skills to improve the health of patients through better cancer screening, chronic disease surveillance, immunizations, and medication monitoring. Delivered through the Stanford Healthcare Innovations and Experiential Learning Directive (SHIELD), a curriculum innovation partnership between the Stanford School of Medicine, the Stanford Department of General Medical Disciplines, and the Stanford Office of Community Health. Prerequisite: director consent; brief application, interview required.

FAMMED 252. Medicine & Horsemanship: An Outdoor, Equine Assisted Learning Course for Doctor-Patient Relationship. 1 Unit.
An outdoor experience working with horses to develop interpersonal skills for the clinician-patient and peer-peer relationship. A challenge throughout a clinical career is to conduct relationships with patients and colleagues in a manner that is professional, perceptive, confident, and authentic. Horses mirror and magnify our intentions and behaviors. Working with horses requires sensitivity to nonverbal cues, discrimination in the quality and amount of physical contact, and an awareness of one's emotional state, all important skills for relating to patients. Horses give non-judgmental feedback about our personal communication and leadership styles and our ability to operate from a place of empathy and kindness. The course also teaches how to recognize subjectivity in judgment and how to overcome fear and immobility in the face of uncertainty. No riding is required and no previous horse experience is assumed. Open to anyone with direct patient care responsibility, space permitting. Limit 12 students.

FAMMED 258. Early Clinical Experience in Family and Community Medicine. 1-3 Unit.
Provides an observational experience for pre-clinical students as determined by the instructor and student. Prerequisite: consent of instructor.
FAMMED 281. L-CHAMP Longitudinal Community Health Advocacy Medical Partnership. 2 Units.
This course is designed for students who wish to have sustained early clinical experience throughout their pre-clerkship years. The Longitudinal Community Health Advocacy Medical Partnership (L-CHAMP) is part of the SHIELD program designed to advance valued added medical education and to enhance and expand authentic community-based clinical experiences for medical students across all four years of their medical education at Stanford. L-CHAMP consists of four (4) components: 1) Health Coaching/Clinical Skills Development, (2) Service-Learning, (3) Pre-clerkship education integration, and (4) Community-based clerkship integration in a community setting. The course initiates with one-hour intensive health coaching training sessions, quarterly skill-based sessions, such as motivational interviewing, medication reconciliation, and leadership, as well as monthly seminars on topics, including health coaching integration, service projects, and patient-centered care, etc. L-CHAMP is a collaborative effort between Center for Education and Research in Family and Community Medicine and the Office of Community Health.

FAMMED 292. Clinical Skills Maintenance Experience. 3 Units.
(Formerly FAMMED 311) For MSTP students and other Stanford Medical students obtaining combined M.D./Ph.D. degrees through non-MSTP programs only. Students are assigned to a primary care clinic within medicine, family medicine or pediatrics, or a specialty clinic that can offer similar experiences. Continuity of mentorship is the first priority and is desired for reinforcement of basic medical skills; continuity of patients is also desirable, but second priority. Students attend clinic one morning or afternoon per week for two contiguous quarters of the year in which they defend their Ph.D. theses (minimum 10 clinics per quarter). Each four hour clinic session the student: (1) obtains the history of a clinic patient; (2) conducts a physical exam; (3) formulates a differential diagnosis or problem list; (4) presents the patient to her/his clinic preceptor; and (5) prepares a write-up of the case. The clinic preceptor observes and provides guidance for the student's history taking and physical examination skills and critiques the differential diagnosis, verbal presentation, and write-up. The student is guided in the use of the computerized medical record and is asked to progressively integrate this information into the review of the patient history. The clinical preceptor reviews the results of the student's Micro-CPX, Mini-CPX, POM course evaluations, and E4C Mentor evaluations and uses this information to address any perceived weaknesses. The preceptor provides verbal and written performance evaluations to the student and a standardized evaluation becomes part of the student's record. The director of the E4C-MSTP program reviews, on a regular basis, the written performance evaluations of each student taking this course. Deficits are to be identified and addressed before the student enters clinical training.

FAMMED 299. Directed Reading in Family and Community Medicine. 1-18 Unit.
Students organize an individualized study program in family and community medicine. Prerequisite: consent of instructor.

FAMMED 370. Medical Scholars Research. 4-18 Units.
Provides an opportunity for student and faculty interaction, as well as academic credit and financial support, to medical students who undertake original research. Enrollment is limited to students with approved projects.

FAMMED 399. Graduate Research. 1-18 Unit.
Students interested in conducting research in a specific area of family and community medicine undertake investigations sponsored by the faculty instructor. Prerequisite: consent of instructor.