

2018 Student Workshop Evaluations - Comparison – Trauma, Health Equity, Neurobiology

Audrey Stillerman, MD and Patricia Rush, MD MBA

THEN Student Workshop #1 10/3/18 Intro to Trauma, Health Equity, Neurobiology 42 participants; 34 evaluation respondents 70% med students, 30% nursing+other	UIC Medical Colloquium #1 9/21/18 Intro to Trauma, Health Equity, Neurobiology 38 participants; 20 evaluation respondents 50% M1, 50% M2	UIC Medical Colloquium #2 10/19/18 Neuro Regulation 46 participants; 42 survey respondents																				
Interest prior to Session: 1. Health Equity (12 votes) 2. Neurobiology (9 votes) 3. Connection betw Trauma & Illness (7) 4. Trauma (6 votes)	Interest prior to Session: 1. Neurobiology (9 votes) 2. Health Equity (5 votes) 3. Trauma (4 votes) 4. Connection betw Trauma & Illness (2)	Interest prior to Session: 1. Neurobiology (17 votes) 2. Health Equity (9 votes) 3. Connection betw Trauma & Illness (9) 4. Trauma (7 votes)																				
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COMMENTS: <i>What would you like to learn more about?</i> <ul style="list-style-type: none"> • Studies tying trauma & neuroinflammation to chronic disease (8) • Sleep (5) • Neuroinflammation and hypertension and cardiovascular disease (3) • Patient-Provider Relationship (3) • Concept of neuro dysregulation (3) • Clinical use of question “How was growing up for you?” (2) • Racism as a Trauma (2) • Intergenerational Trauma • Link between intergenerational trauma and low birth weight • Power of alternative medicine • Longitudinal studies • Practice application in clinical setting • Definitions of trauma • How trauma manifests differently in individuals 	COMMENTS: <i>What would you like to learn more about?</i> <ul style="list-style-type: none"> • More details in how Trauma causes physiologic changes resulting in chronic disease (4) • Strategies to mitigate childhood adversity (3) • Trauma in children & adolescents (2) • Trauma-Informed Guidelines for Primary Care (2) • How trauma affects the developing brain, chemical or structural changes (2) • Studies showing that meditation, social connection, etc are evidence-based • Physiologic effects of interventions • PTSD • How to address root causes of Trauma • How Trauma results in longterm debilitating disease and early death • How to provide Trauma Informed Care for patients with no health insurance • How to take Trauma History 	COMMENTS: <i>What would you like to learn more about?</i> <ul style="list-style-type: none"> • PTSD (2) • Sleep (2) • Studies tying trauma & neuroinflammation to chronic disease • How family members are affected by someone’s trauma • Trauma and race • New models of mind-body network • Neurologic fundamentals underlying trauma-informed care • Neurologic facts included on Step 1 Exam 																				

<ul style="list-style-type: none"> • Role of dysregulation in developmental disabilities • Learning how to provide care for whole person • Eye-opening discussion of neuro-regulation practices • Clinical impact of environmental injustice • Learning in an inter-professional setting • Role of RNs in changing thinking about trauma • Potential for patients with chronic illness to improve through neuro-regulation • So far, this was my favorite lecture in medical school 		<p><i>What was the most interesting thing you learned today? (post-presentation)</i></p> <ul style="list-style-type: none"> • Role of yoga in healing trauma (8) • Trauma of women in prison (7) • Interoception (6) • Concept of neuro dysregulation and chronic disease (3) • Neuro Regulation using meditation, music, etc. (2) • Rhythm and the brain/brainstem (2) • Importance of sleep (2) • 6 R's of Neuro Regulation (2) • That there is actually science behind yoga and mindfulness • Prevalence of trauma in society • Relationship of trauma to mental health problems • Secondary Trauma in healthcare • ACE study • Limbic system and a sense of "love and belonging"
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