



The Hidden Gem of Medicine

Presented by:

Dr. Timothy Soudy Dept. Chair USD

Dr. Ryan Santin PGY3

Dr. Roni Radigan PGY1

Tuesday, January 31st 2017



**UNIVERSITY OF
SOUTH DAKOTA**

OBJECTIVES

- Explore **Psychiatry as a career**
- Promote Mental Health **awareness and eliminate stigma**
- Learn and consolidate knowledge into real examples = **help you pass your shelf.**
- Provide wisdom and skills to **ensure success in your future practice**
- ...Hopefully discuss PsIG/Psychiatry and how it could help you

PSYCH REVELATION - Facts

Psychiatry

Medicine's oldest specialty

Derived from Ancient Greek *ψυχή* (psukhḗ, "soul")

PSYCH REVELATION - Facts

Mental illness is common in the U.S. and internationally. An estimated 22.1 percent of Americans ages 18 and older—about **1 in 5 adults**—suffer from a diagnosable mental disorder in a given year.

When applied to the 1998 U.S. Census residential population estimate, this figure translates to **44.3 million people**.

In addition, **4 of the 10 leading causes of disability** in the U.S. and other developed countries are mental disorders- major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder.

Unfortunately, many people suffer from more than one mental disorder at a given time.

3% of non-institutionalised adults had **severe psychological distress** in the past 30 days in the US 2002

Source: excerpt from The Numbers Count NMH & National Health Interview Survey, 2003,
NCHS, CDC

PSYCH REVELATION - Facts

YOU WILL TREAT MENTAL ILLNESS
regardless of your field of practice. Patients,
employers and other providers will expect you to
be competent in treating and dealing with many
of these patients.

PSYCH REVELATION - Facts

These are **real people** suffering from **real illness**

Psychiatry and its related fields are **all around you**. As a doctor you will be expected to have intelligent conversations regarding topics related to mental illness. Hopefully, as a compassionate physician you will also be a crusader against stigma



Tom [PositiveLad]
@PositiveLad

Following

Shame on @MailOnline for stigmatising depression. I've battled depression for years but it doesn't make me want to kill 152 ppl @MindCharity

RETWEETS: 3 FAVORITES: 6



8:07 AM - 27 Mar 2010



Mother of two found hanged on bridge had post-natal depression

By Alan Dow
THE daughter of a Scots aristocrat has hanged herself while suffering from post-natal depression.
Mrs Catherine, 40, was found hanged from the side of a bridge when the trapeze suspended last Friday.
Mrs Catherine was the daughter of Sir Robert Gordon, a Highland estate owner and the Queen's representative in New Orleans. She was 40 when she was found hanged from the side of a bridge when the trapeze suspended last Friday.
The mother of two sons, the body was discovered by two young boys playing tennis.
She was hanging from a bridge when the trapeze suspended last Friday.



Highland estate owner Sir Robert Gordon was found hanged from the side of a bridge when the trapeze suspended last Friday.

...manipulating surrounding the death. Catherine for the...
...tragedy'

...manipulating surrounding the death. Catherine for the...
...tragedy'

MORE INSIDE
Music mecca
Cafe faces at rock
hub and beloved
gathering place x4
A safe city?
Seattle's crime rates
are below those of
many cities x4
WEB EXTRA
View, review, online
seattletimes.com



LIMITED SUPPLY
Ikon D800
1,300,495 (MSRP)
ULTIMATE IMAGE QUALITY
12.9999
ikon.com

STIGMA



PSYCH REVELATIONS...We hope

We are **specialist** in our field with only a 4 year residency.

We witness our patients **get better** and **our medicines treat and change lives.**

Psychiatrist practice **medicine** AND use **innovative and creative** ways to overcome today's barriers to recovery

Source: Wise people and the Center for the Advancement of the Coolest Field in Modern American Medicine

PSYCH REVELATIONS...We hope

Psychiatry is **growing and expanding**.

Opportunities of further study in sleep, pain, palliative care, addiction, forensics, addiction, sports psychiatry, obesity and weight management, culture psychiatry, administration, emergency psychiatry, consultation, eating disorders and many more!

Often we are patients **only remaining advocate**. (Great for those cheering for the underdog!)

Psychiatry is a **KICK ASS FIELD** of medicine. We get **paid very well** and have one of the **best lifestyles in medicine**.

IOWA

\$75K Sign-On Bonus!!

Horizon Health, in partnership with **Genesis Health System**, seeks a **Medical Director** for our Geriatric inpatient psychiatric program in **Davenport, IA**. **Genesis Health System** is recognized as one of the nation's top 100 Health Systems and services a 10-county, bi-state Region of the Quad Cities metropolitan area and surrounding communities of Iowa and Illinois. Davenport offers professional theatre, the Quad City Symphony, historic riverboat cruises and riverboat gaming, the Mississippi Valley Blues Festival, the Quad City Air Show, and the world famous Bix Beiderbecke Memorial Jazz Festival. Practice in a fully staffed program with excellent clinical team, dedicated marketing support and outstanding resources from the nation's largest psychiatric contract management company. **\$75K Sign-On Bonus! \$280K base salary and Full Benefits.** For more information contact: Mark Blakeney Voice: 972-420-7473; Fax: 972-420-8233; email: mark.blakeney@horizonhealth.com EOE.

PSYCH REVELATIONS...We hope

“Only 4% of US medical school seniors applied for one of the 1097 post-graduate year one training positions in psychiatry...it is troubling that the area of medicine addressing the leading source of medical disability is also facing a shortage of new talent.”

“It is troubling that the area of medicine addressing the **leading source of medical disability is also facing a shortage of new talent...**In spite of the national shortage of psychiatrists, especially child psychiatrists, 16 residency training programs did not fill with either U.S. or foreign medical graduates in 2011”

Source: Post by Former NIMH Director Thomas Insel: Psychiatry: Where are we going?

PSYCH REVELATIONS...We hope

Most important: **WE NEED YOU!**

Need for psychiatrist is at “all time high.”

Psychiatrists are narrowly second to only Family medicine and Internal medicine for most recruited.

Important **SKILLS**

- Attention to detail and critical thinking skills to diagnose and treat patients.
- Good listening and social skills to relate, interact, and build trusting relationships with people.
- Believe in second chances (and third ones and...)

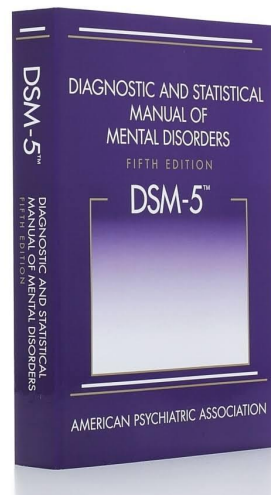


Pearls to Succeed on Psych Rotations

- Develop **rapport**
- Always ask about **mood, sleep, SI/HI, AH/VH**.
- **Show empathy and respect**
- **Observe details** and document them in the subjective of your notes. You are an important information source!
- Familiarize yourself with the mental status exam (MSE)
- Most importantly: **LISTEN AND LEARN**

What should I study?

- Most board review books are good. Psychiatry Case files, First Aide, UpToDate, Rapid Review Behavioral Science, USMLE World questions.
- All questions should be based off criteria in DSM



What does PsIG mean to YOU?

- Opportunity to **improve CV** for residency including potential to hold a leadership position
- Provide **outreach, care and service** to patients and families.
- Network with physicians and residents with potential to obtain **letter of reference** for residency application.
- **Mentorship**



What can Psychiatry/PsIG offer me?

More Information? Contact:

Ryan Santin M.D. – PGY3

Ryan.Santin@usd.edu

Roni Sundet – PsIG President - PGY1

Roni.Sundet@usd.edu

Hannah Statz– PsIG President – Medical Student

Roni.Sundet@usd.edu